

What is VOA|ReST Intensive?

Intensive is an evidence-based, 50-hour program that helps people process their moral injury through peer-facilitated small groups and a variety of recovery strategies.



What can I expect from VOA|ReST Intensive?

To alleviate the pain, suffering, and isolation of moral injury, you will spend about 50 hours in a peer-facilitated small group and do a variety of recovery activities, such as journaling, making art and music, sharing experiences of moral injury, and learning mindful practices that calm stress. An on-call clinician and an on-site program administrator are there to support the facilitators and you, should you need them. It can be implemented as a five-day intensive, as two long weekends, or as one day per week for six weeks.

How is VOA|ReST Intensive effective?

Going through moral injury processing with your group builds trust and helps everyone get each other through the hard parts. You have time to learn self-calming strategies, greater emotional awareness, and new communication skills, while also practicing healthy habits that help you be more resilient. Experiencing VOA|ReST Intensive can lead to post-traumatic growth, trust, optimism, a sense of worth, and improved sleep.¹

Who would benefit from VOA|ReST Intensive?

Veterans, health care workers, first responders, and others who work in high stakes situations are at risk for moral injury due to: accumulation of experiences of trauma; being harmed by others or by unjust systems; witnessing or failing to prevent violence or irreversible harm to others; being prevented from doing what is right; or perpetuating harm. Without a chance to process such experiences, moral injury can lead to years of suffering.

How do I learn more?

Contact us to get more information about Intensive, including program offerings, costs, and opportunities to bring Intensive to your context.

Contact Sam McAllister at: (703) 341-5059 or smcallister@voa.org

For more information, visit www.voa.org/moralinjury

¹ Barth, T.M. et al. (2020). Effects of Resilience Strength Training on Constructs Associated with Moral Injury among Veterans. *Journal of Veterans Studies*, 6(2), pp. 101-113. DOI: <https://doi.org/10.21061/jvs.v6i2.199>