

## PTSD Research at Homewood Research Institute

### Investigating the Use of Goal Management Training in Improving Cognitive Functioning in Individuals with PTSD

Goal Management Training (GMT) is a 9-week program that aims to improve attention, memory, and executive functioning in individuals with Post-Traumatic Stress Disorder (PTSD). The program also seeks to improve functional outcomes, such as performance in both the workplace and educational settings.

HRI is conducting an experimental trial of GMT at Homewood Health Centre in Guelph, Ontario and at the Homewood Clinic in Mississauga, Ontario.

#### To participate, you must:

- ✓ Be between the ages of 18 and 65
- ✓ Have a diagnosis of PTSD or are being treated for PTSD
- ✓ Have been or are currently a military member, public safety member or first responder
- ✓ Experience difficulties in cognitive functioning, such as memory or attention
- ✓ Be able to attend one two-hour session per week, for nine weeks



#### For more information please contact:

Emily Levitt, Project Coordinator  
519-824-1010 ext. 2180  
elevitt@homewoodhealth.com

In collaboration with...



Homewood Research Institute (HRI) is an independent charitable organization dedicated to research designed to evaluate and transform mental health and addiction services in Canada and beyond. For more information, visit [homewoodresearch.org](http://homewoodresearch.org).

