

Saluting those 1% who choose to Serve

Painting With Beer Bottles

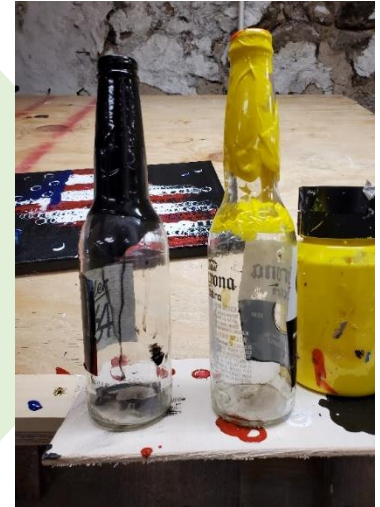
PTS AWARENESS FOR OUR VETERANS

There are 3 hallmark symptoms of clusters associated with PTSD:

- Reexperiencing
- Hyper-Vigilance
- Avoidance / Emotional Numbing

Our Focus:

Taking the object (beer bottle) they use to numb their feelings turn it around and use that same object to creatively express their feelings without words



The goal is behavioral neuropsychology; to use and equate the beer bottle, so when you look and hold a beer bottle you can choose another avenue to express your emotions rather suppress them through drinking.

Our Beginners Classes Outline:

Classes range from 45 minutes to 4 hours. (The shorter the class, the more likely it is an ongoing class)

- A questionnaire is collected prior to the Class to include questions like:
 - Do you drink? If so, what brand?
 - When you drink, what situation are you trying to cope with?
 - What sets off your PTSD?
 - How do you currently cope with, move past, or solve your PTS issue?
- Explain the class and reason we are doing what we do.
- A short tutorial of how to paint with a beer bottle, with shadow squares templates.

The goal of each course is to reach a different psychological level to reach different emotions for our more powerful expression session..

- 1st Painting:
 - An outline piece, generally an outline of Soldiers Cross.
- 2nd Painting
 - A free hand painting of the American Flag flying in the wind.
- 3rd and final painting:
 - A free form painting, since establish different emotions in the past 2 paintings. Our goal is that we enlisted a few different emotions/moods that they are more will to express what they can not say.