

## PTSD Research at Homewood Research Institute

### Investigating the Use of Goal Management Training in Improving Cognitive Functioning in Public Safety Personnel 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.

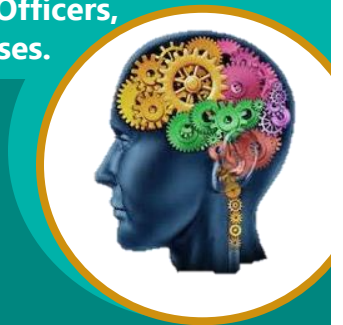
HRI is conducting an online experimental trial of GMT for public safety personnel in Ontario, including:

**Police Officers, Firefighters, Paramedics,  
Corrections Staff and Probation Officers,  
Emergency Dispatchers, and Nurses.**

This study was approved by the  
Homewood Research Ethics Board

#### To participate, you must:

- ✓ Have a diagnosis of PTSD or are experiencing post-traumatic stress
- ✓ Have been or are currently a public safety member or first responder
- ✓ Currently reside in Ontario
- ✓ Experience difficulties in cognitive functioning, such as memory or attention
- ✓ Be able to attend one two-hour online session online per week, for nine weeks



#### For more information please contact:

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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).

