

## 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 experimental trial of GMT at Homewood Health Centre in Guelph, Ontario and at the Homewood Clinic in Mississauga, Ontario.

This study was approved by  
the Homewood Research Ethics  
Board

#### To participate, you must:

- ✓ Have a diagnosis of PTSD or are being treated for PTSD
- ✓ Have been or are currently a 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:

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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).

