

Mindfulness-Integrated CBT for Military Veterans

A structured program for healing, awareness and lasting change.

DR. ALIA OFFMAN, C.PSYC

This structured, evidence-based group treatment program is designed for veterans facing **PTSD**, operational stress, anxiety, and reintegration challenges. It combines clinical credibility with practical skills to support lasting recovery, resilience, and day-to-day functioning.

Two Treatment Pathways

Stream A: Mindfulness-integrated CBT	Stream B: Mindfulness-integrated CBT w/ Cannabis-Assisted
A structured mindfulness-based pathway focused on regulation, recovery, and sustainable coping. Participants build core skills through guided practice, group support, and clinically supported retreats.	In addition to the structured mindfulness-based pathway participants integrate psychedelic cannabis sessions. The emphasis remains on safety, preparation, and therapeutic integration.
Include two a 1-day silent mindfulness retreat to deepen practice and consolidate skills.	Includes two 1-day therapeutic cannabis retreat with preparation, guided experiences, and integration.

Program Overview

This **10-week** program combines **4 weeks of Phase 1**, a mid-program retreat day, and **6 weeks of Phase 2-4**, followed by a final integration retreat. Sessions are delivered through **online group therapy** with in-person retreat components to support experiential learning and clinical integration. The structure is designed to build skills gradually while maintaining a strong therapeutic framework throughout the program.

What You'll Learn

- **Attentional stability** — grounding and focus
- **Nervous system regulation** — calming activation
- **Emotional regulation** — respond skillfully
- **Interoceptive awareness** — notice body signals
- **Interpersonal skills** — communicate more clearly
- **Compassion** — support sustainable coping
- **Relapse prevention** — maintain progress

Grounded in Mindfulness-Integrated Cognitive Behaviour Therapy (MiCBT) — an evidence-based approach combining mindfulness training, interoceptive exposure, and emotional regulation. 🌐 Mindfulness-integrated CBT Training | MiCBT Institute

Who Can Benefit

- PTSD and operational stress injuries
- Anxiety and panic
- Depression and emotional dysregulation
- Interpersonal difficulties
- Challenges transitioning to civilian life
- Substance use concerns

Program Lead

Dr. Alia W. Offman, C.Psych., Registered Psychologist with over 20 years of experience in therapy and trauma work. Co-Director of the North American Chapter of the MiCBT Institute, specializing in trauma, mindfulness training, and psychedelic-assisted psychotherapy.

Referrals Welcome

This program works collaboratively with psychiatry, primary care, veterans services, and community supports. Referrals and partnerships welcomed.

Ready to Begin?

For more information or to refer a veteran:

📞 613 264 1985 | ✉️

alia@draliaoffman.ca | 🌐

www.draliaoffman.ca | 📠 613 264 1105

