

What is Warrior PATHH?

Dear Veterans and First Responders,

PATHH stands for Progressive & Alternative Training for Helping Heroes. Warrior PATHH is a transformative, lifelong, Post-Traumatic Growth-based training program for combat veterans and first responders. Our team of trained combat veterans and first responders lead participants through an intensive, immersive, seven-day in-person training, followed by 90 days of online training, support, and accountability. The goal of Warrior PATHH is to teach these remarkable Warriors how to repurpose their training, life experience and struggle into profound strength. It's about an attitude shift from believing you are broken and that all hope is lost to knowing that you have the choice to live the life you deserve. If you are ready to do the work, to take control of your life and take a step away from merely coping and begin thriving in the life you want, then Warrior PATHH is for you.

- Who qualifies for Warrior PATHH at the Travis Mills Foundation?

Global War on Terrorism combat veterans active duty military and members of other governmental agencies who support(ed) the GWOT and first responders who have been involved in critical incidents. No clinical diagnosis is required.

You aren't broken. In fact, there is nothing wrong with you. You just haven't been trained to struggle well. With the right training and practices, you can stop simply surviving and start thriving. You can transform the deepest of struggles into the greatest of strengths, and get back on the path to a great life. Join us.



- James Prindle, Program Manager
Warrior PATHH
Travis Mills Foundation



Contact Us

To Apply

travismillsfoundation.org/pathh

Questions

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Shift Happens

*During Warrior PATHH an attitude shift happens.
Participants learn valuable lessons about their
training and life experiences that are repurposed to
live a more fulfilling life.*



TRAVIS MILLS
FOUNDATION



Warrior PATHH

Progressive & Alternative Training
for Helping Heroes

Why does Warrior PATHH Work?

- Warrior PATHH is built on the decades-old science of Post Traumatic Growth.
- It is built on a foundation of transparency, honesty and mutuality. We do not ask anything of participants that our instructors are not doing or have not already done.
- It taps the natural skills, abilities and resources of Warriors and leverages our understanding of what was gained and lost in combat.
- The program connects Warriors who are on similar paths and builds new teams that hold each other accountable.
- Warrior PATHH utilizes small group sizes (6-8 participants) and one-to-one instructor/student ratios.
- It represents years of effort, experience and understanding into precisely what is required to ensure our Warriors can come all the way home.
- The program is committed to making lasting and sustainable changes in the lives of combat veterans and first responders to ensure they find their path and stay on it.



Post Traumatic Growth

PTG is the idea that a person can experience profound growth because of the struggles that they have experienced. It is the process of diving into your struggle and using your experiences to define who you are as a human being. Those who experience PTG experience growth in five different areas: New Possibilities, Deeper Relationships, Personal Strength, Appreciation for Life and Spiritual and Existential Change. All of these things are possible if you are willing to put in the work.

