

Class Notes

From Wounded Combat Vet to EMDR
Therapist with Christopher Brown



✓ **Healing Begins with Connection**

Christopher's entry into therapy wasn't sparked by a textbook intervention, but a personal conversation with his father. This shows how authentic, relatable moments can break down stigma and open the door to care.

✓ **EMDR Can Create Immediate, Lasting Change**

A single EMDR session helped Christopher connect a sensory trigger to a trauma memory, ending recurring flashbacks. His story illustrates just how powerful EMDR can be when it's used with precision.

✓ **Mission-Driven Work Needs Structure**

Christopher's nonprofit, Growing Veterans, taught him that even the most meaningful work won't sustain itself without strong financial planning and equitable systems. Passion and mission must be balanced with business.

✓ **Trauma Shows Up in Every Sector**

Through Helicon, Christopher helps expand EMDR access for first responders and other high-stakes professionals. His work is a reminder that trauma isn't exclusive to veterans, as it impacts people across industries.

✓ **Lived Experience Can Shape a Career**

Christopher's journey from Marine to therapist shows how personal history can inform and strengthen clinical work. Therapists don't need to separate their past from their practice but let it guide the way.