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**American Heroes Network  
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June 25th 2013: The Spiritual Fitness Initiative**

Rev. Dr. Parker and her colleague, Dr. Glenn C. Sammis, are co-creators and Directors of the Spiritual Fitness Initiative, a 12 phase restorative program of care which was first piloted in the Iraqi combat theater. The program is now gaining an increasing reputation "stateside" for its effectiveness in addressing the trauma-specific needs of warriors, veterans, and their families. SFI is viewed as unique among programs which foster resiliency and reintegration of the warrior, because of a multifaceted approach which simultaneously embraces the biophysical, psychological, behavioral, relation

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**Featured Guest**

Guest Image

**Rev. Dr. Chrys L. Parker, J.D.**

Rev. Dr. Chrys L. Parker, J.D. is a nationally known authority in the field of traumatic stress and PTSD. She serves the comprehensive needs of severely traumatized patients and families, particularly those impacted by military service, sexual assault, and critical burns.

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