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## American Heroes Network

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**December 24th 2013: Coping with the Holidays**

For a veteran with mental health concerns, a big part of navigating the holiday season is about being honest with yourself and open with your family: setting realistic goals; helping people understand what you're up for and what's just too much. Dr. Dee Rajksa is a clinical and rehabilitation psychologist. The focus of her clinical practice is on treatment of trauma. She has worked with survivors of childhood abuse, physical and sexual assaults, serious motor vehicle accidents, as well as workplace injuries and assaults. Her professional activities in her private practice are focused on

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## Featured Guest

Guest Image

### Dr. Dee Rajksa

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