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American Heroes Network Tuesday at 8 AM Pacific 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 Rajkska 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 Rajkska

Dr. Dee Rajkska 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 treating service-related trauma in veterans, currently serving members of the Canadian Forces, as well as law enforcement professionals and first responders. She believes that those who have put their lives on the line to serve their country or community deserve to be treated with the utmost compassion, dignity, respect, and gratitude. Serving th

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