

RIDE. TRAIN. DRIVE.



A psychological skills training program developed by Veterans for Veterans. In collaboration with Nova Southeastern University and Full Send Sims, we have developed a program to change how mental health is addressed in our participants. World-class racing simulators are used as a stress inoculation tool, and psychologists are trained in self-regulation, such as diaphragmatic breathing. The racing sim allows us to gradually make it more and more difficult to use their techniques.

Veterans Wanted for Race Camp

Currently accepting veterans dealing with PTSD or other trauma-related symptoms to join us for an innovative program designed to help improve mental health for veterans.

Small Monetary Incentives For Participation

What is Race Camp?

Veterans will learn the four major components of psychological skills training, including goal setting, self-talk, imagery, and arousal regulation, with the assistance of biofeedback. Participants will learn how to apply these skills in both stress-free and performance-based scenarios.

Enduro (ES)

A 3-day experience specifically designed for veterans suffering from symptoms of PTSD.

Race Camp Lab Location

Nova Southeastern University | Davie Campus
Maltz Building, Room 1098 (The Race Lab)

Stephen Kantarze

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In Partnership With

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