

BRAZILIAN JIU JITSU

A TRAUMA TREATMENT GROUP ©™

This unique program offers a safe, supportive, and grounded environment where participants—CAF/DND members and Veterans—can reclaim control, strength, and well-being through Brazilian Jiu Jitsu.

Facilitated By:

Jodi Phillips, MSW
Clinical Social Worker at
Stratford Occupational Therapy &
Counselling Services

Sophie Tonet, OT (Reg PE)
Occupational Therapist at
Stratford Occupational Therapy
& Counselling Services

Professor Paul Abel,
Owner and Head Instructor
of Wulfrun Martial Arts Academy

Why Brazilian Jiu Jitsu For Trauma?

In collaboration with the PEI Military Family Resource Center, this Program is being run out of the Stratford Occupational Therapy and Counselling Services Clinic, in partnership with Wulfrun Martial Arts Academy, and introduces an alternative approach to trauma recovery through Brazilian Jiu Jitsu. The concept is that physical movement can help restore a visceral sense of control, offering an important step in healing from trauma. The qualified team includes a Mental Health Clinician who specializes in complex PTSD in the Military and Veteran community, and also acts as the clinical lead for the program, a 4th degree black belt experienced in supporting veterans and marginalized groups, and a Mental Health Occupational Therapist trained in multiple evidence-based therapies, who specializes in working with the Military and Veteran community. Sessions are designed to be inclusive, adaptive, and clinically safe, with oversight embedded throughout, and can be run in individual and group format.

Brazilian Jiu Jitsu Drop-In Group Information

Location: Wulfrun Martial Arts Academy

Date and Time: Drop in groups starting in January, 2026. Please contact Jodi@StratfordOT.com or Sophie@StratfordOT.com for details

Who: Open to all CAF/DND members, Veterans, and their families.

- No experience needed
- Wear comfortable athletic clothing and bring water
- Can bring family members

What to Expect From Brazilian Jiu Jitsu Trauma Group



In-person group and individual
Brazilian Jiu Jitsu sessions



Focus on resilience, problem-
solving, and emotional regulation



Safe space where everyone
is on equal ground

Referral form: www.StratfordOT.com

For more info or to speak to a program facilitator: Email Jodi@StratfordOT.com