



## The Ladder UPP

### Course Information

**The Ladder UPP** will help you use the cracks of life as fuel to live with passion and purpose. It is a conversation on life, a response to the brokenness, disconnectedness, and lack of purpose plaguing our world today.

So much pain, despair, and hopelessness surrounds us. People are lost. We look for quick answers through pills, therapies, gurus, etc. yet our search for hope continues. Why, it takes more than easy solutions, it takes each other. We need community to heal and truly live free. Even organizations that have historically done this like the church are having problems connecting people and keeping them connected. I'm a christian, we need our churches and a foundation of faith. I know great therapists and counselors and a psychiatrist helped save my life, we need our mental health system. But we also need each other. This is where **The Ladder UPP** comes in. It is a bridge and conversation to help each other heal. A journey that you can begin by going through the workbook alone, it will eventually lead to others like us on this perilous, wonderful, scary, happy, journey of life – people who have been broken, who understand pain, who want to truly live free as we were created and intended to be.

**The Ladder UPP** takes us through the process of examining our past so we can build a new future. It creates empathy and understanding, it helps us dig in our heals with a simple structure to move forward. You can start by yourself, in a peer group, with a mentor, counselor, preacher or loved one. It isn't therapy, it is life. It is a discussion that forces us to confront reality in the spirit of fresh air and blue skies.

Silouan created **The Ladder UPP** as a response to the brokenness he faced after a tragic jet crash descended him into the hell of Posttraumatic Stress Disorder and almost completely destroyed his life. You can use it yourself or to reach out to others.

**The Ladder UPP** helps us process life's adversities where one can begin to heal and look forward.

## **Instructor**

### **Silouan Green**

Silouan graduated from Vanderbilt University in 1991 and then accepted a commission in the United States Marine Corps. While serving in the Marines, Silouan was involved in a jet training accident. In the ejection, Silouan's back was broken and his co-pilot tragically killed.

This horrible event and the complications that followed left Silouan a shell of a man and he descended into the hell of Post Traumatic Stress Disorder, PTSD. His life in pieces, he was disability discharged and then hit the road on the back of a motorcycle for two years to look for a new beginning.

Since that journey began, Silouan has published an internationally distributed outdoors magazine, Bearfoot Magazine- Journal of Northern California Outdoors, started a successful advertising and marketing business, Silouan Green, LLC, but more importantly, has developed The Ladder UPP recovery program for PTSD and victims of trauma. The Ladder UPP takes one through the process of Silouan's recovery as a means to encourage engagement and provide simple, practical steps to beginning the journey of recovery and living free, fully alive.

## **Dates:**

February 27-28, 2019

## **Cost**

\$99 Made Payable to Columbus Police Department- ETP

## **Location:**

Columbus, Ohio Division of Police Training Academy - 1000 North Hague Ave., Columbus, OH 43204-2121

## **Course Contact / Registration**

**Officer Stephanie Stephenson**

(O) 614-645-2218

(F) 614-645-4246

(e-mail): [slstephenson@columbuspolice.org](mailto:slstephenson@columbuspolice.org)

**Please fill out the attached registration form and return to the course contact.**

# Columbus Police Training Academy

## Registration Form

### Course Information

**Name of Course**    Ladder UPP

**Date of Course**    February 27-28, 2019

### Student Information

Name and Title \_\_\_\_\_

Agency Name \_\_\_\_\_

Agency Address \_\_\_\_\_

Work and Alternate Phone # \_\_\_\_\_

Agency Fax Number \_\_\_\_\_

Email Address \_\_\_\_\_

### Billing Information

Billing Contact \_\_\_\_\_

Billing Address \_\_\_\_\_

Billing Telephone \_\_\_\_\_

Billing Fax \_\_\_\_\_

**I have read and understand the registration/cancellation policies and procedures for reserving a seat in this class.**

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Email or Fax to Officer Stephanie Stephenson, Columbus Division of Police, Advanced Training Unit  
[SLStephenson@Columbuspolice.org](mailto:SLStephenson@Columbuspolice.org) Fax: 614-645-4246