

Terrance J. Kosikar Ph.D.

Founder / President Camp My Way

Public Figure / Speaker / Educator

Terrance Kosikar, was a First Responder to a fatal accident during an event on opening day of the Vancouver 2010 Winter Olympics.

Although well trained in a myriad of life saving techniques, he was not prepared to deal with the emotional impact sustained when those techniques were not enough. As a result of the fatality, Kosikar developed PTSD that launched him into a very costly downward spiral.

During several years of severe depression, attempted suicide and substance abuse, Kosikar lost his family, career and nearly his life. Pushed to his breaking point, Kosikar found salvation within.

Escaping to the backcountry, he found peace and purpose in Mother Nature's beauty and simplicity. By raising awareness and bringing more education and knowledge from over 40 years "lived experience" about this debilitating injury, he is able to help you and your family manage the challenges that are associated with PTSD, Mental Health and Substance Abuse.



Emotional Well-Being / Social Justice Advocate

In 2016 Kosikar flipped a 400lb tractor tire 37 kms in 30 days, across 7 mountains to bring awareness to PTSD and instill change.

