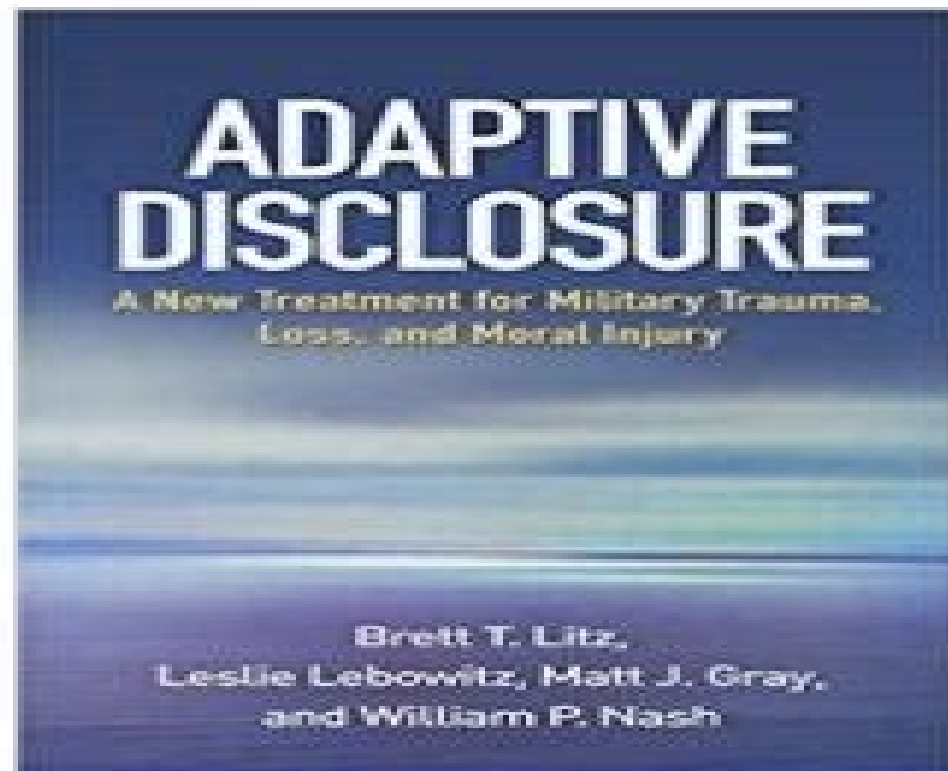


# **Adaptive Disclosure: A New Treatment for Military Trauma, Loss, and Moral Injury**



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Moral Injury and Beyond Renos K. Papadopoulos, 2020-03-24 Moral Injury and Beyond Understanding Human Anguish and Healing Traumatic Wounds uniquely brings together a prominent collection of international contributors from the fields of psychiatry psychology philosophy theology military chaplaincy and acute crisis care to address the phenomenon of moral injury Introduced in the 1990s to refer to a type of psychological trauma experienced especially by soldiers who felt that their actions transgressed the expected moral norms this innovative volume provides a timely update that progresses and redefines the field of moral injury The ten ground breaking essays expand our understanding of moral injury beyond its original military context arguing that it can fruitfully be applied to and address predicaments most persons face in their daily lives Approaching moral injury from different perspectives the contributors focus on the experiences of combat veterans and other survivors of violent forms of adversity The chapters address thought provoking questions and topics such as how survivors can regain their hope and faith and how they can in time explore ways that will lead them to grow through their suffering Exploring moral injury with a particular emphasis on spirituality the early Church Fathers form the framework within which several chapters examine moral injury articulating a new perspective on this important subject The insights advanced are not limited to theoretical innovations but also include practical methods of dealing with the effects of moral injury This pioneering collection will be essential resource for mental health practitioners and trainees working with people suffering from severe trauma Due to its interdisciplinary nature it will be useful not only to those academics and professionals engaged with moral injury but will be a source of inspiration for any perceptive student of the complexities and

dilemmas of modern life especially as it interfaces with issues of mental health and spirituality It will also be invaluable to academics and students of Jungian psychology theology philosophy and history interested in war migration and the impact of extreme forms of adversity

**Emerging treatments and approaches for moral injury and moral distress** Eric Vermetten,Chelsea Jones,Andrew James Greenshaw,Lorraine Alison Smith-MacDonald,Suzette Brémault-Phillips,Jackie Juneter Heide,2023-02-24

Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Institute of Medicine,Board on the Health of Select Populations,Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder,2012-06-22 Prior to the military conflicts in Iraq and Afghanistan wars and conflicts have been characterized by such injuries as infectious diseases and catastrophic gunshot wounds However the signature injuries sustained by United States military personnel in these most recent conflicts are blast wounds and the psychiatric consequences to combat particularly posttraumatic stress disorder PTSD which affects an estimated 13 to 20 percent of U S service members who have fought in Iraq or Afghanistan since 2001 PTSD is triggered by a specific traumatic event including combat which leads to symptoms such as persistent re experiencing of the event emotional numbing or avoidance of thoughts feelings conversations or places associated with the trauma and hyperarousal such as exaggerated startle responses or difficulty concentrating As the U S reduces its military involvement in the Middle East the Departments of Defense DoD and Veterans Affairs VA anticipate that increasing numbers of returning veterans will need PTSD services As a result Congress asked the DoD in consultation with the VA to sponsor an IOM study to assess both departments PTSD treatment programs and services

**Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Initial Assessment** is the first of two mandated reports examines some of the available programs to prevent diagnose treat and rehabilitate those who have PTSD and encourages further research that can help to improve PTSD care

**Treating PTSD in Military Personnel** Bret A. Moore,Walter E. Penk,2019-02-19 This state of the science guide to assessing and treating posttraumatic stress disorder PTSD in active duty service members and veterans has now been extensively revised with 65% new material Leading authorities review available evidence based treatments including individual group and couple and family therapy approaches Knowledge about military culture the stressors experienced by service members and common challenges for both military and civilian practitioners is woven through the volume and reflected in the vivid case examples Chapters on specific clinical issues delve into co occurring affective anxiety substance use and sleep disorders treatment of particular types of trauma suicide prevention and more New to This Edition Chapters on additional treatments mindfulness based behavioral and cognitive therapies stress inoculation training cognitive behavioral conjoint therapy group therapy and complementary and alternative therapies Chapters on additional clinical issues chronic pain moral injury complex traumatic stress disorders and posttraumatic growth Updated throughout with the latest treatment research and DSM 5 diagnostic changes

**Treating Traumatic Stress Injuries in Military Personnel** Mark Charles Russell,Charles R. Figley,2013

Treating Traumatic Stress Injuries in Military Personnel offers a comprehensive treatment manual for mental health professionals treating traumatic stress injuries in both male and female veterans. It is the first book to combine the most recent knowledge about new paradigms of combat related traumatic stress injuries (Figley Nash 2006) and offers a practical guide for treating the spectrum of traumatic stress injuries with EMDR, which has been recognized by the Department of Veterans Affairs and Department of Defense clinical practice guidelines as one of the most studied, efficient, and particularly well suited evidence based treatments for military related stress injuries. Russell and Figley introduce an array of treatment innovations designed especially for use with military populations, and readers will find pages filled with practical information including appendices that feature a glossary of military terminology, breakdowns of rank and pay grades, and various clinical forms.

Treating Military Sexual Trauma (Lori Katz, 2015-07-20) is an EVIDENCE BASED TEXT FOR UNDERSTANDING AND TREATING MST FROM MULTIPLE PERSPECTIVES. The incidence of sexual assault and harassment experienced by members of the U.S. Armed Forces has reached epidemic proportions. Its victims often suffer from devastating lifelong consequences to their careers, health, relationships, and psychological well-being. This authoritative resource is written for mental health clinicians to help in understanding and treating military sexual trauma (MST). Based on a solid foundation of research and clinical expertise, it addresses the complex circumstances of victims of sexual abuse in the military and how clinicians can meet the unique challenges of treating these clients. The book describes how MST differs from other forms of military trauma, such as combat, and discusses its prevalence, neurobiology, and social contexts, as well as unique stressors of betrayal, injustice, struggles with issues of reporting and disclosure, and impact on relationships and sexuality. It reviews current evidence based interventions and offers insights on treating specific symptoms within MST, such as PTSD, anxiety, substance abuse, sleep disorders, and sexual dysfunction. Chapters discuss how a variety of psychotherapies can be used to treat MST, including prolonged exposure, cognitive processing, EMDR, Seeking Safety, acceptance and commitment therapy, and somatic experiencing, as well as the Warrior Renew MST group therapy program. Clinicians who work with veterans and active duty personnel will find this book an essential guide to working with MST survivors.

**KEY FEATURES:** Presents a comprehensive clinician's resource with contributions from top experts in the field on the topic of MST. Describes how MST differs from other forms of trauma necessitating specialized treatment. Provides an overview of MST as well as information on evidence based and emerging treatments.

Military Stress Reactions (Carrie H. Kennedy, 2020-04-14) addresses the misconception that military deployment is highly likely to cause posttraumatic stress disorder (PTSD). This book gives practitioners a more nuanced understanding of military stress reactions and related mental health concerns, from transient adjustment problems to clinical disorders. Drawing on expert knowledge of military environments and culture, Carrie H. Kennedy provides vital guidance for evidence based assessment, intervention, and prevention. Kennedy emphasizes that overdependence on the diagnosis of PTSD can lead to suboptimal care.

and shows how to tailor treatment to each service member's or veteran's needs. A crucial addition to any practitioner's library, the book is illustrated with numerous case vignettes. *Living and Surviving in Harm's Way* Sharon Morgillo Freeman, Bret A. Moore, Arthur Freeman, 2009-06-03 In *Living and Surviving in Harm's Way* experts investigate the psychological impact of how warriors live and survive in combat duty. They address the combat preparation of servicemen and women, their support systems, and their interpersonal and intrapersonal experiences. The text maintains a focus on cognitive behavioral interventions for treating various combat-related disorders and addresses psychological health and adjustment after leaving the battlefield. The text is logically organized for easy reading and reference and covers often overlooked topics such as preparation and training of service personnel, women in combat, and the indirect effects of combat stress on family. This book is written by clinicians who have in some ways experienced what they write about and resonates with mental health professionals, servicemen and women, and their families. Any clinician hoping to treat a serviceman or woman effectively cannot afford to overlook this book. Warrior Renew Lori S. Katz, 2014-09-04 Print CourseSmart Healing War Trauma Raymond Monsour Scurfield, Katherine Theresa Platoni, 2013-02-11 *Healing War Trauma* details a broad range of exciting approaches for healing from the trauma of war. The techniques described in each chapter are designed to complement and supplement cognitive behavioral treatment protocols and ultimately to help clinicians transcend the limits of those protocols. For those veterans who do not respond productively to or who have simply little interest in office-based, regimented, and symptom-focused treatments, the innovative approaches laid out in *Healing War Trauma* will inspire and inform both clinicians and veterans as they chart new paths to healing. **Combat Trauma** Nadia Abu El-Haj, 2022-09-27 Americans have long been asked to support the troops and care for veterans' psychological wounds. Who, though, does this injunction serve? As acclaimed scholar Nadia Abu El-Haj argues here, in the American public's imagination the traumatized soldier stands in for destructive wars abroad with decisive ramifications in the post-9/11 era. Across the political spectrum, the language of soldier trauma is used to discuss American warfare, producing a narrative in which traumatized soldiers are the only acknowledged casualties of war, while those killed by American firepower are largely sidelined and forgotten. In this wide-ranging and fascinating study of the meshing of medicine, science, and politics, Abu El-Haj explores the concept of post-traumatic stress disorder and the history of its medical diagnosis. While antiwar Vietnam War veterans sought to address their psychological pain even as they maintained full awareness of their guilt and responsibility for perpetrating atrocities on the killing fields of Vietnam, by the 1980s a peculiar convergence of feminist activism against sexual violence and Reagan's right-wing war on crime transformed the idea of PTSD into a condition of victimhood. In so doing, the meaning of Vietnam veterans' trauma would also shift, moving away from a political space of reckoning with guilt and complicity to one that cast them as blameless victims of a hostile public upon their return home. This is how, in the post-9/11 era of the Wars on Terror, the injunction to support our troops came to both sustain US militarism and also shield American civilians from the reality of

wars fought ostensibly in their name In this compelling and crucial account Nadia Abu El Haj challenges us to think anew about the devastations of the post 9 11 era

**Unseen** Elisa Escalante,2021-07-06 Unseen is centered around military trauma from the perspective of a mental health technician Elisa Escalante that deployed to Afghanistan and continued to dedicate herself to clinical work with veterans post military service Unseen is an informative critical and empathetic look into the mental health side of military and veteran affairs It highlights how both trauma and military adjustment stressors impact individuals on a social spiritual emotional occupational and psychological level Elisa Escalante expresses views on resiliency and what it means to readjust post deployment She also expresses views on the complexity of getting help in an organization that stigmatizes mental health treatment viewing it as a form of weakness In addition Elisa writes on topics involving marginalized populations in the military and the uniqueness of clinical treatment toward veterans with suicidal homicidal ideation Unseen enhances education and insight for all veterans veteran family members mental health clinicians and students looking to help veterans in the social and mental realm It also includes military trauma stories as well as a self help segment with Q A self interventions and resources

**I Always Sit with My Back to the Wall: Managing Traumatic Stress and Combat Ptsd Through the R-E-C-O-V-E-R Approach for Veterans and Families** Chrys L. Parker Jd,Harry a. Croft MD,2011-03 A book to benefit military veterans with post traumatic stress disorder PTSD and how they may manage it and make a possible recovery

*The Wounds Within* Mark I. Nickerson,Joshua S. Goldstein,2015-01-06 As America s longest wars end hundreds of thousands of veterans and their families struggle with post traumatic stress disorder PTSD The Wounds Within follows the iconic case of Marine Lance Corporal Jeff Lucey who deployed early in the Iraq War battled PTSD after returning home and set his family on a decade long campaign to reform the Veterans Affairs system and end the stigma around military related mental health issues Their story is told uniquely from the perspective of Jeff s psychotherapist Mark Nickerson an internationally recognized expert on trauma treatment Driven by the family narrative and by later case histories of Nickerson s veteran clients the book explains PTSD and the methods by which it can be treated With coauthor Joshua Goldstein an award winning author Nickerson engages the big issues of America s attempts to cope with the millions of returning veterans from Iraq and Afghanistan from belated reforms to overwhelmed military families to clueless civilians who can t get beyond Thank you for your service The Wounds Within combines a moving and compelling human drama with national policy and a clinical explanation of how to heal veterans traumas It will stand as the definitive account of PTSD in those who fought America s latest wars and a much needed source of information for their loved ones

**WAR TRAUMA IN VETERANS AND THEIR FAMILIES** Jamshid A. Marvasti,2012-04-01 The mission in writing this book was to look beyond politics in order to explore the extent of the ongoing and long term human cost of war and military occupation This book addresses the suffering of our troops and their families and our responsibility as a society first to acknowledge and diagnose this suffering and then to care for those who are affected by it The first of two sections Clinical Issues of War Trauma

contains chapters on signs and symptoms diagnosis and pharmacotherapy of war trauma This section explores the vast variety of pathology such as TBI PTSD suicide affective disorder addiction spiritual distress and forensic aspects of combat trauma To supplement or advance beyond medication and counseling the editor designed a set of 12 Step Self Help Principles for Combat Veterans with PTSD inspired by addiction self help programs The second section Witnesses to War is comprised of four first hand accounts of experiences in combat zones during and after conflict Some of the chapters of this book were written by professionals with direct involvement in combat from WW II to the wars in Iraq and Afghanistan This outstanding book will be a standard text at military educational institutions and highly valuable to civilian professionals practicing psychiatry family counseling and forensic psychology in the military system

### **War Trauma and Its Wake**

Raymond Monsour Scurfield, Katherine Theresa Platoni, 2012-09-10 Decades after Charles Figley's landmark Trauma and Its Wake was published our understanding of trauma has grown and deepened but we still face considerable challenges when treating trauma survivors This is especially the case for professionals who work with veterans and active duty military personnel War Trauma and Its Wake then is a vital book The editors one a Vietnam veteran who wrote the overview chapter on treatment for Trauma and Its Wake the other an Army Reserve psychologist with four deployments have produced a book that addresses both the specific needs of particular warrior communities as well as wider issues such as battlemind guilt suicide and much much more The editors and contributors deep understanding of the issues that warriors face makes War Trauma and Its Wake a crucial book for understanding the military experience and the lessons contained in its pages are essential for anyone committed to healing war trauma

### **Invisible Wounds of War** Terri L. Tanielian, 2008 Summarizes

key findings and recommendations from Invisible Wounds of War Psychological and Cognitive Injuries Their Consequences and Services to Assist Recovery Tanielian and Jaycox Eds MG 720 CCF 2008 a comprehensive study of the post deployment health related needs associated with post traumatic stress disorder major depression and traumatic brain injury among veterans of Operations Enduring Freedom Iraqi Freedom

### **At War with PTSD** Robert N. McLay, 2012-04-16 The Spartans

called it The Trembler recent history has seen it termed shell shock combat fatigue soldier's heart and Vietnam Syndrome Whatever the name post traumatic stress disorder PTSD has always been with us With 20 percent of the Veterans of the wars in Afghanistan and Iraq exhibiting PTSD symptoms the United States military has a strong interest in combating the condition Navy psychiatrist Robert N McLay has been at the forefront of these efforts This is his story of using virtual reality to treat Service Members and Veterans with PTSD As a practicing psychiatrist who works with Veterans and civilians coping with PTSD McLay had known for years before the September 11 2001 attacks that effective treatments for the condition were elusive When active duty called he met the challenge becoming the primary investigator on PTSD treatment projects that had Service Members face the ghosts of war in a computer simulator After using this new form of exposure therapy on the home front McLay and his team believed they had found a promising way to work with warriors broken by combat so in



2008 they took it to the front line in Fallujah Iraq with the First Marine Expeditionary Force Several years into the project McLay recounts openly and with bleak honesty the successes failures and limits of virtual reality treatment for PTSD Filled with poignant firsthand accounts of war and its psychological aftermath At War with PTSD explains the difficulties of using this specialized technology in the field and discusses such challenges as helping people who refuse to believe in PTSD including those diagnosed with it So far the virtual reality program shows more promise than traditional therapies And although McLay remains unsure why or how his experiences hold out hope for those suffering from this devastating disorder

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