

Treatment for
POSTTRAUMATIC STRESS DISORDER
in Military and
Veteran Populations
Final Assessment

Treatment For Posttraumatic Stress Disorder In Military And Veteran Populations Final Assessment

Brian N. Baird



Treatment For Posttraumatic Stress Disorder In Military And Veteran Populations Final Assessment:

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; it 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.

Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder, Board on the Health of Select Populations, Institute of Medicine, 2014-06-17 Posttraumatic stress disorder (PTSD) is one of the signature injuries of the U.S. conflicts in Afghanistan and Iraq, but it affects veterans of all eras. It is estimated that 7-20% of service members and veterans who served in Operation Enduring Freedom and Operation Iraqi Freedom may have the disorder. PTSD is characterized by a combination of mental health symptoms: re-experiencing of a traumatic event, avoidance of trauma-associated stimuli, adverse alterations in thoughts and mood, and hyperarousal that last at least 1 month and impair functioning. PTSD can be lifelong and pervade all aspects of a service member's or veteran's life, including mental and physical health, family and social relationships, and employment. It is often concurrent with other health problems such as depression, traumatic brain injury, chronic pain, substance abuse disorder, and intimate partner violence. The Department of Defense (DoD) and the Department of Veterans Affairs (VA) provide a spectrum of programs and services to screen for, diagnose, treat, and rehabilitate service members and veterans who have or are at risk for PTSD. The 2010 National Defense Authorization Act asked the Institute of Medicine to assess those PTSD programs and services in two phases. The Phase 1 study, *Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Initial Assessment*, focused on data gathering. *Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Final*

Assessment is the report of the second phase of the study This report analyzes the data received in Phase 1 specifically to determine the rates of success for each program or method Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Final Assessment considers what a successful PTSD management system is and whether and how such a system is being implemented by DoD and VA This includes an assessment of what care is given and to whom how effectiveness is measured what types of mental health care providers are available what influences whether a service member or veteran seeks care and what are the costs associated with that care This report focuses on the opportunities and challenges that DoD and VA face in developing implementing and evaluating services and programs in the context of achieving a high performing system to care for service members and veterans who have PTSD The report also identifies where gaps or new emphases might be addressed to improve prevention of screening for diagnosis of and treatment and rehabilitation for the disorder The findings and recommendations of Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations Final Assessment will encourage DoD and VA to increase their efforts in moving toward a high performing comprehensive integrated PTSD management strategy that addresses the needs of current and future service members veterans and their families

Evaluation of the Department of Veterans Affairs Mental Health Services National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee to Evaluate the Department of Veterans Affairs Mental Health Services, 2018-03-29 Approximately 4 million U S service members took part in the wars in Afghanistan and Iraq Shortly after troops started returning from their deployments some active duty service members and veterans began experiencing mental health problems Given the stressors associated with war it is not surprising that some service members developed such mental health conditions as posttraumatic stress disorder depression and substance use disorder Subsequent epidemiologic studies conducted on military and veteran populations that served in the operations in Afghanistan and Iraq provided scientific evidence that those who fought were in fact being diagnosed with mental illnesses and experiencing mental health related outcomes in particular suicide at a higher rate than the general population This report provides a comprehensive assessment of the quality capacity and access to mental health care services for veterans who served in the Armed Forces in Operation Enduring Freedom Operation Iraqi Freedom Operation New Dawn It includes an analysis of not only the quality and capacity of mental health care services within the Department of Veterans Affairs but also barriers faced by patients in utilizing those services

Posttraumatic Stress Disorder and Related Diseases in Combat Veterans Elspeth Cameron Ritchie, 2015-10-27 This book takes a case based approach to addressing the challenges psychiatrists and other clinicians face when working with American combat veterans after their return from a war zone Written by experts the book concentrates on a wide variety of concerns associated with posttraumatic stress disorder PTSD including different treatments of PTSD The text also looks at PTSD comorbidities such as depression and traumatic brain injury TBI and other conditions masquerading as PTSD Finally the authors touch on other

subjects concerning returning veterans including pain disability facing the end of a career sleep problems suicidal thoughts violence and mefloquine toxidrome Each case study includes a case presentation diagnosis and assessment treatment and management outcome and case resolution and clinical pearls and pitfalls Post Traumatic Stress Disorder and Related Diseases in Combat Veterans is a valuable resource for civilian and military mental health practitioners and primary care physicians on how to treat patients returning from active war zones

Unwanted Christina Keim, 2025-06-10 Any horse but for a change of circumstances can become unwanted The unwanted are racetrack rejects excess ranch stock foals that did not live up to their breeder's expectations They are aged Amish cart horses horses with chronic lameness issues the pony a child outgrew They are show horses pleasure horses the pretty horses and the plain They come in all colors sizes and shapes The US equine industry consistently produces more horses each year than the number of appropriate homes leaving thousands of animals with nowhere to go Recently as many as 150 000 of these horses have shipped annually to equine slaughterhouses in Canada Mexico and abroad Others are sold at auction given away starved abused and abandoned Just over 1 000 rescues and municipal organizations across the country equipped to handle horses at risk report they are consistently close to or at capacity Most are stretched to the breaking point when it comes to finances material resources and human power Horsecwoman and journalist Christina Keim a veteran of the equine industry believes the unwanted horse crisis urgently needs our collective voice and attention Solving it she suggests requires a sea change in the face of not just fundamental values and beliefs but also hard economic realities and deeply held cultural attitudes In her meticulously researched study of this devastatingly real and present problem so many choose to ignore she travels the country bringing readers to livestock auctions rescues and therapy centers describing work and life behind the scenes and the animals who find themselves there Keim interviews industry experts including veterinarians lawmakers welfare advocates and shelter workers and reviews published data to help separate unwanted horse facts from fantasy She works to dispel common myths and misconceptions surrounding the slaughter pipeline without taking away from the harsh reality horses face once in it And perhaps most importantly she showcases the work of many dedicated individuals and groups who are collectively helping to carve out a new niche for the horse that both honors his heritage and can help to preserve his future

Moral Injury in Veterans and Active Duty Military with PTSD Harold G. Koenig, Donna Ames, Arndt Büssing, 2019-12-11 This eBook focuses on a relatively new frontier in psychiatry the topic of moral injury MI which is examined here in the setting of post traumatic stress disorder PTSD among Veterans and Active Duty Military We define MI describe how to identify it by screening explain the impact that MI has on mental health outcomes particularly PTSD and mental health problems often associated with PTSD and provide information on what clinicians can do about it While the focus here is on Veterans and Active Duty Military MI is much more widespread than just among former or current military personnel Healthcare professionals first responders clergy and many patients seeking mental health care are also likely suffering from MI which is

not recognized or treated because clinicians are not familiar with it Burnout among health professionals and those engaged in other high stress occupations may often have MI as an underlying condition that is driving the burnout or related emotional condition Therefore psychiatrists and all mental health professionals must know about this syndrome utilize the tools now available to identify it and learn about interventions that can be employed to treat it Success in treating many of the common mental health conditions that appear resistant to treatment may depend on knowing about this new yet very old syndrome

Posttraumatic Stress Disorder: Subcommittee on Posttraumatic Stress Disorder of the Committee on Gulf War and Health: Physiologic, Psychologic, and Psychosocial Effects of Deployment-Related Stress, Board on Population Health and Public Health Practice, Institute of Medicine, 2006-08-08 **Canadian Journal of Psychiatry** ,2007 **Treatment of Posttraumatic Stress Disorder** Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Treatment of Posttraumatic Stress Disorder, 2008-01-18 Mental disorders including posttraumatic stress disorder PTSD constitute an important health care need of veterans especially those recently separated from service Treatment of Posttraumatic Stress Disorder An Assessment of the Evidence takes a systematic look the efficacy of pharmacologic and psychological treatment modalities for PTSD on behalf of the Department of Veterans Affairs By reviewing existing studies in order to draw conclusions about the strength of evidence on several types of treatment the Committee on the Treatment of Posttraumatic Stress Disorder found that many of these studies were faulty in design and performance and that relatively few of these studies have been conducted in populations of veterans despite suggestions that civilian and veteran populations respond differently to various types of treatment The committee also notes that the evidence is scarce on the acceptability efficacy or generalizability of treatment in ethnic and cultural minorities as few studies stratified results by ethnic background Despite challenges in the consistency quality and depth of research the committee found the evidence sufficient to conclude the efficacy of exposure therapies in treating PTSD The committee found the evidence inadequate to determine efficacy of different types of pharmacotherapies of three different psychotherapy modalities and of psychotherapy delivered in group formats The committee also made eight critical recommendations some in response to the VA's questions related to recovery and the length and timing of PTSD treatment and others addressing research methodology gaps in evidence and funding issues

Handbook of Military and Veteran Suicide Bruce Michael Bongar, Glenn Sullivan, Larry C. James, 2017 *Handbook of Military and Veteran Suicide* reviews the most advanced scientific understanding of the phenomenon of active duty and veteran suicide while providing a useful hands on clinical guide for those working with this population A Clinician's Guide for Treating Active Military and Veteran Populations with EMDR Therapy E.C. Hurley, E.C. Hurley (Deceased), 2020-11-05 Authored by the foremost expert on providing EMDR therapy to the military veteran population Based on the profound expertise of the author an EMDR therapist consultant and trainer who brings 33 years of military experience to his therapeutic work this is a how to manual on the unique treatment needs of active duty and veteran populations and

how to help them using EMDR therapy Following an examination of the defining characteristics and philosophy of military culture as they bear on effective therapeutic treatment the book comprehensively applies the EMDR model to the active military veteran population with a variety of presenting issues Considering the clinical challenges of treating a population with repeated exposure to life threatening experiences moral injury sexual assault and other potentially debilitating trauma the book addresses skill development specific to EMDR treatment in detail This go to manual covers all the steps and processes of EMDR treatment from introducing EMDR therapy to the client to developing a sense of safety in the treatment arena Allowing therapists trained in EMDR therapy to appropriately assess and address the clinical needs of the veteran by treating clients with both PTSD and traumatic brain injury along with moral injury military sexual trauma MST or suicidal ideation by recognizing and addressing avoidance and building motivation for treatment and treatment pitfalls Case examples address clinical stuck points and a variety of treatment options when addressing a broad range of symptoms The EMDR AIP model is incorporated into each case illustrating the veteran s treatment goal presenting symptoms targeted memories and clinical decision points in treatment The print version of the book is also available in ebook format Key Features Addresses step by step EMDR skill development specific to this population Incorporates the EMDR eight phase approach Delivers abundant case examples enhanced with clinical treatment options Includes a paradigm for evaluating the military and veteran s initial clinical presentation Discusses treatment for clients with PTSD traumatic brain injury moral injury sexual trauma and suicidal ideation Considers the treatment needs of the military family Includes a variety of helpful patient handouts

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

The Internship, Practicum, and Field Placement Handbook Brian N. Baird, 2011 The book guides interns through every phase of the internship process from finding placements to concluding relationships with clients and supervisors Along the way students learn about ethics clinical writing and record keeping working with peers and supervisors understanding diversity self care and safety and how to be successful

in meeting the challenges and opportunities of the internship or field placement setting Following an evidence and competency based approach the latest research findings are reviewed from the fields of psychology social work and counseling Publisher **Returning Home from Iraq and Afghanistan** Institute of Medicine,Board on the Health of Select Populations,Committee on the Initial Assessment of Readjustment Needs of Military Personnel, Veterans, and Their Families,2010-03-31 Nearly 1 9 million U S troops have been deployed to Afghanistan and Iraq since October 2001 Many service members and veterans face serious challenges in readjusting to normal life after returning home This initial book presents findings on the most critical challenges and lays out the blueprint for the second phase of the study to determine how best to meet the needs of returning troops and their families **Military and Veteran Mental Health** Laura Weiss Roberts,Christopher H. Warner,2018-01-23 This authoritative and comprehensive title is designed to enhance best clinical practices for all healthcare providers who care for military service personnel and veterans The book is organized into four sections The first section covers foundational information on the culture and context of health care for members of the US military and veteran population The second section focuses on systems of care for mental health needs of military and veteran populations The third section characterizes best practices as well as ethical issues in clinical care for mental health needs of members of the military and veterans Guidance in relation to a wide range of clinical topics is provided such as mood disorders post traumatic stress disorder combat and operational stress military sexual assault psychosis and sleep disorders The last section is intended to assist readers in reinforcing their learning through a set of clinical cases with accompanying questions for deeper consideration An invaluable resource for all clinicians allied health personnel and administrators concerned with the mental health needs of service members and veterans **Military and Veteran Mental Health A Comprehensive Guide** is a gold standard addition to the literature on military healthcare **Post-traumatic Stress Disorder and the War Veteran Patient** William E. Kelly,1985 *Readings* ,1986 **Maxcy-Rosenau-Last Public Health and Preventive Medicine: Sixteenth Edition** Matthew L. Boulton,Robert H. Wallace,2021-06-05 Now in full color the 1 text spanning the fields of public health and preventive medicine brings you fully up to date on the issues and topics you need to know A Doody s Core Title for 2024 2023 Maxcy Rosenau Last Public Health and Preventive Medicine has been updated and revised for the first time in more than a decade This highly anticipated and extensive edition provides the most current information and insights available on evidence based public health and preventive medicine from basic methodologies of public health to principles of epidemiology and infection control to environmental toxicology to global health The most comprehensive resource of its kind Maxcy Rosenau Last Public Health and Preventive Medicine is the clear choice for anyone seeking a career in public health Features Edited and written by a who s who of global experts 384 photos and illustrations New full color format and improved artwork Significantly expanded coverage of diseases and preventive methods common in international markets Greater use of tables and summary lists for easier reading and retention

Special Populations in College Counseling Joseph A. Lippincott, Ruth B. Lippincott, 2007 **Evaluating the Effects of a Group Cognitive Behavioral Therapy for Veterans with Posttraumatic Stress Disorder and Insomnia** Laurin J. Mack, 2013

Combat and war zone veterans are particularly vulnerable to developing Posttraumatic Stress Disorder PTSD due to the increased risk of experiencing trauma inherent in military service. Insomnia and nightmares are core symptoms of PTSD and can be factors in the development, maintenance, and exacerbation of PTSD. However, sleep disturbance has received relatively little attention from a treatment point of view until recently. Recent research has demonstrated that cognitive behavioral therapy for insomnia CBT I and imagery rehearsal therapy IRT for nightmares are effective stand alone and combination treatments for sleep disturbance in civilian and veteran populations. Although group interventions are lower in cost and more efficient to deliver in a VA setting, studies have yet to test the feasibility and efficacy of group CBT I IRT combination treatment for veterans with PTSD. The current pilot study investigated the feasibility and efficacy of a combined CBT I and IRT protocol intervention for insomnia and nightmares delivered in a group format to a sample of mixed theater veterans with PTSD. Participants n = 34 were randomly assigned to either a treatment n = 17 or waitlist control condition n = 17. After baseline assessment, participants assigned to the treatment condition participated in six weekly group sessions of combined CBT I and IRT and completed posttreatment and two month follow up assessments. Those in the waitlist condition completed a six week waiting period. After completing post waitlist assessment, they were given the opportunity to receive the treatment. Authors hypothesized that those in the treatment condition would experience significant improvement on self report measures of sleep, nightmare frequency, PTSD related sleep disturbance, beliefs about sleep, and overall PTSD and depression severity compared to the waitlist condition at posttreatment and two month follow up. These hypotheses were largely supported by the study results, with some notable exceptions. Significant condition by time interactions were found on measures of sleep and nightmares, beliefs about sleep, and depression at posttreatment. Treatment gains were maintained at two month follow up for sleep variables but not nightmare frequency or depression. There were no condition by time interactions for measures of PTSD or PTSD related sleep disturbance at posttreatment. In sum, the findings of this study indicate that a combined CBT I and IRT delivered in a group format was effective in reducing insomnia symptoms, nightmare frequency, and depression in a sample of mixed theater veterans with PTSD. The study also demonstrated the feasibility of this treatment approach with this population, suggesting that a larger randomized controlled study is warranted.

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