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Healing from
Military Sexual
Trauma

LORI S. KATZ

Warrior Renew Healing From Military Sexual Trauma

Terry C. Jones



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Warrior Renew Lori S. Katz, 2014-09-04 Print CourseSmart **Warrior Renew**, 2015 *Warrior Renew* Lori

Katz, 2014-09-04 Knowing the results of Dr Katz's work and the many lives that she has changed I feel delighted to endorse her Warrior Renew workbook for men and women seeking healing from MST. Although the high prevalence rates of MST are discouraging I am confident that Warrior Renew can reach many many MST survivors and provide the hope and healing that they need. Lt Col Patricia Jackson Kelley Los Angeles County Veterans Advisory Commission Quotes from Past Participants Thank you for your efforts in turning my life around I have faith now that my life will be as it should have been I've gotten hope back It truly does work I know now that I can conquer anything I put my heart and mind to This program has saved my broken life You've helped me immensely by healing from the inside out Thank you Hundreds of thousands of US military personnel have been victims of sexual assault and harassment This client workbook is an essential part of an integrative evidence based treatment developed over many years by Lori S Katz PhD to help survivors of Military Sexual Trauma MST The only workbook of its kind it provides a wide range of therapeutic exercises and activities to help survivors restore their sense of safety and reclaim their lives These include obtaining an in depth understanding of MST opportunities for self discovery and engaging the body with movement and relaxation exercises in a context of support caring and validation This workbook is designed to help MST survivors understand normal reactions to MST and how to manage them Readers will learn how to release the grips of anger and resentment injustice betrayal self blame shame and grief They will learn how to deal with such physical symptoms as sleep problems and stress and engage in assessment of their own interpersonal patterns The book also explores the impact of MST on relationships and how to cultivate and sustain healthy relationships intimacy and sexuality Additionally the workbook can be used to help individuals who have experienced childhood and or adult sexual abuse and trauma Through Warrior Renew survivors will be able to move forward in their lives by creating a new sense of identity purpose and self worth Key Features Provides an effective easy to use treatment for MST Addresses a variety of issues specific to MST such as injustice betrayal self blame effect on intimacy and trust and emotional isolation Includes therapeutic activities including writing exercises visualizations relaxation and movement exercises and group interactions

Holographic Reprocessing for Healing Trauma, Abuse, and Maltreatment Lori S. Katz, 2023-10-24 Holographic Reprocessing for Healing Trauma Abuse and Maltreatment facilitates constructive reorganization of the perception of trauma which in turn modifies associated emotional and behavioral tendencies that render people stuck in repetitive cycling of trauma These patterns are called experiential holograms This book outlines a step by step process to 1 identify experiential holograms 2 consider context to holistically reappraise meaning and 3 reprocess using an imagery based procedure of visiting one's younger self to offer a healing message This novel approach is integrative easily tailored to individual needs and well grounded in theory It can be applied to healing from a variety of traumatic experiences including moral injury

medical interpersonal and military traumas Numerous outcome studies support a growing evidence base for the efficacy of this treatment and this is an indispensable guide for trauma clinicians

Treating Military Sexual Trauma Lori S. Katz, 2015-07-20 The incidence of sexual assault and harassment experienced by members of the US Armed forces has reached epidemic proportions Its victims often suffer from devastating life long consequences to their careers health relationships and psychological wellbeing This authoritative resource is written for mental health clinicians about understanding and treating military sexual trauma MST With contributions from top experts in the field this book presents information on evidence based and emerging treatments to address the complex symptoms related to MST This text provides a solid foundation for clinicians who work with veterans and active duty military personnel and discusses how to address the unique challenges of treating MST in their clients

Building Safety with Trauma-Informed Yoga Yael Calhoun, 2024-04-25 Building Safety with Trauma Informed Yoga is an accessible science based guide for clinicians yoga teachers teachers in training and practitioners The book provides clear ideas on how to support diverse groups in trauma recovery and in building resiliency skills The easy to follow format is organized around the three key principles of building safety supporting empowerment and maintaining simplicity Readers will find free downloadable support materials on the author s website including handouts flyers scripts and audio and video recordings

[Understanding, Coping with and Healing from Military Sexual Trauma](#) Rush University, 2017

MST Military Sexual Trauma Keith E Young, 2025-05-30 M S T Military Sexual Trauma is a powerful memoir by Keith E Young a veteran retired nurse and lifelong advocate for survivors of Military Sexual Trauma Through honest storytelling and heartfelt reflection Keith shares his experience of MST and its long lasting emotional and psychological impact This book sheds light on a painful reality often hidden behind the discipline and loyalty of military life sexual assault and harassment among service members Keith takes readers on a journey from his childhood and early military days to the traumatic incident that changed his life and finally to his long and difficult road toward healing With courage and vulnerability M S T gives voice to survivors who have felt alone and unheard It offers support understanding and a message of hope healing is possible and no one has to face trauma in silence This book is for survivors their loved ones and anyone who wants to better understand the urgent need for awareness empathy and change within military culture It is both a personal story and a call to action to speak up stand together and make sure no soldier ever feels abandoned in their fight to heal

[Strength and Recovery](#), 2015

Understanding and Treating Military Sexual Trauma Kristen Zaleski, 2018 This authoritative update presents current findings on and clinically and ethically sound responses to the epidemic of sexual assault in the military It examines in powerful detail how military culture enables a pervasive subculture of sexual violence from consistently devaluing women to blaming victims and denying them justice The author s dual attachment trauma theory lens attends to a wide range of outcomes such as unit members closing ranks against survivors and the continuing impact of assault trauma on veterans lives And the book s second half critiques standard forms

of treating military sexual trauma in favor of individualized therapy addressing the physical psychological and neurological aspects of trauma and recovery This important volume covers Theory and history of sexual violence as a weapon of war Legal and health considerations in the aftermath of military sexual assault Critical distinctions between military and civilian legal response to sexual assault Variations in symptomology among survivors Specific barriers to services for male and LGBT survivors New and emerging treatment options for military sexual trauma PTSD This Second Edition of Understanding and Treating Military Sexual Trauma follows its predecessor as an essential reference on its subject for mental health clinicians treating sexual trauma in the military as well as trauma researchers sociologists women s health practitioners and university students whose focus is women s studies public policy public health social work psychology sociology or political science

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