



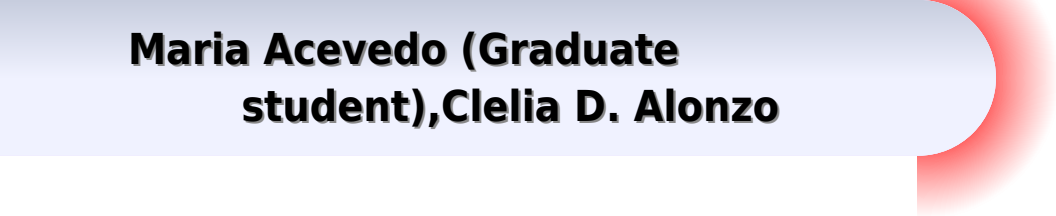
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Treating Military Sexual Trauma

**Maria Acevedo (Graduate
student), Clelia D. Alonzo**



Treating Military Sexual Trauma:

Treating Military Sexual Trauma Lori Katz, 2015-07-20 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

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 *Understanding and Treating Military Sexual Trauma* Kristen Zaleski, 2015-04-22 This thorough analysis of sexual assault in the military examines the scope of this long neglected issue using a lens informed by modern day attachment and trauma theories Starting with an overview of sexual violence during wartime it details the cultural and organizational aspects of military life and entrenched ideas about war and masculinity that compound military sexual trauma MST and reinforce barriers to treatment for women and men The book s second half reviews empirically supported interventions for MST survivors recommending therapy that attends to somatic implicit relational based aspects of trauma processing rather than the conventional cognitive therapies currently funded in many military mental health programs This powerful presentation which includes sobering quotes from survivors also raises serious questions about meeting veterans needs training for on and off base clinicians and government funding Included in the coverage The history of sexual violence in war Trauma and recovery in military culture The neurobiology of trauma A military rape sub culture hypothesis about the hidden sexual assault epidemic How military culture and military law affect the immediate aftermath of MST Treating the trauma and not just the memory Questions the one size fits all approach of many trauma therapies for MST Top down cognitive based treatment for MST Body based bottom up psychotherapy for MST *Understanding and Treating Military Sexual Trauma* belongs in the libraries of private practice clinicians and government psychologists It provides cutting edge knowledge to practitioners in training such as graduate level students studying psychology and social work Its dual emphasis on military culture and women s lives will appeal to students in gender studies sociology and program planning disciplines **Understanding and Treating Military Sexual Trauma** Kristen Zaleski, 2018-05-02 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

Warrior Renew Lori S. Katz, 2014-09-04 Print CourseSmart **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 *Safety for Survivors* United States. Congress. House. Committee on Veterans' Affairs. Subcommittee on Health, 2014 [The Palgrave International Handbook of Gender and the Military](#) Rachel Woodward, Claire Duncanson, 2017-06-27 The Palgrave International Handbook of Gender and the Military provides a comprehensive overview of the multiple ways in which gender and militaries connect International and multi disciplinary in scope this edited volume provides authoritative accounts of the many intersections through which militaries issues and military forces are shaped by gender The chapters provide detailed accounts of key issues informed by examples from original research in a wealth of different national contexts This Handbook includes coverage of conceptual approaches to the study of gender and militaries gender and the organisation of state military forces gender as it pertains to military forces in action transitions and transgressions within militaries gender and non state military forces and gender in representations of military personnel and practices With contributions from a range

of both established and early career scholars The Palgrave International Handbook of Gender and the Military is an essential guide to current debates on gender and contemporary military issues

Military Sexual Trauma in Female Veterans: Psychoeducation and Treatment Approaches Jeanne Spence, 2017 This informative guide was created to help civilian therapists interns and trainees work with military personnel specifically with female veterans who are survivors of a Military Sexual Trauma MST and present with Post Traumatic Stress Disorder PTSD When becoming a therapist cultural awareness is always important When working with military or veteran clients learning about military culture is equally important Some military personnel active duty and or veterans prefer a military therapist because they perceive he or she understands the culture and the language and will save the client hours trying to explain military life This guide will provide civilians with psychoeducation on sexual assaults in the military how common they are how often they go unreported and why It will also explain how the military culture can both amplify the psychological impact of a sexual assault and impede the recovery process Finally this guide will outline the negative ramifications of MST and PTSD in female veterans such as avoidance and substance problems and enumerate multiple treatment options Some are evidence based some are not however all are described in this manual

Military Sexual Trauma Among Female Veterans Maria Acevedo (Graduate student), Clelia D. Alonzo, 2022 Despite the implementation of the universal screener by the Department of Veteran Affairs VA to identify military sexual trauma MST many female veterans continue to experience sexual assaults To better understand where the disparity exists a literature review was conducted to review studies that discuss and provide information on the mental and physical health risks and outcomes of MST among female veterans Four electronic databases were searched using the key words military veteran MST cognitive processing therapy studies females military sexual trauma sexual assault sexual abuse sexual violence military culture treatment Cognitive Processing Therapy CPT Cultural Spillover Theory Posttraumatic Stress Disorder PTSD Depressive Disorder DD and Substance Abuse Disorder SUD Of the 1 079 documents found 16 studies met inclusion criteria The majority examined CPT as a successful method of intervention and treatment for veterans who had experienced PTSD depression and SUD linked to MST Limitations were present as a few studies offered a larger sample size contributing to generalization of the study Findings have implications for social workers who may provide counseling for veterans as they may lack specific military education and the knowledge on how to address veteran related issues

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