



Treatment for  
**POSTTRAUMATIC STRESS DISORDER**  
in Military and  
Veteran Populations  
Initial Assessment

# Treatment For Posttraumatic Stress Disorder In Military And Veteran Populations Initial Assessment

**Shannon B. Dermer, Jahaan R. Abdullah**

## **Treatment For Posttraumatic Stress Disorder In Military And Veteran Populations Initial 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 Effects in the Treatment of Posttraumatic Stress Disorder, 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 for 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 *Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations: Committee on the Assessment of Ongoing Effects in the Treatment of Posttraumatic Stress Disorder*, Board on the Health of Select Populations, Institute of Medicine, 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* Institute of Medicine, Board on the Health of Select Populations, Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder, 2012-07-22. 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. *The Sage Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy* Shannon B. Dermer, Jahaan R. Abdullah, 2023-11-21. Since the late 1970s, there has been an increase in the study of diversity, inclusion, race, and ethnicity within the field of counseling. The SAGE Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy will comprehensively synthesize a wide range of terms, concepts,

ideologies groups and organizations through a diverse lens This encyclopedia will include entries on a wide range of topics relative to multicultural counseling social justice and advocacy and the experiences of diverse groups The encyclopedia will consist of approximately 600 signed entries arranged alphabetically within four volumes

**Journal of Rehabilitation Research & Development** ,2008 Journal of Rehabilitation Research and Development ,2008 Journal of Rehabilitation R & D ,2008 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

**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

**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

**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 meprobamate 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. **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.

**Maxcy-Rosenau Last Public Health and Preventive Medicine: Sixteenth Edition** Matthew L. Boulton, Robert H. Wallace, 2021-06-05. Now in full color, the 16th 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      *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      **Journal of Rehabilitation Research & Development** ,2008

**Posttraumatic Stress Disorder** Institute of Medicine,Board on Population Health and Public Health Practice,Committee on Gulf War and Health: Physiologic, Psychologic, and Psychosocial Effects of Deployment-Related Stress,Subcommittee on Posttraumatic Stress Disorder,2006-09-08 In response to growing national concern about the number of veterans who might be at risk for posttraumatic stress disorder PTSD as a result of their military service the Department of Veterans Affairs VA asked the Institute of Medicine IOM to conduct a study on the diagnosis and assessment of and treatment and compensation for PTSD An existing IOM committee the Committee on Gulf War and Health Physiologic Psychologic and Psychosocial Effects of Deployment Related Stress was asked to conduct the diagnosis assessment and treatment aspects of the study because its expertise was well suited to the task The committee was specifically tasked to review the scientific and medical literature related to the diagnosis and assessment of PTSD and to review PTSD treatments including psychotherapy and pharmacotherapy and their efficacy In addition the committee was given a series of specific questions from VA regarding diagnosis assessment treatment and compensation Posttraumatic Stress Disorder is a brief elaboration of the committee s responses to VA s questions not a detailed discussion of the procedures and tools that might

be used in the diagnosis and assessment of PTSD The committee decided to approach its task by separating diagnosis and assessment from treatment and preparing two reports This first report focuses on diagnosis and assessment of PTSD Given VA s request for the report to be completed within 6 months the committee elected to rely primarily on reviews and other well documented sources A second report of this committee will focus on treatment for PTSD it will be issued in December 2006 A separate committee the Committee on Veterans Compensation for Post Traumatic Stress Disorder has been established to conduct the compensation study its report is expected to be issued in December 2006

*Handbook of Psychosocial Interventions for Veterans and Service Members* Nathan D. Ainspan, Craig J. Bryan, Walter Erich Penk, 2016-03-16 The United States is in the midst of the largest military demobilization in its history This is leading to an increase in the demand for mental health clinicians who can provide services to hundreds of thousands of military veterans and members of the military Nearly two million Americans have been deployed to the wars in the Middle East and thousands of them have been deeply affected either psychologically physically or both Projections suggest that 300 000 are returning with symptoms of PTSD or major Depression 320 000 have been exposed to probable Traumatic Brain Injuries and hundreds of thousands are dealing with psychological effects of physical injuries Other veterans and members of the military without injuries will seek treatment to help them with the psychological impact of serving in the military being deployed or transitioning and reintegrating back into the civilian world As an example hundreds of thousands of service members are also leaving the armed forces earlier than they anticipated and will need to quickly adjust to life as civilians after assuming that they would have many more years in the military Many will be leaving the military because of demobilizations and downsizing due to budget cuts Current proposed cuts will shrink the military force to the same size it was in 1940 The Pew Center reports that 44% of veterans from the current wars are describing their readjustment to civilian life as difficult and many of them are and will be turning to civilian mental health and primary care clinicians for assistance The Handbook of Psychosocial Interventions for Veterans and Service Members is a one stop handbook for non military clinicians working with service members veterans and their families It brings together experts from the Department of Defense the Department of Veterans Affairs veteran service organizations and academia to create the first comprehensive guidebook for civilian clinicians In addition to covering psychiatric disorders such as depression anxiety and PTSD this book also offers information about psychosocial topics that impact military personnel and their loved ones and can become part of treatment e g employment or education options financial matters and parenting concerns providing the most recent and cutting edge research on the topics Chapters are concise and practical delivering the key information necessary to orient clinicians to the special needs of veterans and their families The Handbook of Psychosocial Interventions for Veterans and Service Members is an essential resource for private practice mental health clinicians and primary care physicians as well as a useful adjunct for VA and DOD psychologists and staff

The Veterans and Active Duty Military Psychotherapy Treatment Planner, with

DSM-5 Updates Bret A. Moore, David J. Berghuis, 2014-12-11 This timesaving resource features Treatment plan components for 39 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors Includes Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Veterans and Active Duty Military Psychotherapy Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies Features empirically supported evidence based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel including substance abuse adjustment to killing anger management and domestic violence pre deployment stress survivors guilt and combat and operational stress reaction Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Veterans and Active Duty Military Psychotherapy Progress Notes Planner Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

### **Caring for Veterans with Deployment-related Stress**

**Disorders** Josef I. Ruzek, 2011 The chapters in this book summarize current scientific and clinical knowledge about psychological trauma PTSD and related posttraumatic stress reactions among military veterans and civilians deployed to Operation Enduring Freedom OEF in Afghanistan and Operation Iraqi Freedom OIF Although the content is focused on individuals serving in Iraq and Afghanistan the book also offers a framework to help those not only in the United States but elsewhere around the world who will be directly affected by future wars This book is designed to support clinical practice by providing clinicians with solid evidence based information To that end the chapters include clinical case illustrations intended to help practitioners integrate the material with real world scenarios The book should also stimulate research by providing a comprehensive summary of the existing literature We anticipate that it may function as a practical tool for clinicians interested in trauma work and as a textbook for use in instructional settings A comprehensive approach to the management of posttraumatic stress reactions must encompass both prevention and treatment It must also incorporate both clinical and public health perspectives Problems experienced by individuals affect the larger community so care at the

individual level should be offered within the context of a larger system of services Thus this book comprises five major parts  
epidemiology and course of problems assessment of trauma PTSD related mental health outcomes including the context of co  
occurring traumatic brain injury and suicidal states specific noncombat stressors and problems and their ramifications  
prevention and treatment of PTSD and public health challenges related to barriers to care and integration of service delivery  
systems Introduction PsycINFO Database Record c 2010 APA all rights reserved      Post-traumatic Stress Disorder and  
Substance Use in Military Veterans David James Hinkly,2012

## Enjoying the Melody of Phrase: An Emotional Symphony within **Treatment For Posttraumatic Stress Disorder In Military And Veteran Populations Initial Assessment**

In a global taken by monitors and the ceaseless chatter of instantaneous connection, the melodic beauty and emotional symphony developed by the prepared term usually disappear into the back ground, eclipsed by the relentless sound and interruptions that permeate our lives. But, set within the pages of **Treatment For Posttraumatic Stress Disorder In Military And Veteran Populations Initial Assessment** a stunning fictional value brimming with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this moving analysis, we can explore the book is main harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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### **Introduction**

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