



TREATING

MILITARY
SEXUAL
TRAUMA

LORI S. KATZ EDITOR

Treating Military Sexual Trauma

Kristen Zaleski



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 **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

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

Safety for Survivors United States. Congress. House. Committee on Veterans' Affairs.

Subcommittee on Health, 2014

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 **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 **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 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 *Military Sexual Trauma: Current Knowledge and Future Directions* Carolyn Allard, Melissa Platt, 2014-06-11 *Military Sexual Trauma Current Knowledge and Future Directions* showcases the work of several prominent military sexual trauma MST researchers scholars and clinicians from across the United States A review of existing research and original empirical findings converge to indicate that MST contributes to a range of physical health problems complex posttraumatic responses and other mental health consequences above and beyond the effects of other types of traumatic experiences This collection also presents evidence suggesting that MST is often difficult to identify both within the individual military member and within the military population as a whole Recommendations are offered for addressing this problem In addition to the research review and empirical findings an evolutionary framework for understanding sexual assault of women in the military is presented Taken together this collection of works may inform MST intervention and prevention efforts This book was originally published as a special issue of Journal of Trauma Dissociation **The Relationships Between Military Sexual Assault, Post-traumatic Stress Disorder and Suicide, and on Department of Defense and Department of Veterans Affairs Medical Treatment and Management of Victims of Sexual Trauma** United States. Congress. Senate. Committee on Armed Services. Subcommittee on Personnel, 2014 **Safety for Survivors** United States. Congress, Committee on Veterans' Affairs, 2017-09-25 Safety for survivors care and treatment for military sexual trauma hearing before the Subcommittee on Health of the Committee on Veterans Affairs U S House of Representatives One Hundred Thirteenth Congress first session

Friday July 19 2013 **For Love of Country** Terri Spahr Nelson, 2014-12-01 One of the first books to address sexual victimization in the United States military in 2002 Now just as compelling as a second edition with updated information on Department of Defense policies the Sexual Assault Prevention and Response Program and Veteran Affairs resources for survivors and their loved ones This incisive book offers a unique perspective on rape and sexual harassment in the United States Military Drawn from the experiences of military personnel and presented in their own words For Love of Country Confronting Rape and Sexual Harassment in the U S Military offers an honest and heartfelt look at this pervasive problem which has persisted for decades Service members and veterans speak candidly about their experiences reporting their abuse or seeking help and about the ongoing need for a cultural shift to truly make a difference Author Terri Spahr Nelson a twice decorated United States Army veteran and psychotherapist specializing in sexual trauma has mixed a compelling chorus of hundreds of personal accounts into a single voice calling for reform She presents emotional retellings from victims of rape and sexual harassment with responses from military and congressional leaders For Love of Country Confronting Rape and Sexual Harassment in the U S Military includes unique inside perspectives from active duty personnel and veterans personal accounts from survivors of military sexual trauma commentary from military and congressional leaders Pentagon statistics on sexual assault with conviction and sentencing rates findings and recommendations from the Department of Defense clinical information on issues facing military trauma survivors For Love of Country Confronting Rape and Sexual Harassment in the U S Military serves as a one of a kind resource for professionals a training tool for all military leaders and a compelling eye opener to anyone concerned with the preservation of integrity and honor in the United States Armed Services Most importantly this book reminds female and male victims of military sexual trauma that they are not alone on their journey to recovery and there is hope *The Relationship Between Military Sexual Assault, Post-Traumatic Stress Disorder and Suicide, and on Department of Defense and Department of Veterans Affairs Medical Treatment and Management of Victims of Sexual Trauma* Subcommittee on Personnel of the Committ, Subcommittee on Subcommittee on Personnel of the Committee on Armed Services United States Senate, 2014-12-31 Sexual assaults are very traumatic events for victims traumatic events that have long lasting frequently lifelong consequences including PTSD and suicides There is zero doubt that sexual violence is occurring at an unacceptable rate within our military Too often our service men and women find themselves in the fight of their lives not in a theater of war but in their own ranks among their own brothers and sisters While Congress is not in full agreement on the extent of the reforms required to solve this crisis last year s National Defense Authorization Act NDAA took positive steps forward including 36 separate provisions to address sexual assault in the military which were supported unanimously and additional important legislation is still under consideration including my bill the Military Justice Improvement Act No matter where any one person falls in this debate we can all agree that we must fully understand the long term psychological toll on the survivors of sexual trauma in the military and the best practices for

effective treatment *Military Sexual Trauma* , 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 Safety for Survivors ,2014 Warrior Renew ,2015 **Effects of military sexual trauma on treatment outcomes and patterns of attrition in cognitive processing therapy** Kristin Kelly Hines,2015

Whispering the Secrets of Language: An Emotional Journey through **Treating Military Sexual Trauma**

In a digitally-driven earth where screens reign supreme and quick connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases usually get unheard. Yet, situated within the pages of **Treating Military Sexual Trauma** a captivating fictional prize pulsing with raw feelings, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus invites readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the emotional depths with this emotional evaluation, we will embark upon a heartfelt exploration of the book's primary styles, dissect its fascinating writing fashion, and yield to the powerful resonance it evokes serious within the recesses of readers' hearts.

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