

Process and structure of starting a ptsd supppport group

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The astute news reporter and Elmer Davis sagaciously declared that “ This nation will remain the land of the free only so long as it is the home of the brave” (Kanalley, Craig). Rightfully, the brave soldiers and military personal who have protected this United States of America deserve, in return, the utmost protection once their active military duty concludes. For those brave military personal who are mentally burdened with the trauma and devastation of war, the process and structure of instituting a Post-Trauma Stress Disorder group for courageous veterans and their just as courageous families is of paramount necessity. A person suffering from PTSD will be overwhelmed with feelings of isolation, thus a group of people gathered together to share and ultimately overcome their fear and mental debilitation is crucial. One way to accomplish this is through the online site called Meetup. com. This online database will indicate pre-existing PTSD groups within the area or can help someone form their own group. As an accolade to “ Meetup”, it is the world’s largest network of local PTSD support groups. The fact that veterans who are suffering the devastating effects of war and violence can meet up with other people who live near them on “ Meetup” is a common bond that can further unite them in their quest to eradicate the ghastly PTSD from their lives (" Post Traumatic Stress Disorder Research Fact Sheet.").

In order to facilitate an effective PTSD meeting, a Post-Traumatic Stress Disorder booklet should be utilized. These books are made readily available by the National Institute of Mental Health (NIMH) and provide the most updated psychological information on PTSD and how to overcome it. This booklet reveals the importance of psychotherapy and medications and how

using mental imagery, writing, discussion and conversation, and a medicine called a beta-blocker aids in the recovery from PTSD. Furthermore, the promotion of positive thinking and positive mental imagery should be instituted into the structure of every PTSD meeting (" Post Traumatic Stress Disorder Research Fact Sheet.").

Some other aspects of PTSD recovery that should be integrated into every group meeting include Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing, for example. Cognitive Behavioral Therapy (CBT) is a form of “ talking therapy” that helps a person address and alter their extreme ways of thinking. As another example, Eye Movement Desensitization and Reprocessing (EDMR) has been proven to be successful because it uses eye movements to help the brain process flashbacks and to address the traumatic war experience. Yoga and meditation can also be either instituted directly or simply suggested in a PTSD meeting (" Post Traumatic Stress Disorder Research Fact Sheet.").

For families of those with PTSD, support groups can be formed to inform them what to watch out for in their family member suffering with PTSD. Similar to those who are actually suffering from PTSD, family members who are able to talk about their experience will help alleviate their tension and stress. Obviously, the message to family members that their support, love, encouragement, and positive thoughts must be stressed as it is the foundational building block for every PTSD family meeting (“ PTSD Anonymous”).

All in all, there are definitely a plethora of PTSD support groups available for courageous veterans and their families. Such groups, like PSTD Anonymous

are confidential, no- cost, and focus not on what is wrong with each person, but rather what happened to them and how they will overcome their psychological obstacles. By revealing realistic and practical solutions in PTSD support groups, a supportive atmosphere is provided to veterans and their families (“ PTSD Anonymous”).

Bibliography

Kanalley, Craig. " Veterans Day Quotes: 15 Best, Most Famous Remembrance Day Sayings." The Huffington Post. TheHuffingtonPost. com, 11 Nov. 2009. Web. 17 Dec. 2012.

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