

# Counseling ptsd



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Counseling PTSD Among Today's Military Veterans Jonathan W.

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Among Today's Military Veterans Introduction Although the main focus of this paper will feature war veterans with PTSD this disorder can be experienced by anyone that witnesses or personally suffered acts of violence, personal assaults, natural or human-caused disasters, bad accidents people of all ages may experience Post-traumatic stress disorder. The diagnosis of PTSD historically originates from observations of the effect of combat on soldiers. The grouping of symptoms that we now refer to as PTSD has been described in the past as “ combat fatigue,” “ shell shock,” or “ war neurosis.” Matthew, T. (2009, 22). Rates of PTSD in Veterans.

This paper will address the mental health of members of the Army, and Marine Corps who were involved combat operations in Vietnam, Iraq, the Gulf War, and Afghanistan. I also will share my personal experience as I am presently in counseling and on medication for PTSD. Also included will be quotes from the book Clemons, K. with Bill, B. (2008). AMEPD. Hoboken, New York: John Wiley & Sons, Inc.

Who gives me credit for counseling him along with a few other soldiers through some very depressed times while in recovery at Brook Army Center Fort Sam Houston, TX. Which has inspired me along with wanting to serve GOD to start this journey to receive a degree in counseling. PTSD affects about 30 percent of Vietnam veterans, 10 percent of Desert Storm vets, upwards of 20 percent of those who served in Iraq and 11 percent of Afghanistan combatants, according to the national PTSD center.

...Nationally, PTSD has affected 23 percent (92, 998) of Iraq and Afghanistan vets seeking care at the VA from 2002 to 2008. Brian, A. (2009 July). Combat Clips: Selection of OEF/OIF Veterans Statistics.

You can see the Vietnam War shows the highest percentage of PTSD veterans but I believe it was the longest of the four with the Iraq and Afghanistan conflicts are presently ongoing. Although the Gulf War was the shortest conflict all of these percentages seem to be very high therefore the need for counselors in this area assembly has and will continue to increase. Another study on Vietnam, the Gulf War, and Afghanistan veterans lead by Charles W. Hoge and several other scholars also show a much higher percentage rate among Vietnam Veterans. Although there are few published studies of the rates of PTSD among military personnel soon after their return from combat duty, studies of veterans conducted years after their service ended have shown a prevalence of current PTSD of 15 percent among Vietnam veterans and 2 to 10 percent among veterans of the first Gulf War. Hoge et al., (2004 July 1). Combat duty in Afghanistan, Metal Health problems, and barriers to care.

The most common treatment modalities for PTSD are cognitive therapy and veterans??™ support groups. Cognitive therapy (sometimes called cognitive behavioral therapy) is based on the concept that the way we think about things affects how we feel emotionally. It focuses on present thinking, behavior, and communication, rather than on past experiences, and is oriented toward problem solving. Often used to treat a broad range of problems including depression, anxiety, panic, fears, eating disorders, substance abuse, and PTSD, cognitive therapy can help veterans understand

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their symptoms, decrease their reactivity, and learn coping skills. Tendall, M., Fisher, J.

(2010) PTSD. Is It Treatable Or Do I Just Have Learn To Cope And there are several different types of medication, which I have tried, some good and some not so good. Although I still take medication I try not to take it as often as required. I am leaning toward the Cognitive therapy approach by keeping my focus on the presence of the Holy Spirit it allows me a positive outlook on being healed. Presently I am in group therapy, which is also helping me although the first group I tried about two years ago I was not ready for and refused to participate. There are visible and invisible injuries that may come with PTSD and they both need treated. Mentally the invisible is the most important because when we lose control of our mind we are rendered helpless. Furthermore with out mind control it is almost impossible to overcome the visible which is more likely some kind of physical injury.

Many of us know or have seen soldiers with serious injuries but it is hard to tell what is going on inside and many of us veterans who have PTSD suffer in silence. PTSD is an injury that haunts many veterans but it is invisible to most of us. Sandra, B.

(2007 January, 17). The invisible injury: PTSD and Iraqi war veterans. Now allow me to share some comments from a wounded soldier who since 2005 until the present has become a very close friend. Clemons, K. with Bill, B.

(2008). AMEPD says, but while examining PTSD from an academic level I realized that I had never really dealt with it on a personal level. I had asked a few questions about it while at BAMC (brook army medical center). I had

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been prescribed antidepressant pills. But that??™s as far as I had taken the battle. My classroom attention on the disorder may even have triggered the relapse. Then my phone rang, it was Jonathan Hart, and he was checking on me. Two years earlier, his no-nonsense advice and patient listening skills had been my way out of the previous PTSD rut p255.

Here are a few statements I made that Kortney credits me with in helping him overcome his battle with PTSD. 1. When you get up in the morning you have to be satisfied with yourself p256. I was speaking of acceptance.

2. You have to allow yourself time to mourn, allow yourself to get over it p256. Straight talk can be hard to except some times but there are times where it is needed. 3. Chatting with Hart felt good, like I was able to let go of some tension. I gained his trust, which is needed in effective counseling. 4. ??? This is going to come up with you again.

But you are realizing that you can ask question and you can figure it out, ??? Hart said. Pushing it off to the side and overlooking it That just allows the disease to grow and hurt you. Some times physical accidents in ones life have to be excepted to be dealt with because they become permanent in our life Kortney had lost is leg from an IED explosion in Iraq. Conclusion There are many reasons to continue researching PTSD and I am sure some one will come up with other means of treatment. As I said earlier for me the cognitive therapy and group supports seem to have my vote after all it takes communication to make anything happen in life good or bad. In fact God??™s entire creation was created through communication and we are His heirs ordered to communicate His gift of eternal life. As Christian counselors filled

with the gift of the Holy Spirit, what a wonderful way to show His love allowing God to communicate through us to help others.

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