PROCESS AND DE-BRIEF

All mental health professionals agree that one of the most important pursuits that one can engage in to achieve **strength, stability and resilience** after experiencing trauma is to talk about it in a safe environment with those who understand what you've experienced. The Combat Veterans Study Groups, composed of men or women just like you, will provide the perfect atmosphere for processing and debriefing.

JOIN US!

TIMES AND LOCATIONS:

ALL MEETINGS ARE CONFIDENTIAL

COMBAT VETERANS STUDY GROUPS

Exploring Christ-centered Solutions to Combat Trauma

COMBAT TRAUMA & POST-TRAUMATIC STRESS DISORDER:

"Not all wounds of war are visible."

According to the National Center for PTSD, 40% of our troops returning from Iraq or Afghanistan either have or will develop PTSD. This disorder isn't something that will go away on its own—a passive approach will not work! And for every Combat Trauma sufferer, there are **ten** additional family members and close friends that are deeply affected. But there are several proactive things that a Wounded Warrior can do that will help him or her come to a place of strength, stability and healing once again. As a member of a Combat Trauma Study Group, YOU will learn what to do.

"For I, the Lord, am your Healer."

Exodus 15:26

There are many approaches to Combat Trauma that will deliver helpful coping mechanisms, but God wants to bring you *healing.* The objective of these studies it to help you construct an environment that will allow God optimal access to your body, soul and spirit for the purpose of healing. It is done in the context of the give-and-take of other veterans like yourself who are working through their trauma.

PROTOCOL The Combat Trauma Study groups will meet for an hour and a half each week for a period of 10-12 weeks. At that time you can re-evaluate whether or not you would like to continue. The group will be working through *The Combat Trauma Healing Manual* produced by the Military Ministry of Campus Crusade for Christ. This manual is currently in use at a number of Warrior Transition Units around the country, and by chaplains, counselors and pastors nationwide. It combines the latest insights from the medical and mental health communities with the age-old, tried-and-true principles from the Bible. Each team member is expected to be a true "Battle Buddy", contributing to the welfare of the unit, encouraging, teaching, listening, and never leaving a comrade behind. You won't be "healers", but you will function as "Bridges to Healing" for each other. God will do the healing.

The Study Groups are open to veterans of all eras.

"Never leave a comrade behind."

Here are the Ten "Steps" we'll progress through in *The Combat Trauma Healing Manual*:

- ★ **Step 1: Where Was God?**
  Understanding the spiritual context of your trauma.
- ★ **Step 2: What Happened To Me?**
  Understanding the physical and psychological context of your trauma.
- ★ **Step 3: Where's The Hospital?**
  Constructing your healing environment.
- ★ **Step 4: How Did I Change?**
  Remembering what happened.
- ★ **Step 5: How Can I Stand It?**
  Processing your loss and grief.
- ★ **Step 6: How Do I Move On?**
  Forgiveness received and given.
- ★ **Step 7: Who Am I Now?**
  Rebuilding your identity.
- ★ **Step 8: How Do I Fight?**
  Rebuilding your defenses.
- ★ **Step 9: How Do I Get Across?**
  Finding "bridge" people.
- ★ **Step 10: How Do I Get Back To "Normal"?**
  Defining your mission.

Jesus said: *"Come to Me, all who are weary and heavy-laden, and I will give you rest… Learn from Me, and you will find rest for your souls."* ~ Matthew 11:28,29