“War Trauma and Its Wake delivers its powerful payload on time and on target. Just as war fighters prepare for engagement by studying their tactics, techniques, and procedures, this authoritative, accurate, and well-written resource informs and changes the way mental-health practitioners and others think about assessing, treating, and healing service members and veterans. The authors (primarily Army Reserve and active-duty service members) offer a ‘boots-on-the-ground’ perspective that both recognizes the benefits and risks of serving and honors those service members who do so.” —Captain Robert Koffman, MD, MPH, Navy psychiatrist (OIF/OEF)

Decades after Charles Figley’s landmark Trauma and Its Wake was published, our understanding of trauma has grown and deepened, but we still face considerable challenges when treating trauma survivors. This is especially the case for professionals who work with veterans and active-duty military personnel. War Trauma and Its Wake, then, is a vital book. The editors—one a Vietnam veteran who wrote the overview chapter on treatment for Trauma and Its Wake, the other an Army Reserve psychologist with four deployments—have produced a book that addresses both the specific needs of particular warrior communities as well as wider issues such as battlemind, guilt, suicide, and much, much more. The editors’ and contributors’ deep understanding of the issues that warriors face makes War Trauma and Its Wake a crucial book for understanding the military experience, and the lessons contained in its pages are essential for anyone committed to healing war trauma.

Raymond Monsour Scurfield, DSW, LCSW is a Vietnam veteran, a professor emeritus of social work, and the founding Director of the VA National Center for PTSD in Hawaii.

Katherine Theresa Platoni, PsyD, is a colonel in the Medical Service Corps of the United States Army Reserve and Army Reserve Psychology Consultant to the Chief in the Medical Service Corps.

www.routledgementalhealth.com
Healing War Trauma
A Handbook of Creative Approaches

Edited by Raymond Monsour Scurfield and Katherine Theresa Platoni

"Think of Healing War Trauma as a counterinsurgency field manual to battle the invisible and incapacitating wounds sustained by hundreds of thousands during a decade of war. Helping these soldiers requires more than talk therapy and drugs, and the editors, both combat veterans and mental-health professionals, offer an exciting array of creative and complementary treatments—and hope—in this handbook."—Ann Gerhart, senior writer, The Washington Post

“This shining gem belongs on the desk of all who seek to heal war trauma. Confronting the complexities of the wounded soul reminds us of the need to broaden the scope of treatment strategies. Clearly, one size does not fit all, and this book opens our minds to possibilities. The chapter on resolving combat-related guilt is alone worth the trip to the bookstore. A beautiful blend of theory and practice.”—Glenn R. Schiraldi, PhD, Lt. Col. (USAR, Ret.), author of The Post Traumatic Stress Disorder Sourcebook and The Resilient Warrior Before, During, and After War

“Therapist/veterans Scurfield and Platoni are among our most experienced practitioners in the treatment of the psychological traumas of war, and their knowledge has been hard-won in both the clinic and on the battlefield. Here they take an eclectic and pragmatic look at therapeutic alternatives to trauma treatment. This is not only an essential work for health-care professionals, it is an accessible must-read for those seeking to understand the challenges faced by thousands of veterans.”—Barry Goldstein, MD, PhD, author of Gray Land: Soldiers on War and associate professor at the University of Rochester

Healing War Trauma details a broad range of exciting approaches for healing from the trauma of war. The techniques described in each chapter are designed to complement and supplement cognitive-behavioral treatment protocols—and, ultimately, to help clinicians transcend the limits of those protocols.

For those veterans who do not respond productively to—or who have simply little interest in—office-based, regimented, and symptom-focused treatments, the innovative approaches laid out in Healing War Trauma will inspire and inform both clinicians and veterans as they chart new paths to healing.