Understanding Those Who Served

Therapeutic Work with Military Members and Veterans

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Objectives

• Provide a bio-psychological formulation of military and trauma-related disorders
• Gain a better understanding of military culture and how it impacts the thoughts and behaviors of veterans and military members
• Better understand military-related psychiatric symptoms their causes, and their impact on veterans and military members
PTSD

- Trauma
- Intrusion/Re-experience
- Avoidance
- Negative associated thoughts or mood
- Hyper-arousal
Video
Fight or Flight

• Startle
• Fear
• Anxiety
STARTLE

No Stimulus vs. Stimulus

EAR → PONS → MOTOR
FEAR
Amygdala and BNST

- Lateral Hypo Sweat, CV, BP, Pupil Dilate
- Dorsal Mot Nuc/ Nuc Ambig Urination/def
- Paravent Nuc Hormone release
- Sensory Thalamus
- Hippocampus
- VTA/LC/BF Vigilant Arouse
- Parabrachial Nuc-respiratory
- Olfactory Bulb
- Retic Nuc of Pons Startle
- Central Gray Freeze, pain
- Trigeminal N Facial N Fear Face
- Cortex
- Paravent Nuc

Connections:

- Amygdala and BNST
- Parabrachial Nuc
- VTA/LC/BF
- Retic Nuc of Pons
- Paravent Nuc
- Sensory Thalamus
- Hippocampus
- Cortex
- Lateral Hypo Sweat, CV, BP, Pupil Dilate
- Dorsal Mot Nuc/ Nuc Ambig Urination/def
- Central Gray Freeze, pain
- Trigeminal N Facial N Fear Face
Cognitive Association Errors in Combat Vets

- ‘Driving is dangerous’
- ‘The smell of barbecued meat makes me sick’
- ‘I hate crowds’
- ‘People are stupid’ / ‘I hate people’
HPA

BNST and Amygdala

PREFRONTAL CORTEX

HIPPOCAMPUS

BRAINSTEM
Hypothalamus -> CRF -> Pituitary -> ACTH -> Adrenal Gland

Cortisol
Branches of Uniformed Services

- Army
- Navy
- Air Force
- Marines
- Coast Guard
- Public Health Service
- NOAA
Status

• Active Duty
• Reserves
• National Guard
• Veteran
Rank Structure-Enlisted

**Army**
- Private E-1
- Private E-2
- Private First Class
- Specialist/Corporal
- Sergeant
- Staff Sergeant
- Sergeant First Class
- Master Sergeant/1SG
- Sergeant Major/CSM

**Navy/Coast Guard**
- Seaman Recruit
- Seaman Apprentice
- Seaman
- Petty Officer-3rd Class
- Petty Officer-2nd Class
- Petty Officer-3rd Class
- Chief Petty Officer
- Senior Chief Petty Officer
- Master Chief Petty Officer
Rank Structure-Enlisted

Air Force
- Airman Basic
- Airman
- Airman First Class
- Senior Airman
- Staff Sergeant
- Technical Sergeant
- Master Sergeant
- Senior Master Sergeant
- Chief Master Sergeant

Marines
- Private
- Private First Class
- Lance Corporal
- Corporal
- Sergeant
- Staff Sergeant
- Gunnery Sergeant
- Master Sergeant
- Master Gunnery Sgt
Rank Structure-Officers

**Army/Marines/Air Force**
- Second Lieutenant
- First Lieutenant
- Captain
- Major
- Lieutenant Colonel
- Colonel
- Brigadier General
- Major General
- Lieutenant General
- General

**Navy/Coast Guard**
- Ensign
- Lieutenant Jr. Grade
- Lieutenant
- Lieutenant Commander
- Commander
- Captain
- Rear Admiral Lower Half
- Rear Admiral Upper Half
- Vice Admiral
- Admiral
MILITARY

indoctrination → immersion → discharge
Pre-military ≠ Veteran
Indoctrination

• Recruitment
Indoctrination

• Recruitment

• Training
  – Basic Military Training
  – Specialty Training
Immersion

- In garrison
- Preparation for deployment
- Deployment
- Return from deployment
- In garrison
- Preparation for deployment
- Deployment
- Return from deployment
- In garrison
In Garrison

• Operational Stress
• Stresses on family
Preparation for Deployment

• Training
• Stresses on family
Deployment

- Operational Stress
- Home Stress
- Combat Stress
Combat Stress

• Indirect Fire
• Convoy/Convoy Escort
• Guard/Prisoner Duty
• Embed with Local Nationals
• Quick Reaction Force (QRF)
Return from Deployment

• Family Reintegration
• Switching from deployment goals to in garrison goals
Discharge

• Many types of discharge
• Transfer back to civilian life
• “The military is all I know”