



# Returning From War

Providing Mental Health Services to Military Personnel and Their Families

Presented by

**Raymond M. Scurfield, DSW & COL Kathy Platoni, Psy.D.**

## Participants will enhance their ability to:

- Identify core myths and realities concerning the impact of war and its aftermath
- Diagnose PTSD, Traumatic Brain Injury (TBI), and other war-related disorders
- Understand functional and dysfunctional wartime survival strategies
- Identify basic principles of Combat Operational Stress Control

- Use exposure, cognitive reframing, and Cranial Electrotherapy Stimulation interventions
- Help military personnel recover from guilt, over-responsibility and shame
- Help military families adjust to deployment and redeployment from the wartime theater
- Use strategies to address war-related trauma that go beyond typical interventions focusing on psychiatric symptoms

**12 hours**

### The Experience of War

- Universal effects of war on combatants and their families
- Guard and reservists vs. regular military
- War survival strategies brought home

### War Trauma

- Core myths and realities
- PTSD - additional diagnostic considerations
- Traumatic Brain Injury (TBI) &
- TBI comorbidity with PTSD

### Battlemind Training

- Combat stress reactions
- *Combat Operational Stress Control Training*
- *Redeployment Battlemind Training*

### Cranial Electrotherapy Stimulation

### Soldiers' Perspectives of the Iraq War

### Therapeutic Approaches

- Exposure and in-vivo therapy
- Re-telling & cognitive reframing
- Principles of Traumatic Incident Reduction

### Feeling Responsible & Blaming

- Factors related to shame, guilt, & blame
- Issues with God, higher power, and beliefs regarding humanity
- Innovative cognitive reframing
- Family & children: guilt and blame issues

### Helping Military Families & Children

- Guidelines for the families - Spouse *Battlemind* Training

### Expanding the Circle of Healing

- Multi-era peer treatment groups
- DOD & VA implications for post-war healing
- Positives of war trauma experiences

## **Raymond M. Scurfield, DSW**

Dr. Scurfield is a social work educator, group and Gestalt therapist specializing in war-related and natural disaster trauma. He was a Captain on an Army psychiatric team in Vietnam in 1968-69. He received his D.S.W. in 1979. He has had a 25-year VA career leading PTSD programs, treating and conducting treatment research on war-related PTSD.

In 1998 he joined the faculty of the University of Southern Mississippi Gulf Coast and was promoted to full professor in 2007. He is currently their Katrina Research Center Director.

Dr. Scurfield has over 60 publications including a trilogy of war trauma books: *A Vietnam Trilogy*, *Veterans and Post-Traumatic Stress*; *Healing Journeys: Study Abroad with Vietnam Veterans*; and *War Trauma: Lessons Unlearned From Vietnam to Iraq*.

## **COL Kathy Platoni, Psy.D.**

Dr. Platoni has been a practicing clinical psychologist for 26 years. She was deployed to Iraq in October, 2004. There she was Deputy Commander of Clinical Services for the 55th Medical Company (CSC) in Baghdad and seven subsequent locations.

During her 28 years of active and reserve duty, she developed combat stress control, debriefings and crisis management programs used throughout the Army.

Dr. Platoni currently maintains a private clinical psychology practice and is also an Assistant Clinical Professor at Wright State University. She is a skilled hypnotherapist and possesses expertise in the sub-specialty areas of behavioral medicine and the treatment of chronic pain and chronic, debilitating, and terminal illnesses.

### **Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA**

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