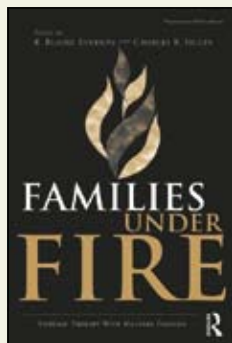


Psychosocial Stress Series

Series Editor: Charles R. Figley

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New!

Families Under Fire Systemic Therapy With Military Families

Edited by **R. Blaine Everson**, Samaritan Counseling Center, Georgia, USA, and **Charles R. Figley**, Tulane University, Louisiana, USA

"This book should be on the shelf of every clinician who works with service members

and their families. Families Under Fire is replete with sound advice, thoughtful synthesis of the most current literature, and useful principles that are easily applied to practice." - **Bret A. Moore**, former active-duty psychologist in the U.S. Army, two-tour veteran of Operation Iraqi Freedom, and author of *Living and Surviving in Harm's Way*

As provider networks on military bases are overwhelmed with new cases, civilian clinicians are increasingly likely to treat military families. However, these clinicians do not receive the same military mental-healthcare training as providers on military installations, adding strain to clinicians' workloads and creating gaps in levels of treatment. *Families Under Fire* fills these gaps with real-world examples, clear, concise prose, and nuts-and-bolts approaches for working with military families utilizing a systems-based practice that is effective regardless of branch of service or the practitioner's therapeutic preference. Any civilian mental-health practitioner who wants to understand the diverse needs of military personnel, their spouses, and their families will rely on this indispensable guidebook for years to come.

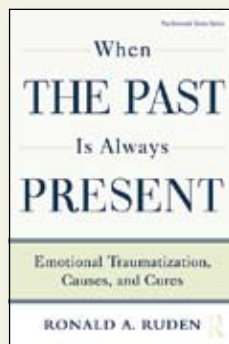
CONTENTS: Introduction. **Part I: An Overview of Family Systems in the Military.** *Everson, Camp*, Seeing Systems: Introduction to Systemic Approaches with Military Families. *Hall*, The Military Culture, Language, and Lifestyle. **Part II: Systemic Therapy Interventions for Various Military Contexts.** *Everson, Herzog*, Structural Strategic Approaches with Army Couples. *Everson, Herzog, Haigler*, Systemic Therapy with Adolescents in Army Families. *Catherall*, Systemic Therapy with Families of U.S. Marines. *Herzog, Boydston, Whitworth*, Systems Approaches with Air Force Members and Their Families. *Sneath, Rheem*, Emotionally Focused Therapy with Army Couples Coping with PTSD. *Smith*, Attachment as a Consideration in Family Play Therapy with Military Families. *Baroody*, Spirituality and Trauma in a Time of War: A Systemic Approach to Pastoral Care and Counseling. *Herzog, Everson*, Secondary Traumatic Stress, Deployment Phase, and Military Families: Systemic Approaches to Treatment. **Part III: Systemic Solutions to the Interpersonal Challenges of Modern Military Families.** *Matthewson*, In Support of Military Women and Families: Challenges Facing Community Therapists. *Springle, Wilmer*, Painting a Moving Train: Preparing Community Providers to Serve Returning Warriors and Their Families. *Lyons, Elkovitch*, Post Deployment: Practical Guidelines for Warrior Loved Ones. *Everson, Figley*,

The Long Way Home: The Aftermath of War for Service Members and their Families. **Appendix.** *Everson, Camp*, Developmental Overview and Brief History of Systemic Family Therapy.

September 2010: 329pp.

Hb: 978-0-415-99847-5: \$44.95

Series: *Psychosocial Stress*



New!

When the Past Is Always Present

Emotional Traumatization, Causes, and Cures

Ronald A. Ruden, in private practice,
New York, USA

"In When the Past Is Always Present, Dr.

Ruden has done no less than to redraw the Eastern healing maps – written in the elusive ink of energy fields, energy centers, and energy pathways – with the neurologist's precise concepts and language for understanding therapeutic change. This monumental accomplishment will stand as the pioneering reference on the relevant neurochemical mechanisms as we move into a future where the techniques presented here become mainstays of psychotherapy and healing." - **David Feinstein**, From the Foreword; coauthor of *The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change*

When the Past Is Always Present: Emotional Traumatization, Causes, and Cures introduces several new ideas about trauma and trauma treatment. The first of these is that another way to treat disorders arising from the mind/brain may be to use the senses. This idea, which is at the core of psychosensory therapy, forms what the author considers the "third pillar" of trauma treatment. Psychosensory therapy postulates that sensory input – for example, touch – creates extrasensory activity that alters brain function and the way we respond to stimuli. The second idea presented in this book is that traumatization is encoded in the amygdala only under special circumstances. Thus, by understanding what makes an individual resistant to traumatization we can offer a way of preventing it. The third idea is that traumatization occurs because we cannot find a haven during the event. This is the cornerstone of havening, the particular form of psychosensory therapy described in the book.

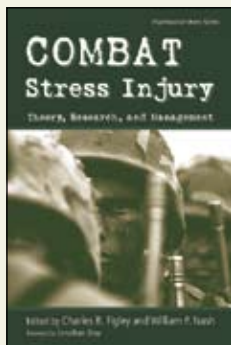
CONTENTS: *Feinstein*, Foreword. A Third Pillar. The Role Emotions Play. Ancient Emotions and Survival. Memory and Emotion. Encoding a Traumatic Memory. Causes and Consequences of Traumatization. Disrupting a Traumatization. Havening. A Brief Introduction to Psychosensory Therapies. Trauma Stories and Trauma Cures. **Appendices.** Appendix A: Non-touch Havening. Appendix B: Cultivating Resilience. Appendix C: An Analysis of Fear of Flying. Appendix D: Nightmares, Night Terrors, Just Bad Dreams and Havening. Appendix E: Classical Fear Conditioning and Traumatization. Appendix F: Transduction, Depotentiation and the Electrochemical Brain. Appendix G: Suggestions for Treatment. Appendix H: Havening Touch: Clinical Guidelines. Appendix I: The Downside of Removing a Traumatic Memory.

August 2010: 238pp.

Hb: 978-0-415-87564-6: \$34.95

Series: *Psychosocial Stress*





Combat Stress Injury

Theory, Research, and Management

Edited by **Charles R. Figley**, Tulane University, Louisiana, USA, and **William P. Nash**, Medical Corps, United States Navy, Camp Pendleton, California, USA

Foreword by **Jonathan Shay**

"Charles Figley and William P. Nash have made a significant and cogent contribution

that helps to frame combat stress injury and interventions in a refreshing and helpful paradigm. On all accounts, Figley and Nash have powerfully and significantly achieved what they set out to do. To effectively position health-care providers, the clergy, and commanders to handle [the] collective expression of operational fatigue and stress, Figley and Nash offer the right paradigm at the right time." - **Thomas J. Williams**, *PsycCRITIQUES*, *Contemporary Psychology: APA Review of Books*

Combat Stress Injury represents a definitive collection of the most current theory, research, and practice in the area of combat and operational stress management, edited by two experts in the field.

In this book, Charles Figley and Bill Nash have assembled a wide-ranging group of authors (military/nonmilitary, American/international, combat veterans/trainers, and as diverse as psychiatrists/psychologists/social workers/nurses/clergy/physiologists/military scientists).

The chapters in this volume collectively demonstrate that combat stress can effectively be managed through prevention and training prior to combat, stress reduction methods during operations, and desensitization programs immediately following combat exposure.

CONTENTS: *Shay*, Foreword. *Figley, Nash*, Introduction: For Those Who Bear the Battle. **Part I: Theoretical Orientation to Combat Stress Management.** *Nash*, The Stressors of War. *Nash, Baker*, Operational Stress Adaptations and Injuries. *Nash, Baker*, Competing and Complementary Models of Combat Stress Injury. **Part II: Research Contributions to Combat Stress Injuries and Adaptation.** *Boscarino*, The Mortality Impact of Combat Stress 30 Years After Exposure. *Koren, Hilel, Idar, Hemel, Klein*, Combat Stress Management: The Interplay Between Combat, Injury and Loss. *Dekel, Solomon*, Secondary Traumatization Among Wives of War Veterans with PTSD. **Part III: Combat Stress Injury Management Programs.** *Moore, Reger*, Historical and Contemporary Perspectives of Combat Stress and the Army Combat Stress Control Team. *Rizzo, Rothbaum, Graap*, Virtual Reality Applications for the Treatment of Combat-related PTSD. *Spira, Pyne, Wiederhold*, Experiential Methods in the Treatment of PTSD. *March, Greenberg*, The Royal Marines Approach to Psychological Trauma. *Grenier, Darte, Heber, Richardson*, The Operational Stress Injury Social Support Program. *Drescher, Smith, Foy*, Spirituality and Readjustment Following War Zone Experiences. *Lyons*, The Returning Warrior: Advice for Families and Friends.

2006: 368pp.

Hb: 978-0-415-95433-4: \$39.95

Series: *Psychosocial Stress*

Forthcoming!

An EMDR Practitioner's Guide to Treating Traumatic Stress Disorders in Military Personnel

Mark C. Russell, Antioch University, Washington, USA, and Charles R. Figley, Tulane University, Louisiana, USA

An EMDR Practitioner's Guide to Treating Traumatic Stress Disorders in Military Personnel offers a comprehensive treatment manual for mental health professionals treating traumatic stress injuries in both male and female veterans. It is the first book to combine the most recent knowledge about new paradigms of combat-related traumatic stress injuries (Figley & Nash, 2006) and offers a practical guide for treating the spectrum of traumatic stress injuries with EMDR, which has been recognized by the Department of Veterans Affairs and Department of Defense clinical practice guidelines as one of the most studied, efficient, and particularly well-suited evidence-based treatments for military-related stress injuries.

Russell and Figley introduce an array of treatment innovations designed especially for use with military populations, and readers will find pages filled with practical information.

CONTENTS: Introduction. **Part I: Evidence-based EMDR Treatment in Military Populations.** Brief History of EMDR in the Military. Research on EMDR Effectiveness with Military Populations. Navigating the Military Mental Health Care System. Understanding Military Culture, Stigma and Barriers to Care. Why Use EMDR Therapy in the Armed Services? **Part II: The EMDR Protocol for Military Populations.** Phase One: Client History and Diagnostic Screening. Phase Two: Client Preparation and Informed Consent. Phase Three: Assessment and Treatment Planning. Phases Four–Seven: Basic and Targeted EMDR Treatment Protocols. Phase Eight: Military Support Systems and Referral. **Part III: Special Considerations and Future Direction.** Ethical, Administrative, and Medico-Legal Considerations. EMDR Training in the Military. Overcoming Scientific Resistance and the Future of EMDR. Appendix A: Glossary of Military Terminology. Appendix B: Rank and Pay Grade. Appendix C: Sample of Clinical Forms.

April 2012: 320pp.

Hb: 978-0-415-88977-3: \$34.95

Series: *Psychosocial Stress*

Forthcoming!

Handbook of Counseling Military Couples

Edited by **Bret A. Moore**, Department of Health and Human Services, Montana, USA

How are military couples' rights different from those of civilians? What attitudes and beliefs about relationships might military members bring to a session, and how are those different from those of civilians? What is the state of marriage and divorce in each of the branches and within the military in general? For a particular treatment modality, how does research in with military members compare to that of civilians? When should particular treatment strategies be used, and why – and how? *Handbook of Counseling Military Couples* includes a clear, thorough introduction to military culture and to coupled relationships in the military, but more than that, it provides clinicians with expert analyses of the special types of issues that come up for military couples and how to address them most productively.

February 2012: 512pp.

Hb: 978-0-415-88730-4: \$44.95

Series: *Family Therapy and Counseling*

www.routledgementalhealth.com/family-therapy-and-counseling



Forthcoming!

The Promise of Integrated Healthcare

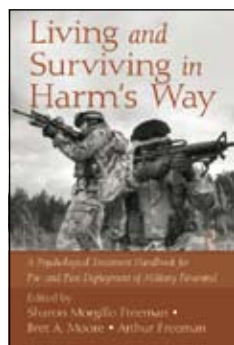
Edited by **Nicholas A. Cummings** and **William T. O'Donohue**, both at University of Nevada, Reno, USA

The Promise of Integrated Healthcare is a necessary book, edited and contributed to by a great variety of authors from academia, government, and industry. The book takes a bold look at what reforms are needed in healthcare and provides reforms and specific recommendations. Some of the serious concerns about the healthcare system that Cummings, O'Donohue, and contributors address include access problems, safety problems, costs problems, the uninsured, and problems with efficacy. When students, practitioners, researchers, and policy makers finish reading this book they will have not just a greater idea of what problems still exist in healthcare, but, more importantly, a clearer idea of how to tackle them and provide much-needed reform.

CONTENTS: *Cummings, O'Donohue*, What is Wrong with the Current Behavioral Healthcare System? *Merritt*, Electronic Behavioral Health Records. *Cummings, O'Donohue*, Integrated Care. *Papa*, E-Health and Tele-Health. *DeLeon*, Prescription Privileges. *Spitzer*, Diagnostic System Innovations. *McFall*, Evidence-Based Treatment. *O'Donohue, Lilienfeld*, Quality Improvement and Reducing Errors. *Freeman*, The Behavioral Health Medical Home. *O'Donnell*, Reforms in Professional Education. *Cummings*, Pay for Performance and Innovations Needed in Payment Mechanisms. *Fisher*, Reforms in Treating the Elderly. *Meuser*, Reforms in Treating the Chronically Mentally Ill. *Bray*, Reforms in Treating Children and Families. *Edghill*, Reforms in Chronic Disease Management. *Volkow*, Reforms in Substance Abuse Treatment. *Mays*, Reforms for Women and Minorities. *Seligman*, Reforms in Wellness and Prevention. *Chaffee*, Reforms in Veteran and Military Behavioral Health.

May 2011: 384pp.

Hb: 978-0-415-87643-8: \$44.95



Living and Surviving in Harm's Way

A Psychological Treatment Handbook for Pre- and Post-Deployment of Military Personnel

Edited by **Sharon Morgillo Freeman**, Purdue University, Indiana, USA, and **Bret A. Moore**, Department of Health and Human Services, Montana, USA, and

Arthur Freeman, Philadelphia College of Osteopathic Medicine, Pennsylvania, USA

"This is an invaluable reference for students, clinicians, policy makers, and all who seek to understand the complex psychological impacts of war. The authors give voice to the full experience of Warriors in combat, addressing issues such as the psychological costs of killing, and post-combat adjustment. This compendium advances us towards developing effective methods for building resiliency and assisting with recovery from the intense stressors of deployment and combat." - **Colonel Bruce E. Crow**, Clinical Psychology Consultant to the U.S. Army Surgeon General, USA

In *Living and Surviving in Harm's Way*, experts investigate the psychological impact of how warriors live and survive in combat duty. They address the combat preparation of servicemen and women, their support systems, and their interpersonal and intrapersonal experiences. The text maintains a focus on cognitive-behavioral interventions for treating various combat-related disorders, and addresses psychological health and

adjustment after leaving the battlefield. The text is logically organized for easy reading and reference, and covers often overlooked topics such as preparation and training of service personnel, women in combat, and the indirect effects of combat stress on family.

CONTENTS: *Beck*, Foreword. *Freeman, Freeman, Moore*, Introduction. **Understanding the Service Member.** *Matthews*, The Soldier's Mind: Motivation, Mindset, and Attitude. *Stivers, Sammons*, Training for Battle: Preparing to be the Warrior and Savior. *Reger, Moore*, Challenges and Threats of Deployment. *Kennedy, Malone*, Integration of Women into the Modern Military. **On Being a Service Member.** *Kelly, Vogt*, Military Stress: Effects of Acute, Chronic, and Traumatic Stress on Mental and Physical Health. *Freeman, Freeman*, Vulnerability Factors: Raising and Lowering the Threshold for Response. *Conoscenti, Vine, Papa, Litz*, Scanning for Danger: Readjustment to the Non-combat Environment. *Freeman, Freeman*, Assessment and Evaluation: Collecting the Requisite Building Blocks for Treatment Planning. **The Individual Service Member: Intervention.** *Freeman, Moore*, Theoretical Base for Treatment of Military Personnel. *Meichenbaum*, Core Psychotherapeutic Tasks with Returning Soldiers: A Case Conceptualization Approach. *Riggs*, Treatment of Anxiety Disorders. *Rudd, Campise*, Depression and Suicide: A Diathesis-Stress Model for Understanding and Treatment. *Freeman, Hurst*, Substance Use, Misuse, and Abuse: Impaired Problem Solving and Coping. *Moore, Krakow*, Characteristics, Effects, and Treatment of Sleep Disorders in Service Members. *Moore, Hopewell, Grossman*, After the Battle: Violence and the Warrior. *Freeman, Lundt, Swanton, Moore*, Myths and Realities of Pharmacotherapy in the Military. **The Service Member's Family and Community: Intervention.** *Mabe*, War and Children Coping with Parental Deployment. *Lyons*, Intimate Relationships and the Military. *Cohen, Goodman, Campbell, Carroll, Campagna*, Military Children: The Sometimes Orphans of War. *Penk, Ainspan*, Community Response to Returning Military. *Drescher, Burgoyne, Casas, Lovato, Curran, Pivar, Foy*, Issues of Grief, Loss, Honor, and Remembrance: Spirituality and Work with Military Personnel and their Families. *Peterson, Cigrang, Isler*, Future Directions: Trauma, Resilience and Recovery Research.

2009: 543pp.

Hb: 978-0-415-98868-1: \$44.95



Counseling Military Families

What Mental Health Professionals Need to Know

Lynn K. Hall, Western New Mexico University, USA

The objectives of *Counseling Military Families* are to help the practicing counselor understand how the military works, what issues are constants for

the military family, and what stressors are faced by the military member and the family. The book begins with an overview of military life, including demographic information and examples of military family issues, before delving into specific chapters focused on the unique circumstances of reservists, career service personnel, spouses, and children. The final section of the book presents treatment models and targeted interventions tailored for use with military families.

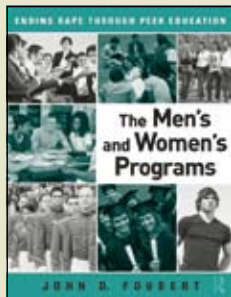
CONTENTS: Setting the Stage. Introduction: Rationale and Purpose. Military Service Members. **The Military Family.** The Unique Culture of the Military. The Military Family. The Children. Other Military Families to Consider. **Working with Military Families.** Major Challenges of Military Families. The Transition Journey. Effective Interventions. Military Family Case Studies. Resources.

2008: 328pp.

Hb: 978-0-415-95687-1: \$90.00

Pb: 978-0-415-95688-8: \$32.50

From **John D. Foubert**, The College of William and Mary, Virginia, USA



New!

The Men's and Women's Programs Ending Rape through Peer Education

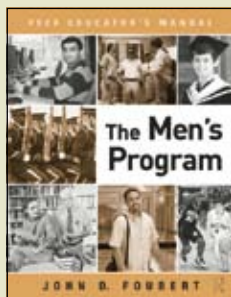
John D. Foubert

The Men's and Women's Programs: Ending Rape through Peer Education is a

guide for college administrators and faculty members looking to create a sexual assault prevention and education program to provide men and women with the knowledge, skills, and support systems needed to become active participants in the prevention of rape. It contains detailed scripts which outline how to set up and implement a program and provides instructions on running a training course and recruiting peer educators. Handouts and worksheets are included to assist in the training process, as well as for peer educators to use when working with participants. This revised version of the program features the inclusion of a program targeted at female participants, as well as completely updated scripts, handouts, and resources. Accompanying the text are two guides (sold separately) for peer educators to use when working with program participants: *The Men's Program* and *The Women's Program*.

September 2010: 229pp.

Pb: 978-0-415-88105-0: \$39.95



New!

The Men's Program Peer Educator's Manual

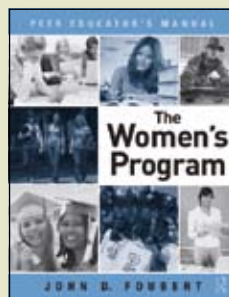
John D. Foubert

This guide contains the training materials necessary for the student/peer educator who will be facilitating the men's program. While it does complement the guide for administrators, it is designed

to be a self-contained manual. It includes all of the program scripts and handouts, as well as advice for running the program. The program scripts lay out each session in detail for the leader. Participants will be taught about rape via in-depth discussions and videos that will put them in the shoes of the victim, helping them to understand what it might feel like for both a woman and a man to experience rape. Methods for helping survivors and ways to prevent rape are then covered, including bystander interventions.

September 2010: 102pp.

Pb: 978-0-415-88106-7: \$100.00 (10 copies)



New!

The Women's Program Peer Educator's Manual

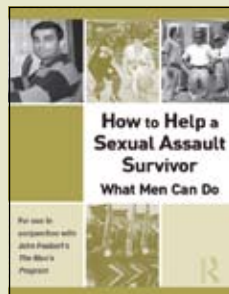
John D. Foubert

Intended to be used in an all-female peer education group, this guide contains the training materials necessary for the peer

educator. While it does complement the guide for administrators, it is designed to be a self-contained manual. It includes all of the program scripts and handouts, as well as advice for running the program. The program scripts lay out each session in detail for the leader. Participants will learn how to recognize and identify dangerous men, how to help a friend who is a survivor of rape, and about ways to be an active bystander. The program scripts lay out each session in detail for the leader. Videos will be used to reinforce the material.

September 2010: 65pp.

Pb: 978-0-415-88107-4: \$100.00 (10 copies)



How to Help a Sexual Assault Survivor

What Men Can Do

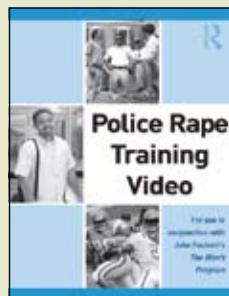
This video is a performance of *The Men's Program* by experienced peer educators. Men who watch the video will discover what rape is, what it might feel like, what

women tend to experience before, during, and after being raped, how to help a woman recover from a rape experience, what they can do to modify their own behavior in their intimate encounters, and will be encouraged to confront their peers when necessary. Thought-provoking and provocative, this video is great for use with fraternities, sports teams, men's residence halls, military units, community organizations, high school boys, or any group of men who want to learn how to help women recover from rape. The video program runs approximately 45 minutes in length.



DVD: 978-0-415-88429-7: September 2010: \$150.00

Produced by One in Four, Inc.



Police Rape Training Video

An integral part of presenting *The Men's Program*, this powerful DVD is a presentation of a police officer talking to new officers about how to handle rape cases. In doing so, Sgt. Ramon shares the story of a male police officer who went about his everyday business and was raped by two men. This DVD is especially

useful for helping men understand what it might feel like to be raped, and ideally suited for presentation in conjunction with *The Men's Program* to universities, the military, high schools, prisons, and community outreach organizations. The video program runs approximately 20 minutes in length.



DVD: 978-0-415-88419-8: September 2010: \$50.00

Produced by One in Four, Inc.

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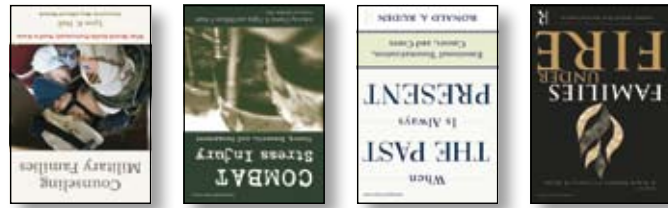
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New Books and Selected Backlist

Military Counseling 2010



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