Overcoming Post-Deployment Syndrome: A Six-step Mission to Health

Overcoming Post Deployment Syndrome is a comprehensive guide for servicemembers, Veterans and their families dealing with the all-too-common repercussions of combat duty, including traumatic brain injury, post-traumatic stress disorder, anxiety, depression, chronic pain and musculoskeletal injury, and substance abuse. It offers a practical blend of state-of-the-art traditional and holistic medicine, and teaches the value of mindfulness, movement, psychotherapeutic, and creative arts practices, as well as active engagement and partnership with clinicians in one's own health care. The men and women of the Armed Services have trained in the art of war. This book offers training in the art of healing. Those that learn, understand, and apply the principles within will discover that warriors can excel at both the art of war and the art of healing.