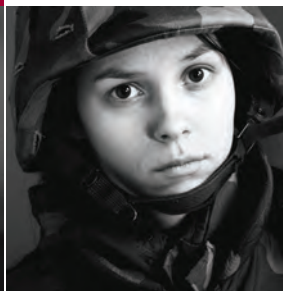


SOCIAL WORK & CHRISTIANITY

JOURNAL OF THE NORTH AMERICAN ASSOCIATION
OF CHRISTIANS IN SOCIAL WORK

VOLUME 43, NUMBER 3 • FALL 2016



SPECIAL ISSUE: RELIGIOUS AND SPIRITUALLY-ORIENTED INTERVENTIONS WITH VETERAN AND MILITARY POPULATIONS

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Introduction: Spiritual and Religious Interventions with Military
Affiliated Clients

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Moral Injury in Warriors and Veterans: The Challenge to Social Work

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POINT OF VIEW

Warrior Faith: A Marine's Lesson in Religion, Health, and Healing

Resources for Social Work Practice with Military Affiliated Clients

Articles

- Brelsford, G.M., & Friedberg, R.D. (2011). Religious and spiritual issues: Family therapy approaches with military families coping with deployment. (4), 255-262. doi: 10.1007/s10879-011-9174-4.
- Brelsford & Friedberg review the literature on military families and religious and spiritual coping, followed by a description of the strategies for understanding the religious and spiritual lives of military families who have experienced deployment.
- Brenda, B. B., DiBlasio, F.A, Pope, S.K. (2006). Spiritual well-being, relationships, and homeless veterans with alcohol/other drug problems. *Alcoholism Treatment Quarterly*, 24(1/2), 109-124. doi: 10.1300/J0202v24n01_07.
- Brenda, DiBlasio, and Pope examined 600 homeless males to identify predictors for readmission to inpatient substance abuse treatment. Spiritual well-being was found to be positively related to the length of time homeless veterans remained in the community without readmission.
- Currier, J.M., Holland, J.M., & Drescher, K.D. (2015). Spirituality factors in the prediction of outcomes of PTSD treatment for U.S. military veterans. *Journal of Traumatic Stress*, 28, 57-64. doi:10.1002/jts.21978.
- Currier, Holland, and Drescher examined the longitudinal association between spirituality and PTSD symptom severity among U.S. Veterans in residential treatment for combat-related PTSD. The student revealed a positive relationship between adaptive dimensions of spirituality and treatment effectiveness.
- Denney, R. M., Aten, J. D. & Leavell, K. (2011). Posttraumatic spiritual growth: A phenomenological study of cancer survivors. *Mental Health, Religion & Culture*, 14(4), 371-391. doi: 10.1080/13671003758667.
- Denney, Aten, and Leavell present the results of a qualitative study that examined how cancer affected spiritual growth in cancer survivors. The researchers used phenomenological data to analyze the spiritual growth of 13 cancer survivors. The participants reported experiencing spiritual growth in the following domains of spiritual development: (a) general spirituality, (b) spiritual development, (c) spiritual social participation, (d) spiritual private practices, (e) spiritual support, (f) spiritual coping, (g) spirituality as a motivating force, (h) spiritual experiences, and (i) spiritual commitment.
- DePalo, R. (2009). The role of hope and spirituality on the road to recovery. *Exceptional Parent Magazine* (February, pp. 74-77). Retrieved from www.eparent.com.
- DePalo explores the effects of combat on service members who have returned home and are attempting to cope with traumatic experiences while reintegrat-

ing into the daily life of family, community, and work. This series focuses on traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), and related health issues. In this article, the author explores the role that hope and spirituality can play in a service member's life by reviewing the literature which chronicles the findings of noted professionals working in the areas of hope and spirituality and the connection that these have to recovery.

Malmin, M. (2013). Warrior culture, spirituality, and prayer. *Journal of Religious Health, 52*, 740-758. doi: 10.1007/s10943-013-9690-5.

Malmin examines the idiosyncratic nature and influence of warrior culture and subculture and offers recommendations to promote culture change. He examines how faith-based spirituality and prayer can serve as adjunct modalities for stress management and emotional healing.

Orsan, H.C., Smee, D.E., Screenivasan, S., Weinberger, L.E. (2010). Living outside the wire: Toward a transpersonal resilience approach for OIF/OEF veterans transitioning to civilian life. *Journal of Transpersonal Psychology, 42*(2), 209-235. Returning to civilian life, with no "platoon" to serve as a psychological safety net, veterans may once again experience in a different sense—living "outside the wire." Moreover, experiencing or seeking help for psychological distress is often perceived as weakness. How do we help these warriors maintain emotional, spiritual, in addition to physical, well-being "outside the wire"? Combat experiences, if placed within a meaningful context, carry the potential to promote spiritual and emotional growth.

Shaw, A., Joseph, S., & Linley, P.A. (2005) Religion, spirituality, and posttraumatic growth: A systematic review. *Mental Health, Religion & Culture, 8*(1), 1-11. doi: 10.1080/1367467032000157981.

Shaw, Joseph, & Linley conducted a systematic review of empirical studies that reported a link between religion, spirituality, and posttraumatic growth. This review showed that religion and spirituality are consistent protective factors for coping with the aftermath of trauma.

Books

Blaisure, K. R., Saathoff-Wells, T., Pereira, A., Wadsworth, S. M., & Dombro, A. L. (2012). *Serving military families in the 21st Century*. New York, NY: Routledge. This text introduces readers to military families, their resilience, and the challenges of military life. Personal stories from active duty, National Guard, reservists, veterans, and their families, from all branches and ranks of the military, and those who work with military personnel.

Brock, R.N., & Lettini, G. (2012). *Soul repair: Recovering from moral injury after war*. Boston, MA: Beacon Press, Inc.

The authors tell the stories of four veterans of wars who reveal their experiences with moral injury and how they learned to live with it. This book will help the reader to understand the impact of war on the conscience of veterans.

Exum, H.A., & Coll, J.E. (2008). *A civilian counselor's primer for counseling veterans*. Deer Park, NY: Linus Publications, Inc.

This book is an essential resource for any behavioral health provider that desires to provide culturally competent support to military service members and their families. The provide insight to providers who want to understand the military organization, culture and mission of the military, counseling resources available to veterans, issues that bring military into counseling, and much more.

- Dees, R. F. (2011). *Resilient Warriors*. San Diego, CA: Creative Teams Publishing.
- Dees, R.F. (2013). *Resilient Leaders*. San Diego, CA: Creative Teams Publishing.
- Dees, R. F. (2014). *Resilient Nations*. San Diego, CA: Creative Teams Publishing.
 Note: This series (*Resilient Soldiers*, *Resilient Leaders*, and *Resilient Nations*) are written by Maj. Gen. Bob Dees (ret.) and are faith-based guides to “bouncing back,” recovering from past wounds, and thriving in the face of adversity. <http://resiliencetrilogy.com>.
- Everson, R.B, & Figley, C.R. (2011). *Families under fire: Systemic therapy with military families*. New York, NY: Routledge.
 This book fills in the gaps for providers by offering real-world examples, clear, concise prose, and nuts-and-bolts approaches for working with military families, utilizing an effective systems-based practice.
- Jones, P., & Beckman, C. (2009). *God's hiddenness in combat: Toward Christian reflection on battle*. Lanham, MD: University Press of America, Inc.
 The heart of this book is one primary question: Where is God for the person in combat? The authors present the narrative perspectives of other combatants who have experienced the trauma of war and, at times, the questioning of their faith. The authors also present the perspectives of Christian combatants whose faith has become solidified as a result of their experiences.
- Mansfield, S. (2006). *The faith of the American soldier*. New York, NY: The Penguin Group.
 This book examines issues of faith and spirituality as it pertains to service members and wars.
- Moore, B. A. (Ed). (2012). *Handbook of counseling military couples*. New York, NY: Routledge.
 This book provides a clear, thorough introduction to military culture and couple relationships within military communities. Providers who read this book will better understand the state of marriage in the military, how to effectively use a variety of treatment models with military couples, and an array of other pertinent issues.
- Moore, B. A. & Penk, W. E. (2011). *Treating PTSD in military personnel: A clinical handbook*. New York, NY: The Guilford Press.
 This book provides treatment approaches, including numerous evidence-based therapies, for treating PTSD and co-occurring disorders (such as substance use, sleep disorders, and traumatic brain injury) in a military population.
- Moore, B. M. & Jongsma, A. E. (2015). *The veterans and active duty military psychotherapy: Treatment planner*. Hoboken, NJ: John Wiley & Sons, Inc.
 This treatment planner provides pre-written treatment plans including goals, objectives, and interventions for over three dozen presenting problems that are most common among veterans and active duty personnel.
- Pryce, J. G., Pryce, D. H., & Shackelford, K. K. (2012). *The cost of courage: Combat stress, warriors, and family survival*. Chicago, IL: Lyceum.
 The authors present best practices and eclectic approaches that encourage social workers and other mental health professionals to consider the needs of military service members and their families. This book introduces practitioners to the “warrior culture” and cultural competency to successfully interact with members of this diverse population.
- Williams, M. & Pojula, S. (2016). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms*. Oakland, CA: New Harbinger Publications, Inc.

This self-help workbook provides techniques and interventions in order to provide trauma survivors tools and techniques for addressing their PTSD symptoms. http://www.amazon.com/PTSD-Workbook-Effective-Techniques-Overcoming/dp/1626253706/ref=dp_ob_title_bk.

Websites

Army One Source (<http://ww.armyonesource.com/>)

Contains resources, news and information for those who are caring for wounded soldiers and their families. Describes Military Suicide Prevention Program resources and services provided by the Military One Source Crisis Intervention Hotline. This website also provides resources for parents of soldiers.

Courage to Care (<http://www.usuhs.mil/psy/courage.html>)

This website was created for military families and helping professionals. It contains information on health care and fact sheets relating to the military.

DeploymentLINK: Deployment Health Support (http://deploymentlink.osd.mil/deploy/family/family_support.shtml).

Provides information that enhances the quality life of deploying soldiers and their families. Information includes locator services, legal resources, entitlements, education and websites on family support, transition services, recreational services, mental, physical and emotional well-being.

Military OneSource (<http://www.militaryonesource.com/>)

This website covers information on family advocacy programs, child care, personal and family readiness, relocation resources, survivor outreach services, Army Wounded Warrior services, Army Reserve Program, addiction and recovery resources, emotional well being, health, disabilities, parenting, education, retirement, and employment.

National Center for Posttraumatic Stress Disorder (<http://www.ptsd.va.gov/>)

This government website provides a great deal of information regarding PTSD. You can sign up to receive regular updates sent via email.

Operation HomeFront (<http://www.operationhomefront.net/>)

Website provides information for troops and their families. A variety of areas pertaining to the military family are addressed. Some areas are: glossary of military terms, military career spouse center, children and adolescents, emergencies and disasters, and parenting.

Online Training

Medical University of South Carolina - Cognitive Processing Therapy (<http://www.cpt.musc.edu/>)

This site provides a FREE training on Cognitive Processing Therapy.

DoD Deployment Health Clinical Center (<http://www.pdhealth.mil/education-and-training>).

These professional development opportunities and resources provide clinical training and psychological health information for military and community health care providers.