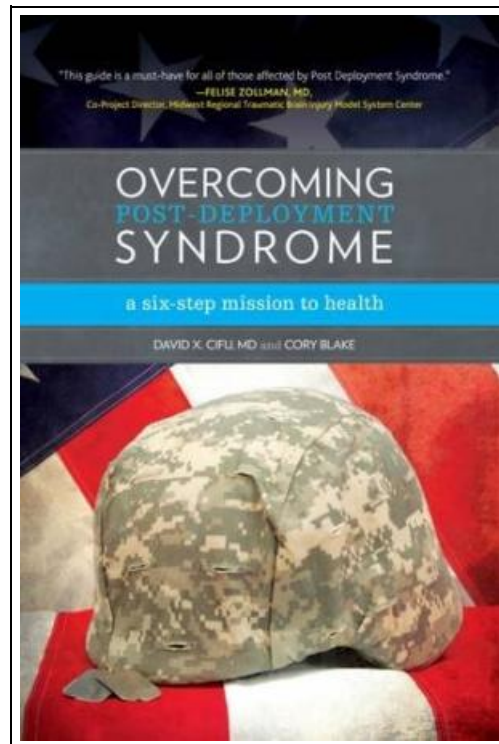


## Overcoming Post-Deployment Syndrome



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***(Derick Brekke)***

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Demos Health. Paperback. Condition: New. 264 pages. Dimensions: 8.9in. x 5.9in. x 0.7in. David Cifu and Cory Blake work at the Hunter Holmes McGuire Polytrauma Rehabilitation Center, one of only four comprehensive inpatient, residential and outpatient centers of excellence for polytrauma in the country providing intensive rehabilitation care to veterans and service members who experienced injuries to multiple organ systems. This type of injury that results in physical, cognitive, psychological, and functioning deficits has been termed as Post-Deployment Syndrome. The high numbers of soldiers with these types of multiple injuries has been a hallmark of the Iraq and Afghanistan wars. 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 ones 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. Overcoming Post-Deployment Syndrome provides: Personal vignettes of servicemembers who are going through the process of successfully reintegrating into their families, workplaces, and communities. A twelve-week basic training in self-directed healing arts. A wealth of community and government resources, tips, and suggestions. The means to integrate traditional and complementary medicine techniques to treat common symptoms. David Cifu and Cory Blake have been at the forefront of treating Veterans and servicemembers and know what the issues are...

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