

Helping Survivors of Combat Trauma

Curtis Solomon

I. Gain an Understanding of Military Culture

II. Addressing the Charge, “You haven’t been through what I’ve been through.”

III. Recognize the Unique Horrors of Combat

IV. Investigate Influencing Factors

A. Pre-Traumatic

B. Peri-Traumatic

C. Post Traumatic

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VI. Compassionately Grieve Losses

A. Loved ones

B. Personal injuries

1. Visible

2. Invisible

C. Way of life

VII. Address “Ultimate” Questions

A. Forgiveness

B. Purpose/Meaning/Significance

C. Identity

D. Control (sovereignty)

VIII. Reassign Refuge

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Resources:

Books

Helping Your Family Through PTSD, Greg Gifford

Path to Resiliency Chad Robichaux

An Unfair Advantage Chad Robichaux

The Truth About PTSD Chad Robichaux & Jeremy Stalnecker

Quieting A Noisy Soul Jim Berg

Putting Your Past in It's Place Steve Viars

Mini-books

“I’ve Been Traumatized by Combat” Barrett Craig

“Post Traumatic Stress Disorder: Recovering Hope” Jeremy Lelek

“PTSD: Healing for Bad Memories” Tim Lane

“Distinguishing Between Guilt and Guilt” Robert Jones

Audio/Video

“PTSD-When Your Past is Your Present” Charles Hodges

<https://ibcd.org/ptsd-when-your-past-is-your-present/>

Mighty Oaks Podcast episode “Interview: Curtis Solomon, Director of the Biblical Counseling Coalition”

<http://www.mightyoaksprograms.org/interview-curtis-solomon-director-biblical-counseling-coalition/>

Other

<http://www.mightyoaksprograms.org>