

Counseling Victims of War Trauma

Many soldiers and civilians suffer long term from the trauma of war. Multiple losses, horrific images, human cruelty and the constant threat of death often result in severe post-traumatic stress disorder. We will discuss PTSD, its long term effects, how traumatic memories continue to impact lives and what counseling can contribute to helping soldiers or civilians begin to heal.

***Diane Langberg** is a practicing psychologist whose clinical expertise includes 35 years of working with trauma survivors and clergy. She is director of Diane Langberg, PhD & Associates, a group practice in suburban Philadelphia, Pennsylvania. She is a faculty member of Westminster Theological Seminary. She is the author of Counsel for Pastors' Wives (Zondervan), Counseling Survivors of Sexual Abuse (Xulon Press) and On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse (Tyndale House). She is Chair of the Executive Board of the American Association of Christian Counselors, serves on the boards of GRACE (Godly Response to Abuse in a Christian Environment) and the Society for Christian Psychology. She is also the founder of The Place of Refuge, an inner city, non-profit trauma and training center.*

I. Introduction

II. Understanding Posttraumatic Stress Disorder

A. Facts

B. Causes

C. Symptoms

1. Re-experiencing

2. Avoidance

3. Arousal

III. Traumatic Memory

IV. Healing Process

- A. Safety and stabilization
- B. Remembering
- C. Truth
- D. Grieving
- E. Connecting and building

Suggested Reading:

Adsit, Chris, Healing Combat Trauma, Newport News, VA., Military Ministry Press, 2008

Herman, Judith Trauma and Recovery, New York: Basic Books, 1997.

www.militaryministry.org