



## ARMY CLINICAL PSYCHOLOGISTS ARMY RESEARCH ENABLES PSYCHOLOGISTS TO DEVELOP MORE INNOVATIVE CARE TECHNIQUES

Army clinical psychologists are taking full advantage of the U.S. Army Health Care Team's studies in areas such as traumatic brain injury (TBI), anxiety and post-traumatic stress.

The Army has made behavioral health care a priority, a commitment made evident in the development of new programs and technologies that are creating better outcomes and making a real difference for our Soldiers, veterans and their families. Working in collaboration with other institutions around the world, Army psychologists work on the leading edge of their field.

One of the largest health care organizations in the world, the U.S. Army Health Care Team represents an annual \$9 billion investment by our nation to provide our Soldiers, veterans and their families with the highest quality care. The U.S. Army Medical Department operates more than 600 world-renowned hospitals, clinics and facilities around the globe. This gives clinical psychologists the opportunity to employ the latest technologies and practices, as well as pioneer new innovations that treat a broad spectrum of conditions and behaviors.

### HIGH-TECH PROGRAMS

THE U.S. ARMY HEALTH CARE TEAM'S INNOVATIVE APPROACHES PROVIDE EARLIER DETECTION AND BETTER CONTINUITY OF CARE.

The U.S. Army and its psychological health care team are continually evolving integrated behavioral health services programs, incorporating the latest in technological advancements.

- At the core of these advancements is the **Virtual Behavior Health Pilot program (VBHP)**. Initiated at Tripler Army Medical Center in Hawaii and Fort Richardson, Alaska, the program enhances the efficiencies of direct in-person counseling by combining traditional in-person sessions with video teleconferencing

so that clinicians can screen and assess Soldiers following their return. "The quicker we can get them in for behavioral health intervention, the sooner we can address any issues that may be present," says Dr. Lawrence Edwards, Ph.D., chief of behavioral health for the Western Regional Medical Command.

- **Virtual Reality Exposure Therapy (VRET)** is also being utilized in a four-year study to help reduce anxiety and post-traumatic stress. Patients experience a variety of 360-degree computer-generated virtual stimuli (both visual and aural) to help connect to their emotional memory. The model behind the simulation desensitizes the subject and gradually helps build a new set of coping



mechanisms to lessen stress-related effects.

- Brooke Army Medical Center in San Antonio is testing “**SnowWorld**” to distract burn victims and help ease their pain. Wearing high-tech goggles and earphones, the patient is immersed in an icy world of frozen canyons. By allowing them to lob game-style snowballs at generated igloos, mammoths and penguins, the patient’s focus is shifted, particularly when changing dressings, resulting in less time spent in a difficult maintenance procedure.

- Army Medical Command is piloting a program at Fort Bragg to reduce the stigma associated with seeking mental health care. **RESPECT-Mil** integrates behavioral health care into the primary care setting, providing education, screening tools and treatment. The program’s success across 15 sites has prompted the implementation of additional sites.

- The Army continues its **PTSD and mTBI Chain Teaching Program**, reaching more than 1 million Soldiers. Aimed at early intervention, the program helps recognize, prevent and treat these debilitating health issues.

- **Warrior Adventure Quest (WAQ)** combines outdoor recreation activities, such as rock climbing and mountain biking, with Leader-Led After Action Debriefing (L-LAAD) to enhance cohesion and bonding among small units. This program has helped bridge Soldiers transitioning into a “new normal,” enhancing readiness, as well as reintegration and adjustment, to home life.

## HOLISTIC APPROACHES

ACTIVE MILITARY DEPLOYMENT AFFECTS THE LIVES OF ALL FAMILY MEMBERS.

A deployment doesn’t only affect the Soldier, but also the entire military family, including children and spouses. In a study by Alyssa Mansfield, Ph.D., and colleagues, of 250,000 female spouses of active duty Army personnel

receiving outpatient care, they found higher rates of depressive disorders, sleep disorders and anxiety disorders among wives of Soldiers who were deployed for 12 months or greater.<sup>1</sup>

Mansfield and her colleagues concluded that treatment options and preventive measures should not only be offered to return Soldiers, but also to all military family members.

**RESPECT-MIL INTEGRATES BEHAVIORAL HEALTH CARE INTO THE PRIMARY CARE SETTING, PROVIDING EDUCATION, SCREENING TOOLS AND TREATMENT.**

Gen. George W. Casey, chief of staff of the U.S. Army, is focusing on reducing multiple, successive tours of duty among Soldiers as a way of curtailing their impact.

Certainly in the private sector, clinical psychologists address the needs of individuals of all ages with serious issues. However, when these individuals face additional challenges related to active duty, separation, readjustment or PTSD, the need for assistance is even greater.

Army clinical psychologists find a lot of satisfaction and reward in helping Soldiers and their families cope with their unique challenges. Plus, the U.S. Army Health Care Team’s unique environment allows them to focus on what they were educated to do—treat patients to the best of their ability—rather than on operational pressures of managing a practice like insurance coverage, billing or increasing patient loads.

## RESEARCH

PROGRAMS DIVE DEEPLY INTO SOME OF THE MOST URGENT ISSUES WITHIN THE MILITARY COMMUNITY.

Clinical psychologists on the U.S. Army Health Care Team are partnering with organizations around the world to conduct groundbreaking research. They work shoulder-to-shoulder with some of the best minds in the field, focused colleagues whose dedication to advancing care match their own.

# ARMY MEDICAL SERVICE CORPS



One example is the work being done at the Center for the Study of Traumatic Stress (CSTS). In collaboration with other member organizations, the Army is actively engaged in studies of military deployment, combat stress and the mental health of service members and veterans. This research helps military command (leaders, physicians and mental health providers) mitigate, respond to and foster recovery from the consequences of war and other military extreme environments that can occur in combat, peacekeeping and humanitarian assistance.

In addition, a primary focus of the Center is conducting studies of the impact of deployment on servicemen and women and their families. This research includes surveillance of psychiatric problems among battle-injured Soldiers, and measuring the psychological effect of treating severely injured and disfigured soldiers deployed in Iraq and Afghanistan on health care providers at institutions like Walter Reed Army Medical Center and the National Naval Medical Center.

Many studies of the CSTS represent collaborative work with other universities, federal agencies (e.g., the Department of Veteran Affairs, National Institutes of Health) or international collaborating centers (Norway, Israel, Australia). Working with the Deployment Health Clinical Center, scientists are studying how to improve behavioral and rehabilitative elements of primary care for military populations with special focus on medically unexplained physical symptoms (MUPS) in the veteran population. This work is funded by the National Institutes of Health, Centers for Disease Control and Prevention, Department of Defense and Department of Veterans Affairs. Studies with the National Committee for Employer Support of the Guard and Reserve have examined the stresses on Reserve members called to active duty.



Research is also being performed to understand and curtail the rise in military suicide. The Army and the National Institute of Mental Health (NIMH) are collaborating in the Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS)—the largest study of mental health risk and resilience ever conducted among military personnel.<sup>2</sup>

Over the next five years, researchers from the Uniformed Services University, Harvard, Columbia and the University of Michigan, will conduct an epidemiologic study of modifiable risk and protective factors of suicidal behavior among Soldiers. The group is spearheading research to determine the associative factors with suicidal behavior and to develop primary care-based cognitive treatments for successful prevention among military personnel and their beneficiaries.

## **OUTSTANDING BENEFITS**

**EXPECT SATISFACTION, SUPPORT AND SECURITY, NOW AND IN THE FUTURE.**

As one of the largest health care organizations in the world, the U.S. Army Medical Department is not only dedicated to providing the best possible care for our Soldiers, veterans and their families, but also to serving your needs both personally and professionally.

# ARMY MEDICAL SERVICE CORPS



Our clinical psychologists are working directly with patients or conducting vital research alongside committed and focused colleagues. They're accessing the latest technologies and using some of medicine's most advanced procedures. All the while, these professionals are developing new skills every day that will enhance their specialty. This is an environment that provides a variety of career, financial and lifestyle benefits, without the concerns of private practice.

Health care professionals on the U.S. Army Health Care Team have the advantage of concentrating on patient care, while we provide for their overall well-being and advancement. Additional benefits available include the following:

- Competitive salary and eligibility for several different levels of additional pay, including board-certification pay, medical additional special pay, incentive special pay and multiyear special pay
- Opportunity to qualify for up to \$75,000 in special pay
- Health Professions Loan Repayment (HPLR) program, which provides up to \$125,000 in educational loan repayment
- Travel opportunities, including humanitarian missions
- Leadership training
- Paid continuing education in your clinical specialty
- Options to specialize and serve at ever-increasing levels of leadership and responsibility
- Seminars and specialty conferences to expand your knowledge base
- Privileges that come with being an officer in the U.S. Army

Join the team that offers the rare opportunity to call upon your exceptional skills as a medical professional, while answering your country's highest calling.

[Click here to receive an information packet with full details about the U.S. Army Health Care Team and learn how to apply.](#)

1. Alyssa Mansfield: Study Confirms Prolonged Army Deployments Increase Mental Health Diagnoses Among Army Wives, RTI International;

<http://www.rti.org/page.cfm?objectid=1E980919-5056-B155-2C96E94231DB9448>

2. <http://www.armystarrs.org>