

Schedule

During the three-week course, you will engage in a full day of structured activities. These activities include:

- Group Counseling
- Self-Regulation & Biofeedback
- Coping Skills Education Training
- Individual Counseling
- Movement Exercises
- Alternative Therapies (Massage, Acupuncture, Yoga, Reiki)
- Directed homework assignments

You will develop an individualized treatment plan in collaboration with your primary provider. Specific treatment goals are identified at the outset of the program and daily progress is monitored throughout the program.

You will undergo certain measurements before and after the course. In addition, an individual program of follow-up rehabilitative treatment is expected to be in place at the end of the three-week course.

The U.S. Army Medical Command is dedicated to the care and preservation of all service members, and this program is an extension of that commitment to meet the growing needs of warriors as they return from the Global War On Terrorism.

**For providers, soldiers, families,
or commanders who want more
information or to make a referral,
call WCSRP 254-288-4746**



Carl R. Darnall Army Medical Center believes you deserve the best medical care available.

Our missions are:

- To provide high quality, customer focused, accessible and comprehensive health service in support of the Global War On Terror and the Army Medical Action Plan.
- To promote resilience for our Soldiers and their Families, enhancing readiness and deployability
- To conserve the fighting strength through a culture of excellence in our continuum of medical training
- Setting the standard of care and being accountable to our Nation

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ARMY MEDICAL CENTER



**Warrior Combat
Stress Reset Program**

Warrior Combat Stress Reset Program

We are committed to increasing your quality of life after returning from service in the Global War On Terrorism.

It is well documented that participation in a major conflict such as Operation Enduring Freedom or Operation Iraqi Freedom has a way of leaving its mark on the psyche of our Soldiers.

The Warrior Combat Stress Reset Program is designed to help address these common and normal reactions to war experiences. The emphasis is on helping to calm your mind, body, and spirit after returning from war. Combat puts Soldiers in an environment where a constant state of vigilance (hyper-arousal) is beneficial to saving one's life.



We are committed to the idea that with education, the development of new and effective coping and self-regulation skills, and time-limited intensive counseling, we can help provide initial emotional relief for many returning Soldiers and prepare them for full recovery.

This program is designed for those Soldiers who are committed to an intensive and structured program of treatment and whose goal is to further their careers with continued service in the United States Army.

The program is structured as a three-week intensive program focused on reducing hyper-arousal and reactivity. Reducing these core symptoms of combat stress and Post Traumatic Stress Disorder allows other treatments to be more effective. It also provides tools for preventing future trauma.

Commitment

To participate and be successful in this program, you will need not only a personal commitment, but also a commitment from your Chain of Command.

You will be expected to attend the Warrior Combat Stress Reset Program daily from 0730 to 1630 throughout the three-week period. You must commit to eight weeks of weekly group therapy after completion of the program.

Participation

If you feel that you or someone you know may benefit from participation in this program, please call and consult with a member of the Warrior Combat Reset Program to inquire further.

Both command referrals and self-referrals are accepted.

Examples of the type of symptoms and behaviors that may be helped with participation in this program include:

- Avoidance of places or activities
- Intrusive thoughts & memories
- Hyper-reactivity to specific triggers
- Poor sleep & nightmares
- Irritability & anger
- Feeling jumpy or on edge
- Impatience
- Poor Concentration
- Inability to relax
- Feeling ineffective
- Anxiety
- Feeling depressed

All of these symptoms are part of the Combat Stress/PTSD spectrum and can be treated.

Treatment helps prevent increasing symptoms and dysfunction. Treatment is more effective soon after deployment & prevents further deterioration of function.