

## **Veterans Helping Veterans Traumatized Veterans: The Story of Their Healing Journey**

*Traumatized Veterans: The Story of Their Healing Journey* is a video/DVD produced by Veterans Helping Veterans, a nonprofit organization dedicated to helping other veterans, especially new Iraqi war veterans feel encouraged to ask for help and come into treatment. The film features a group of combat veterans from Korea, Vietnam and Desert Storm. Each member shares their personal experience and what they have gotten out of the individual and group treatment experience.

The video is broken down into several parts. First, the members talk about why they wanted to make the video as a means of helping others heal. They discuss the encouragement they have gotten from and have given to each other in order to face their fears and deal with the symptoms of Posttraumatic Stress Disorder (PTSD). In the next section, they discuss what they have gotten out of individual and group therapy. One veteran explains, "Group helped me because I could not talk to other people who understood what I was talking about – lots of times you can talk to your family and others who may not understand it, the veterans who feel the same way or experienced the same things helps you to know you are not the only one." They discuss the techniques that they have experienced in the group setting as well as other treatment methodologies, such as Eye Movement Desensitization and Reprocessing (EMDR) and Internal Family Systems (IFS). Next, the discussion moves on to explore the changes the veterans have seen in themselves and each other. One of the group members observes, "It has given me my morality back – for 20 years after I got back it didn't matter what I did to others." The final part of the video deals with how to find a qualified therapist and lists skills and characteristics that someone seeking PTSD treatment should consider. This section is extremely unique in that there is very little contributed to the literature on therapist selection and hearing the veterans discuss it is such an important piece to those first entering the therapeutic process. Many times, clients don't know they have a choice in selecting a provider and this discussion put the client back in charge.

*Traumatized Veterans* would be the perfect edition to any therapist's library, especially those engaging in patient education. It would also benefit veteran service officers who represent veterans who file claims, veterans themselves and their families who are trying to understand and cope with PTSD.