

## **Counseling Those Who Serve:**

### ***Working with Veterans, First Responders and Their Families (and more)***

***Government statistics indicate there are more than 27 million military veterans and even more family members who have been impacted by the sacrifice of serving. It is estimated that for every veteran who serves during a time of war, more than 50 people are impacted – spouses, children, family, coworkers and friends. With government agencies overwhelmed by the sheer volume of those seeking assistance, clinicians in community agencies and private practice are now essential in providing services. Many of those are not familiar with the important subtleties of military culture and how to treat those who have served in the military.***

***There are also millions of full-time, paid-professional first responders (firefighters, law enforcement, dispatchers, 911 operators, HAZMAT teams, EMT, life guards, rangers, rescue teams and more) in the United States and hundreds of thousands of volunteer first responders (rescue squad, firefighters, Red Cross, clergy, mental health professionals and more). According to the National Volunteer Fire Council, 73% of all firefighters are volunteer. First responders have to be prepared, daily, to face their work of suicides, homicides, horrific accidents, fires, natural disasters and threats of catastrophe. Many do not have the workplace resources available to deal with the specific stress of their jobs and how it impacts their family.***

***By sheer magnitude, a significant percentage of any professional caregiver's caseload be made up of people who, directly or indirectly, who have served in the capacity of military or first responders, although the client may not mention their history.***

***This important, one-day seminar will help professionals learn more about the obvious and the subtle issues faced when working with those who serve in our military and our first responders. New breakthroughs in trauma research have made many approaches obsolete and even re-traumatizing. The instructor, a Board Certified Expert in Traumatic Stress and a Fellow of the American Academy of Experts in Traumatic Stress, will lead attendees through the physiological, emotional, spiritual, cognitive and physical aspects of working with those who put their life and psyche on the line on a daily basis.***

***More than 50,000 professional have been trained by Ms. Bradley with her seminars on trauma. Those attending this new seminar will get the same high quality, in-depth manual, access to client worksheet masters to assist in working with this clinical population.***

# Course Content

## UNDERSTANDING THE ESSENTIALS OF WORKING WITH TRAUMA

- Getting the framework of processing traumatic work experiences
- Cognitive/behavioral and somatic work – when, how and why
- The traumatized nervous system – parasympathetic vs. sympathetic nervous system
- The assets and liabilities of survival styles: fight, flee and freeze
- Safe and effective vs. unsafe and perpetuating processing of memories
- The differences between the work of first responders and veterans
- How life philosophy helps provide healthy insulation
- Understanding the suicidal trance – lowering the risk of suicide in those who serve

## COUNSELING VETERANS AND CURRENT OR FORMER FIRST RESPONDERS

- Understanding the critical clinical difference between a military client and a civilian client
- Understanding the difference between “just a day’s work” and trauma
- Understanding the difference between serving at home and being deployed – the clinical advantages and disadvantages
- Military sexual assault
- Self-debriefing and grounding, mindfulness and more – lowering the risk of unhealthy Numbing
- Understanding the increased health risks for those who serve
- Rituals of healing using traditional myth and history
- What many vets wished the civilian culture understood
- Processing the “unspeakable” – the human tragedies first responders and veteran’s face
- Identifying trauma triggers and resetting physiology
- Working with the Homeless Veteran – resources, therapy and assistance
- Finding helpful resources – running the gauntlet of red tape
- The professional caregiver – when we serve

## THE ISSUES SERVING FAMILIES FACE

- The family sacrifices – when the job comes first
- Understanding the issues that serving families face - working with couple and parenting issues
- Dealing with “the acrylic wall” - Techniques for reconnection and intimacy
- “Who is this stranger in my loved one’s body?”
- Trauma and the family
- Families and vicarious traumatization
- Helping the children of those who serve

## QUESTIONS AND ANSWERS

### What You Will Learn

- Trauma therapy techniques beyond the standard debriefing

- Identifying the difference between trauma, vicarious trauma and “it is just part of the job”
- Identify appropriate techniques to help those impacted so they may integrate and move beyond the challenges of their jobs
- Identify how the central nervous system responds to the events these professionals and their families will experience
- Identify and provide techniques to address the unique issues military & first responders and their families face
- Understand how basic military training complicates the counseling process and how to work with them
- Explore the working with couples and the “acrylic wall” that protects at work and damages at home

### **Who Should Attend**

- Psychotherapists
- Psychologists
- Social Workers
- Physicians
- Pastoral Counselors and Clergy
- Crisis Intervention Counselors
- Counselors
- Marriage and Family Therapists
- Victim Advocates
- Drug and Alcohol Counselors
- Community Mental Health Providers
- Guidance Counselors
- Law Enforcement

### **Course Director**



Melissa (Missy) Bradley, MS, NCC, BCETS, FAAETS, is a nationally recognized educator, clinical and corporate consultant and author. Her seminars on trauma, such as “Three Stages of Healing: Counseling Victims of Sexual Trauma” have been met with professionals with critical acclaim by tens of thousands of professionals. Ms. Bradley is a Fellow, Diplomate and Board Certified Expert in Traumatic Stress for the American Academy of Experts in Traumatic Stress and a National Certified Counselor. Ms. Bradley has spent nearly 25 years providing individual, group and family therapy. She is in private practice in the Nashville, Tennessee area. As an EMDR trained (Level I and Level II; advanced protocol trainings) psychotherapist, she has had extensive experience in the field of trauma and trains

personnel at medical and mental health agencies, universities, law enforcement, crisis lines, school systems, corporations and retreat centers in working with victims of trauma, other mental health, wellness issues and professional development.

Ms. Bradley is a frequent guest on regional and national radio and television news shows discussing a wide range of issues, including working with veteran's issues. Several of those news series addressing the subject of trauma have won prestigious national and international media awards for those interviews, including the Scripps Howard Award for Broadcasting Excellence, the Edward R. Murrow Award, the Tennessee Educators Association and the New York Festival. In addition to two decades of professional skills, Bradley also draws on her professional and personal experiences of with trauma and her marriage to a Vietnam veteran. To learn more about Ms. Bradley, visit [www.omnibuswellness.org](http://www.omnibuswellness.org).

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### Professional Comments

*"Engrossing and inspiring, Melissa Bradley's presentation speaks to her dedicated work in the field of trauma. Her seminars are important for therapists and trauma survivors alike."*  
Steven Levenkron, Psychologist and author of *Cutting* and the upcoming, *Stolen Tomorrows*, New York, New York

*"This is one of the first trainings that I have attended where I have walked away and felt that all of the material given is useful in my everyday practice. The training was enjoyable and memorable through the use of your vast career experience and your personal experience."*  
Lee Helmick, MSW, Ft. Lauderdale, Florida

*"Missy Bradley is an energetic, knowledgeable, personable, compelling presenter. During my 30 year career as a Psychologist, I have experienced only a couple of presenters who have enhanced my clinical knowledge as effectively as Ms. Bradley has. I look forward to future workshops with her."*  
Randall Robinson, Ph.D., Fresno, California

*"The seminar was absolutely wonderful and inspiring! I would attend any seminar she teaches."*  
Catherine Joseph-Ashton, Department of Psychiatry, Chicago, Illinois

*"I leave with practical information I can apply in the real world."*  
Lorna Adams, RN, MA, Colorado Springs, Colorado

*"The presenter and information she presents was excellently done. The materials provided will be most helpful in my treatment of those while serving in the military."* Harry B. Jackson, D. Min. – U.S. Department of Veteran Affairs

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