Recommended Books

- Calhoun, Lawrence G. and Richard G. Tedeschi. *Handbook of Posttraumatic Growth: Research and Practice*. New York: Psychology Press, 2006.
- Carter, Marshéle and Kelly K. Orr. Wounded Warrior, Wounded Home: Hope and Healing for Families Living with PTSD and TBI. Grand Rapids: Revell, 2013.
- Hoge, Charles W. Once A Warrior Always A Warrior: Navigating the Transition from Combat to Home Including Combat Stress, PTSD, and mTBI. Guilford: Lyons Press, 2010.
- Gifford, Greg E. Helping Your Family through PTSD. Eugene: Resource Publications, 2017.
- Langston, Michael W. and Kathy J. Langston. *A Journey to Hope: Healing the Traumatized Spirit*. Silverton: Lampion Press, 2016. Note: highly recommended book for both soldier and spouse.
- Robichaux, Chad M. and Jeremy M. Stalnecker. *The Truth about PTSd: Take a Look at Post-Traumatic Stress from a Different Perspective and Uncover the Disordered Truth about PTSd.* Making Life Better Publishing, 2017.
- Van Der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in The Healing of Trauma*. New York: Penguin Books, 2014.
- Whitney, Donald S. *Spiritual Disciplines for the Christian Life*. Rev. Ed. Colorado Springs: NavPress, 2014.

Workbooks

- Adsit, Chris. *The Combat Trauma Healing Manual: Christ-centered Solutions for Combat Trauma*. Bridges to Healing Series. Newport News: Military Ministry Press, 2008.
- Adsit, Chris, Rahnella Adsit, and Marshele Carter Waddell. *When War Comes Home: Christ-centered Healing for Wives of Combat Veterans*. Bridges to Healing Series. Newport News: Military Ministry Press, 2008.

Counseling Services

Local Certified Biblical Counseling Services:

- Cumberland Baptist Association, Cumberland Christian Counseling Center, https://cbatn.org/counseling.
 - Biblical Counselor is certified through Association of Certified Biblical Counselors (ACBC), https://biblicalcounseling.com/

Local Licensed Christian Counseling Services:

- Cumberland Baptist Association, Cumberland Christian Counseling Center, https://cbatn.org/counseling
- Trauma Therapy Center of Tennessee, https://traumatherapytn.com/meet-our-team
 - o Individual, Couples, Family, Trauma, EMDR

Local Counseling Services:

- Clarksville Veteran Affairs VET Center
 - o 141 Chesapeake Lane, Suite 101, Clarksville.
- Soldiers and Families Embraced (https://www.soldiersandfamiliesembraced.org/)
 - o Individual, Youth, Couples, and Family Counseling
 - PTSD and EMDR
- The Steven A. Cohen Military Family Clinic at Centerstone (https://centerstone.org/locations/tennessee/facilities/the-steven-a-cohen-military-family-clinic-at-centerstone/)
 - o Active Duty Spouse, Veterans, and their Family Members
 - o No insurance and low to no cost counseling
- Fort Campbell Chaplain Family Life Center (270.798.3316)
 - o Active Duty Soldiers and their Family Members
 - o Individual, Couples, and Family Counseling; Combat trauma counseling
 - Combat stress and trauma counseling
- Military OneSource (https://home.army.mil/campbell/index.php/acs/mobilization-deployment-and-stability-support-operations)
 - o Mental, Emotional, Physical & Health Issues

Faith-Based Programs

- Warrior Getaway (https://www.joniandfriends.org/warrior-getaway/)
 - o 5-Day Family Retreat
 - o Online Registration
- REBOOT Combat Recovery (https://rebootrecovery.com/)
 - o 12-Week Veteran or Couples Course
 - Online Courses
- Mighty Oaks Warrior Program (www.mightyoaksprograms.org)
 - o 6-Day Peer Based Programs
 - Online Application
- Operation Heal Our Patriots (https://www.samaritanspurse.org/education-2/operation-heal-our-patriots/)
 - o One-week Couples Retreat (Alaska or North Carolina)
 - Online Application

Clinical Care Programs

- Home Base Veteran and Family Care (http://homebase.org/)
 - o 2-week program in Boston, MA
 - o Provides on-site clinical care and counseling

Traumatic Brain Injury Care

- Intrepid Spirit Center, Fort Campbell, Kentucky (https://www.fallenheroesfund.org/intrepid-spirit)
 - Outpatient rehabilitation
 - o Provides treatment for PTS and post-concussive symptoms

National Centers

- VA National Center for PTSD (https://www.ptsd.va.gov/)
 - PTSD Monthly Update and PTSD Research Quarterly newsletters (https://www.ptsd.va.gov/publications/subscribe.asp)
- Veterans Crisis Line: 1-800-273-8255 Press 1

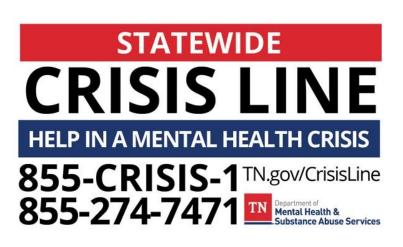
Trauma Education for Ordained Clergy, Registered Nurses, and Educators

- Professional Education Systems Institute (PESI) (https://www.pesi.com/)
 - Certified Clinical Trauma Professional: Two-Day Trauma Competency Conference.











ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



Follow up and stay in touch after a crisis.



www.nimh.nih.gov/suicideprevention