



Healing Stress in Military Families: Eight Steps to Wellness

Lorie T. DeCarvalho, Julia M. Whealin

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Healing Stress in Military Families: Eight Steps to Wellness Lorie T. DeCarvalho, Julia M. Whealin **Eight practical steps to help military families through the unique issues they face**

When service members return, it's up to their families to try to soften their re-entry into civilian life. *Healing Stress in Military Families* offers practical help for military families coping with the myriad repercussions of their loved ones' duties, from their deployment to their return home.

Based on the latest scientific research and best practice guidelines—as well as the authors' experience treating veterans and their families—*Healing Stress in Military Families* offers answers for the stress that comes not only from war, but also from other related issues, including deployment and redeployment, relocation, and reunion.

***Healing Stress in Military Families* provides:**

- Evidence-based advice for clinicians helping military families with adjustment problems by facilitating communication, reconnection, and growth
- "Making It Real" exercises for clinicians to employ with families in sessions
- "Talking Points" that explore how to guide the family in their healing process
- Homework handouts and between-session "Taking Action" exercises for families that reinforce and build on skills and information introduced in sessions

Compassionately written with the military family at heart, *Healing Stress in Military Families* provides the information, tools, and skills that will empower these courageous families to more easily heal and become stronger and more resilient as they go through life.

"This practical workbook will help others understand the highly complex factors that cause dysfunction within military families. Using a clear format that avoids jargon, providers and families can work through the eight practical steps that focus on reconnecting the family and improving resiliency. This excellent book will surely become core material for anyone interested in working with military families."

—**Bradford Felker**, MD, Director, Mental Health Primary Care Service, VA Puget Sound Health Care System and Associate Professor, Department of Psychiatry, University of Washington School of Medicine

"*Healing Stress in Military Families: Eight Steps to Wellness* is a timely, practical publication that recognizes and addresses the impact of traumatic stress on countless 'hidden victims,' our military families. The focus on empowerment and goal-directedness—versus illness, disorder and dysfunction—is so needed today."

—**Mark D. Lerner**, PhD, President, American Academy of Experts in Traumatic Stress

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