

## Combat Stress Injuries

**S**oldiers in war zones suffer from stress related problems. There are a range of injuries, mild to severe. Exposed to the threat of death over a period of time, individuals go into a survival mode, with emotional numbing.



They are always changed and families and friends find it difficult to understand what happened. Other problems can develop which affect sleep and interfere with daily functioning and relationships.



Couple, family and other relationships come under stress from the changes. Marriages can fail and children may develop problems in school. With more understanding, veterans and families can work together to reduce the problems that occur.

## Workshop Objectives

- ▶ Learn about the effects of war experiences on survivors and their families.
- ▶ Learn some ways to cope with the problems that occur.
- ▶ Understand when problems are serious, what to look for and when to seek help.
- ▶ Learn about community resources and treatment for survivors and families.



Guest Speaker  
Marc Viola

## ▶ Upcoming Events

**U**pcoming events include workshops, retreats and fundraisers. The next event will be *Dancing with the Troops*, a fundraiser for Welcome Home Warrior, Sunday, April 27th, 6:00 PM until 10:00 PM at the Crystola Bar and Grill, 20918 US Highway 24, Woodland Park, phone (719) 687-7879.



## ▶ Join Our Confidential Mailing List & Register for Workshops

If you would like to be on our mailing list or register for a workshop, go online to the website listed below. There you can download the mail-in Workshop Registration Form, or you can also email or call us to add yourself to our mailing list with your name, mailing address and email. Rest assured that we will guard your privacy and use your contact information only for informing you of upcoming **Welcome Home Warrior** workshops and events.

### **Welcome Home Warrior, Inc**

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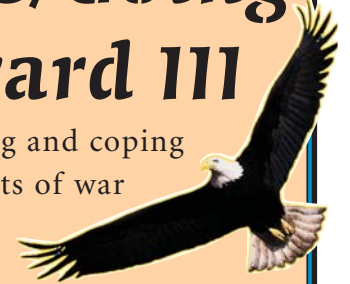
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🌐 Website: [www.whwarrior.org](http://www.whwarrior.org)

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## ▶ Free Public Workshop

# Coming Home/Going Forward III

Understanding and coping with the effects of war



**Friday, March 21st**  
**9:00 AM to 4:00 PM**

Templed Hills Retreat Center  
1364 County Road 75  
Woodland Park, Colorado  
Info: (719) 439-3621  
[www.whwarrior.org](http://www.whwarrior.org)

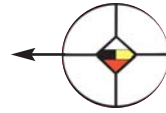
**T**his is the 3rd in a series of quarterly workshops presented by **Welcome Home Warrior**. These workshops are designed to provide information about the effects of war experiences and how veterans, families and others are affected.



**Welcome Home Warrior** is a non-profit organization whose mission is to serve all veterans, with a focus on the veterans of Iraq and Afghanistan.



## Workshop Program



**Opening prayer:** Major Patrick J. Castle, USAFA/DFC.

**Keynote Speaker:** Dr. Raymond Scurfield. “From Vietnam to Iraq,” *surviving during war and after returning home.*

**Q & A**

–Break, with relaxation techniques–

**Keynote Speaker:** Colonel Heidi Terrio, MD, MPH.  
“Traumatic Brain Injury: The Fort Carson Experience—An Interdisciplinary Approach to Screening and Management.”

**Q & A**

–Break–

**Guest Speaker:** Mrs. Amber Nicodemus, BA. “Living with Traumatic Brain Injuries.”

–Lunch 12 to 1 PM–

**Guest Speaker:** Marc Viola, “A Funny thing Happened on the Way to the Sweat Lodge—*finding sanctuary below 150 degrees fahrenheit.*”

**Q & A**

–Break, with relaxation techniques–

**Guest Speaker:** Mrs. Terry Ann Naughton. “Eggshells and Expectations,” *living with multiple deployments and PTSD.*

**Q & A**

–Break–

**Guest Speaker:** Reverend Anne Clement, M.Div. Elder, United Methodist church, “Out of Trauma's Dark Night: Expanding our Understanding of Spirituality.”

**Closing Meditation:** Susan Davis.

## Presenters

**Ann Clement, M. Div., Elder, United Methodist Church, Oklahoma Conference.** She has 30 plus years as a Pastor, Chemical Dependency Counselor, Pastoral Psychotherapist, Hospital and Hospice Chaplain. She currently is an Associate Chaplain at Hillcrest Medical Center, Tulsa, Oklahoma. She has designed numerous training workshops in Chemical Dependency, Issues of Family Recovery, Stress Management and Spiritual Practices. Her special interests are in Holistic Spirituality, Art as a Spiritual Practice and Native American Spirituality. Anne is the daughter of a WW1 combat veteran and POW, sister of a WW11 veteran and brings a personal awareness of the multigenerational effects of “the soldiers wounded heart.” She has served as Pastor, Counselor and Therapist as well as friend and colleague to traumatized combat veterans.

**Terri Ann Naughton.** Terri is a proud Army wife for the past 18 years. She is an experienced FRG leader and has facilitated 3 wartime Family Readiness Groups. She has worked with survivors of trauma for 17 years and currently works with survivors of Domestic Violence and Sexual Assault at Ft. Carson. In addition to her Victim Advocate duties, she has facilitated the Spouse Deployment Support Group at Ft. Carson and works with single soldiers as they participate in reintegration classes following deployment. Terri Ann is currently working on a Masters Degree in Social Work at Newman University in Colorado Springs.

**Amber Nicodemus, BA, Psychology.** Amber is the spouse of a severe TBI/PTSD soldier and is an advocate for significantly impaired TBI soldiers. She is a member of: the Colorado Advisory Board on Brain Injury, the Colorado Military Family Alliance, Colorado Injured Military Services, Colorado Advisory Council on Military Education and author of the Ft. Carson Traumatic Brain Injury Educational Series.



**Dr. Raymond Scurfield, MSW, DSW, USC.** Dr. Scurfield is Director, Katrina Research Center and Professor of the School of Social Work, University of Southern Mississippi, Gulf Coast. He has many outstanding teaching awards and was the 2006 Mississippi Social Worker of the Year for his post Katrina efforts. He also provides counseling on the Gulf Coast to University faculty, staff and students. Dr. Scurfield served four years on active duty as an Army Social Work officer, followed by a 25 year career with the Department of Veterans Affairs in which he directed several regional and national Post Traumatic Stress Disorder programs and received the VA's prestigious Olin E. Teague award for his achievements in the study and treatment of PTSD. His first book in a trilogy (11/04) was **A Vietnam Trilogy, Veterans and Post Traumatic Stress, 1968, 1989 and 2000.** The second and third books were published in 2006: **Healing Journeys. Study Abroad with Vietnam Veterans and War Trauma, Lessons Unlearned from Vietnam to Iraq.** Dr. Scurfield has made over 350 media, conference and training presentations, to include 60 Minutes, Nightline, the New York Times, the Washington Post, NPR and numerous appearances on NPR affiliated stations nationwide. His primary clinical interests are existential/gestalt trauma focus group therapy, race related trauma and post Katrina recovery.

**Colonel Heidi Terrio, MD MPH.** Col. Heidi Terrio is the Director, Deployment Health, Soldier Readiness Center, Evans Army Community Hospital, Fort Carson. She has implemented many best practices in the field of Deployment Health, to include the Screening and Management of TBI, Case Management for the Active Duty Soldier by way of a Profile Repository, and provided the vision for the multidisciplinary one stop shop for all Deployment issues. She is Board Certified in Family Medicine. She received her MD from the Uniformed Services of Health Sciences and her MPH from the University of California at Los Angeles.

**Marc Viola.** Marc has been an intelligence community contractor since 1999, formerly a Vice President for MASINT Operations with Athena Innovative Solutions, Inc. Career accomplishments include being on staff for the President's WMD Commission, and consulting for the executive office of the President. (EOP). He served with organizations such as NRO, DIA, JMIC and served in the Air Force for 12 years in intelligence. He is a guest lecturer and author.