

BACKGROUND

Many of our service members have suffered psychological injuries no less serious than the visible scars of war. Every military service member and his or her family is affected in some way by the disruption of normal life which begins with deployment orders and continues through the challenges of readjustment upon coming home.



Recent studies indicate that 35% of Iraq war veterans access mental health services in the year they return home. Reservists and National Guard members now make up 40% of the forces in Iraq and will be returning to their communities in large numbers, where they will need services in the private sector.

As mental health practitioners who understand the far-reaching consequences of these war-related experiences, we can provide the support that is needed to smooth the transition to family and civilian life.

It is often teachers, physicians, and other social service providers who are the first to see these families in distress. We offer seminars to these providers and to community groups to heighten awareness that the disturbances that they are seeing may be related to having a family member in the service or one who is recently returned home.

OUR MISSION

The Soldiers Project was established to provide free psychological services to military personnel who have served in Iraq or Afghanistan and their loved ones.

The mission of The Soldiers Project is to bring together volunteer licensed mental health professionals in order to:

- Provide free and confidential counseling
- Educate the community regarding the psychological effects of war
- Provide in-depth training on combat trauma to our volunteer therapists

Judith Broder, M.D., Founder/Director
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CONTACT

FOR INFORMATION OR FOR AN APPOINTMENT

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HOW TO DONATE

MAKE A TAX DEDUCTIBLE CONTRIBUTION
BY CHECK OR CREDIT CARD

c/o Frank Baudry MD
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New York, NY 10029

The Soldiers Project/LAISPS is a 501(c)(3)
charitable organization.

www.thesoldiersproject.org

Photos: Department of Defense

THE SOLDIERS PROJECT

FREE,
CONFIDENTIAL
PSYCHOLOGICAL COUNSELING
FOR MILITARY SERVICE MEMBERS
AND THEIR FAMILIES



A PROJECT OF THE
ERNEST S. LAWRENCE TRAUMA CENTER
OF THE LOS ANGELES INSTITUTE AND SOCIETY
FOR PSYCHOANALYTIC STUDIES

THE SOLDIERS PROJECT

The Soldiers Project is a private, non-profit group of volunteer licensed psychiatrists, psychologists, social workers, mental health nurses and marriage and family therapists. We offer free, confidential counseling to military service members of the Iraq and Afghanistan conflict and their extended families.



HOMECOMING

Veterans, wives, husbands, children, parents, and other loved ones are all affected by the separation that is part of serving in the military. Returning home from being in combat in a country at war presents real challenges. Everyone has expectations about the homecoming and it is hard to anticipate what it really will be like.

Homecoming often challenges our closest relationship with the task of learning about each other all over again. For instance, you may notice in yourself or family members:

- Moodiness, irritability, and angry outbursts
- Difficulty establishing comfortable family routines
- Emotional unavailability
- Trouble concentrating or paying attention to each other

Therapy offers families a safe place in which to talk and think about what each person experiences - the hopes and fears, the excitement and disappointments and the disturbing changes you may see in each other. In therapy, family members can gain a deeper understanding of each other's feelings and experiences and ease the transition to home.

FOR SERVICE MEN AND WOMEN/VETS

Many of the feelings and experiences that may be troubling for you now start out as normal responses to the abnormal situation of war.

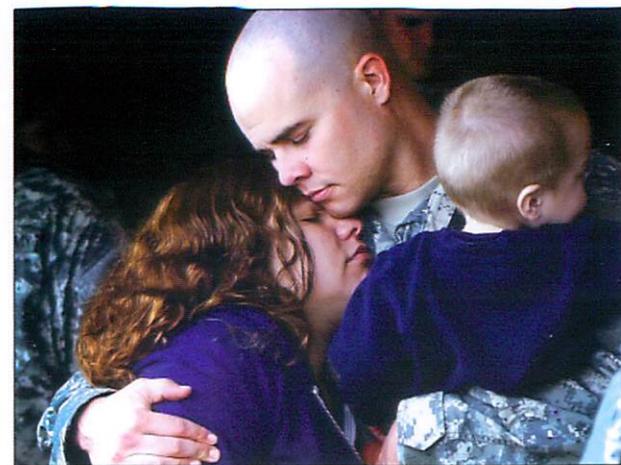
If you are experiencing the following, we can help you:

- You feel emotionally flat
- You can't relate to everyday concerns of the folks at home
- You are hyper-alert and sensitive to your surroundings (like danger might be everywhere)
- It's hard to concentrate, hard to sleep and you have nightmares
- You feel you don't fit in
- No one seems to "get it" and you really miss the closeness and mutual understanding of your buddies
- You get tearful for no reason
- You get angry and "blow up" more often than before
- You feel guilty, angry or ashamed



www.thesoldiersproject.org

FOR FAMILIES



Here are some of the things that you may experience that we can help you with:

- You feel overwhelmed and angry at having to care for your family alone.
- You're tearful and so worried about your loved one that it's hard to keep up your normal routines.
- You feel lost and alone with no one to talk to who understands what you're going through.
- You and your loved one feel distant and awkward with each other.
- You're hurt and discouraged that your family member "needs space" and isn't as engaged with family as he or she was before deployment.
- Some of you have experienced the death of a loved one.
You will need time to recover from the shock and grief and it's often helpful to talk with an experienced professional during this process.
- Your kids are angry, acting up in school, have sleep troubles or various new physical symptoms.
They may be reacting to the absence and/or return of their parent and need help in putting their feelings into words.