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Written by two doctors at the forefront of treating veterans and service members, Overcoming Post-Deployment Syndrome is a wellness handbook filled with evidence-based advice, exercises,

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and approaches for healing from post-deployment syndrome (PDS), preventing combat stresses from having a lasting negative impact, and returning to activity and wellness.

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Overcoming Post-Deployment Syndrome: A Six-Step Mission to ...

gauge the severity of the problem understand how often the symptoms are occurring realize how the symptoms are affecting the person utilize treatments that worked on similar patients predict who will make a rapid or a slow recovery understand when someone is not making a usual recovery

Post-Deployment Syndrome: The Illness of War | BrainLine

The Illness of War: Post-Deployment Syndrome in Active Duty Military and Veterans by Dr. Karly Powell It is estimated that approximately one in five U.S. men and women returning from

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service in Iraq and Afghanistan experience lasting physical and psychological injuries consistent with Post-Deployment Syndrome (PDS). PDS incorporates all the signs and symptoms experienced as a result of the ...

The Illness of War: Post-Deployment Syndrome in Active

...

Post-deployment syndrome is a collection of symptoms that are consistent in nature and impact day-to-day functioning for a minimum of three months (Cifu 2010). Persons typically have at least two of the following: mild traumatic brain injury or concussion, post-traumatic stress disorder, major depression, chronic pain, generalized anxiety disorder, cognitive complaints, sleep disturbance ...

Post-deployment Syndrome | SpringerLink

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service members, Overcoming Post-Deployment Syndrome is a wellness handbook filled with evidence-based advice, exercises, and approaches for healing from post-deployment syndrome (PDS), preventing combat stresses from having a lasting negative impact, and returning to activity and wellness.

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1. Introduction. After military deployment, many service members and veterans experience unexplained symptoms, including pain, irritability, headaches, tinnitus, extremity numbness, fatigue, dizziness, and memory difficulty with long-

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term or permanent disability [].This syndrome was called “shell shock” during World War I and “postconcussional syndrome” during and after World War II ...

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vignettes of servicemembers who are going through the process of successfully reintegrating into their families, workplaces, and communities. A twelve-week basic training in self-directed healing arts.

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