

## ***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. Stalneck. *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 Marshéle 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>
  - Individual, Couples, Family, Trauma, EMDR

### Local Counseling Services:

- Clarksville Veteran Affairs VET Center
  - 141 Chesapeake Lane, Suite 101, Clarksville.
- Soldiers and Families Embraced (<https://www.soldiersandfamiliesembraced.org/>)
  - 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/>)
  - Active Duty Spouse, Veterans, and their Family Members
  - No insurance and low to no cost counseling
- Fort Campbell Chaplain Family Life Center (270.798.3316)
  - Active Duty Soldiers and their Family Members
  - 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>)
  - Mental, Emotional, Physical & Health Issues

### ***Faith-Based Programs***

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

### ***Clinical Care Programs***

- Home Base Veteran and Family Care (<http://homebase.org/>)
  - 2-week program in Boston, MA
  - 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
  - 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.

**NATIONAL**

# SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)


suicidepreventionlifeline.org



**Veterans Crisis Line**  
1-800-273-8255 **PRESS 1**


**{SUICIDE}**  
IS 100% PREVENTABLE

Reach out for **HELP.**  
Reach out for **HOPE.**



Tennessee Suicide Prevention Network

**CRISIS TEXT LINE |**  
Text "TN" to 741 741



www.tspn.org

**STATEWIDE**

# CRISIS LINE

**HELP IN A MENTAL HEALTH CRISIS**

**855-CRISIS-1** [TN.gov/CrisisLine](http://TN.gov/CrisisLine)  
**855-274-7471**  Department of Mental Health & Substance Abuse Services

## 5 Action Steps for Helping Someone in Emotional Pain

|   |  |  |  |   |
|---|--|--|--|---|
|  <p><b>ASK</b></p> <p>"Are you thinking about killing yourself?"</p> |  <p><b>KEEP THEM SAFE</b></p> <p>Reduce access to lethal items or places.</p> |  <p><b>BE THERE</b></p> <p>Listen carefully and acknowledge their feelings.</p> |  <p><b>HELP THEM CONNECT</b></p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p> |  <p><b>STAY CONNECTED</b></p> <p>Follow up and stay in touch after a crisis.</p> |
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 **NIH** National Institute of Mental Health

[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)