"This guide is a must-have for all of those affected by Post Deployment Syndrome."

—FELISE ZOLLMAN, MD,

Co-Project Director, Midwest Regional Traumatic Brain Injury Model System Center

# OVERCOMING POST-DEPLOYMENT SYNDROME

a six-step mission to health

DAVID X. CIFU, MD and CORY BLAKE



# Overcoming Post Deployment Syndrome Paperback 2011 Author David X Cifu Md Cory Blake

Cory Blake, David X. Cifu

#### Overcoming Post Deployment Syndrome Paperback 2011 Author David X Cifu Md Cory Blake:

Overcoming Post-Deployment Syndrome Cory Blake, David X. Cifu, 2011-02-15 A comprehensive guide for service members veterans and their families dealing with the all too common repercussions of combat duty including traumatic brain injury post traumatic stress disorder anxiety depression chronic pain and musculoskeletal injury and substance abuse 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 and approaches for healing from post deployment syndrome PDS preventing combat stresses from having a lasting negative impact and returning to activity and wellness Offering a practical blend of state of the art traditional and holistic medicine to help physical mental emotional and spiritual healing Overcoming Post Deployment Syndrome provides Personal 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 A wealth of community and government resources tips and suggestions The means to integrate traditional and complementary medicine techniques to treat common symptoms **Overcoming Post-Deployment Syndrome** Cory Blake, David X. Cifu, 2011-02-15 A comprehensive guide for service members veterans and their families dealing with the all too common repercussions of combat duty including traumatic brain injury post traumatic stress disorder anxiety depression chronic pain and musculoskeletal injury and substance abuse 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 and approaches for healing from post deployment syndrome PDS preventing combat stresses from having a lasting negative impact and returning to activity and wellness Offering a practical blend of state of the art traditional and holistic medicine to help physical mental emotional and spiritual healing Overcoming Post Deployment Syndrome provides Personal 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 A wealth of community and government resources tips and suggestions The means to integrate traditional and complementary medicine techniques to treat common symptoms

The book delves into Overcoming Post Deployment Syndrome Paperback 2011 Author David X Cifu Md Cory Blake. Overcoming Post Deployment Syndrome Paperback 2011 Author David X Cifu Md Cory Blake is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and indepth insights into Overcoming Post Deployment Syndrome Paperback 2011 Author David X Cifu Md Cory Blake, encompassing both the fundamentals and more intricate discussions.

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