More than one in four U.S. veterans of the Iraq and Afghanistan wars have suffered a service-related head injury and two-thirds reported depression. Though these statistics are high, the great concern is that all the problems we’re seeing with head injury, PTSD, and depression could be the tip of the iceberg. There is an urgent need for services that can promote healing, strengthen relationships, and reintegrate our warriors with their families, communities, schools, and employers.

The workshop’s goal is to strengthen the capacity of the professional workforce and the community to effectively respond to the concerns and needs of service members, veterans, and their families in order to heal psychological trauma. This year’s expert presenters will describe their practice and research on emerging and promising interventions for combat-related post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI). Presenters employ multidimensional and holistic interventions as strategies to effectively respond to the complexities of combat-related PTSD and TBI. Participants will also hear from two panels, one of veterans and family members, and a panel describing strategies for accessing resources and navigating the system.
8:30 - 9:00 am   Registration and Coffee

9:00 – 9:10   Welcome from George Mason University

9:10 - 9:30   From Battlefield to Homefront: What are the Needs?
James Thur, MSW, MPH, CAPT, USNR, (Ret), Regional Director
Northern Virginia, Virginia Wounded Warrior Program

9:30 -10:15   Breaking New Ground for Identifying and Treating TBI and PTSD
Marilyn Kraus, MD, Medical Director, Neurobehavioral/Traumatic Brain Injury
Service, NNMC-Bethesda

10:15 - 10:30    Break (Coffee and snacks available)

10:30 - 11:15   Being Mindful of the Invisible Wounds of War
Sheila Galvin, MSN FNP, TBI Program Coordinator
USMC Wounded Warrior Regiment

11:15 - 12:00   In Their Own Words: Panel of Veterans and Family Members
Moderator: Kristen Caulfield

12:00 - 1:00   Lunch & Poster Session

1:00 - 1:45   Virtual Reality: Graded Exposure Therapy to Treat Combat-Related Post-traumatic Stress Disorder, Chronic Pain and Traumatic Brain Injury
Dr. Dennis Wood, CAPT, MSC, USN, (Ret), & Mark Wiederhold, MD
Virtual Reality Medical Center, San Diego, CA

1:45 - 2:30pm   The Interdisciplinary Care Paradigm in Patients with Complex Interaction of TBI and Post Traumatic Stress (Optimal Healing Environment)
Dr. Tom DeGraba, Deputy Director, National Intrepid Center of Excellence, Bethesda, Maryland

2:30-3:00pm   Defense Centers of Excellence (DCoE) Resources and Tools on Psychological Health (PH) and Traumatic Brain Injury (TBI)
Dr. Lolita O'Donnell, RN, Deputy Director for Outreach, Strategic Communications Defense Centers of Excellence for Psychological Health (PH) and Traumatic Brain Injury (TBI)

3:00 - 3:15 pm   Break (Refreshments available)

3:15 - 4:00 pm   Resources and How to Navigate the System
Moderator: Karen Brown, Executive Director, Brain Injury Services
Mark Taylor, MSW, CSAC, Regional Coordinator, Virginia Wounded Warrior Program
Garnet Nelson, Homeless Outreach Coordinator, VAMC, Washington, DC

4:00 - 4:45 pm   Guided Imagery: An Efficacious, User-friendly, Private, Portable, Best Practice for Traumatic Stress
Belleruth Naparstek, LISW

4:45-5:00 pm   Closing Remarks, Evaluation, and CEU Distribution