



Transitional Workshops by Bridget C. Cantrell, Ph.D.

An introduction

First of all, thank you for your interest in the work I am doing for the U.S. Military and related organizations to assist the troops, their families, and all military veterans make healthy transitions from the war front to the home front. I am a PTSD specialist and therapist from the Pacific Northwest, and the co-author of two recent books designed especially for the OIF/OEF troops and their families. The books are the first of their kind due to the fact that they have been written both by a therapist and a combat veteran. Chuck Dean, my co-author served as a paratrooper in Vietnam and a drill instructor upon his return from the war zone.

As part of our assistance program for the troops, our book *Down Range: To Iraq and Back* has been widely distributed to hundreds of thousands of soldiers and their families. Our new book, *Once a Warrior: Wired for Life*, has been launched and is getting encouraging reviews. It recently has become required reading at University of California Santa Barbara.

My work takes me across the country and overseas doing workshops and counseling for all branches of military, the Warriors, their leaders, and family members. I am currently on a four-month Army contract working with the 8th Theater Support Command (TSC) and 25th Infantry Division in Hawaii.

The Workshops

The following is a thumbnail description of the workshops I am currently conducting as part of my work with the U.S. Military. These courses may be altered and streamlined to meet specific demographics of the audience.

The workshop (*Once a Warrior...Wired for Life*) is designed for the OIF/OEF warriors. Their partners are highly encouraged to attend with them. Each workshop is a structured awareness course revealing various ways warriors and their partners/family change

during military separation. It provides them with effective coping techniques ensuring a smooth transition in regards to their communication and intricate relationship-building methods after returning from a war zone. It is also designed to encourage healthy interactions and discussions in a group setting and help them work together in dealing with critical issues they may face before and after the deployment(s). Other important topics include understanding the signs and symptoms of Combat Operational Stress (COS), Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) and effectively coping with anger issues, substance abuse, sleep disturbances, and other physical and emotional wounds. I am currently providing this workshop as part of the Returning Warrior Program to the 7100 redeploying soldiers at Schofield Barracks, Hawaii.

My workbook course (*Turning Your Hearts Toward Home*) is written in a twelve-chapter format, which helps the military person and their loved one work together in order to better understand how they both have changed in the process of deployment. It explores PTSD, the behaviors, triggers, and consequences of choices. The course examines issues surrounding emotional intimacy, communication, goal setting, anger, and how these aspects affect their lives. Recognizing and coping with the signs and symptoms is also a most critical point taken up by this course, which is specifically designed to launch the process of building empathy and trust for a more positive relationship.

The free, and downloadable, workshop (*Hearts on the Homefront*) addresses the needs and challenges of those on the home front such as partners, families, and children while the trooper is deployed. It focuses on preparing them for the long awaited homecoming and minimizes any false expectations regarding the return that may develop during the tour of duty. This course also deals with the emotional challenges that many children may experience during this process.

If you are interested in arranging a workshop or having me speak with your group please contact me. References available upon request.

Bridget C. Cantrell, Ph.D.
Hearts Toward Home International
1050 Larrabee Avenue Suite 104, PMB 714
Bellingham, Washington 98225
www.heartstowardhome.com
(360) 714-1525