

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

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### **Overcoming Post Deployment Syndrome By**

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

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having a lasting negative impact, and returning to activity and wellness.

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Overcoming Post Deployment Syndrome is a comprehensive guide for servicemembers, 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.

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Overcoming Post-Deployment Syndrome A Six-step Mission to Health 1st Edition by Cory Blake; David X. Cifu, MD and Publisher Demos Health. Save up to 80% by choosing the eTextbook option for ISBN: 9781617050398, 1617050393.

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### **Overcoming Post-Deployment Syndrome eBook by Cory Blake ...**

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.

### **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 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

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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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### **Overcoming Post Deployment Syndrome - toshteam.org**

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

### **Central sensitization as a component of post-deployment ...**

A self-help guide using evidence-based techniques. Author: Nigel S. King; Publisher: Hachette UK ISBN: 1472136101 Category: Self-Help Page: 240 View: 8072 DOWNLOAD NOW » HIGHLY COMMENDED for the British Medical Awards book prize for Popular Medicine Up to 10% of people will suffer a mild head injury (or 'mild traumatic brain injury') in their lifetime and up to 50% of those people will also ...

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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.

## **Overcoming Post-Deployment Syndrome: A Six-step Mission to ...**

Overcoming Post-Deployment Syndrome offers soldiers and their families a comprehensive guide to dealing with the all-too-common repercussions of combat duty, including post-traumatic stress symptoms, anxiety, depression, and substance abuse.

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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, 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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