

PTSD Training

This list and strategies are not complete. Some may not apply.

Most important: Be yourself, respond and communicate in a clear and honest manner. Relax and enjoy instructing and interacting.

Behaviors and Presentation:

- Isolation
- Hyper Vigilance (noises, social)
- Loss of social connections
- Feelings of worthlessness, loss of pride/manhood
- Disengaged
- Poor family life
- Poor sleep habits
- Impatient
- Anxiety
- Entitled
- Poor trust
- Nervous
- Anger/outbursts
- Do not enjoy activities
- Failure to show up
- Overwhelmed by big crowds

Do not:

- Over instruct
- Ask about combat
- Discuss personal opinions: war/politics/religion (**care)
- Personalize
- Walk up behind them
- Make loud noises (slapping paddle on water, etc)

Goals & Strategies:

- Activities with other vets (brotherhood)
- Activities with "purpose" goal (with support)
- Have adequate and trained staff
- Involve friends and family
- Build relationship, rapport, and trust
- Listen, observe, pay attention
- Advocate if needed in group/intervene
- Give space as needed
- Ask about other issues ***
- Flexible programming
- Anticipate issues
- Goal of individual NOT program
 - Vary goals
 - Flexibility
- Honesty/clarity
- Breaks; leave early
- Expect ups and downs
- Keep contact: texts, calls, email, etc.
- Ask if there are other conditions to be aware of
- Be prepared to repeat instructions/similar vocabulary
- Control learning environment: pay attention to detail
- Be aware of individuals if in big crowds



TEAM RIVER RUNNER
HELPING OUR WOUNDED VETERANS