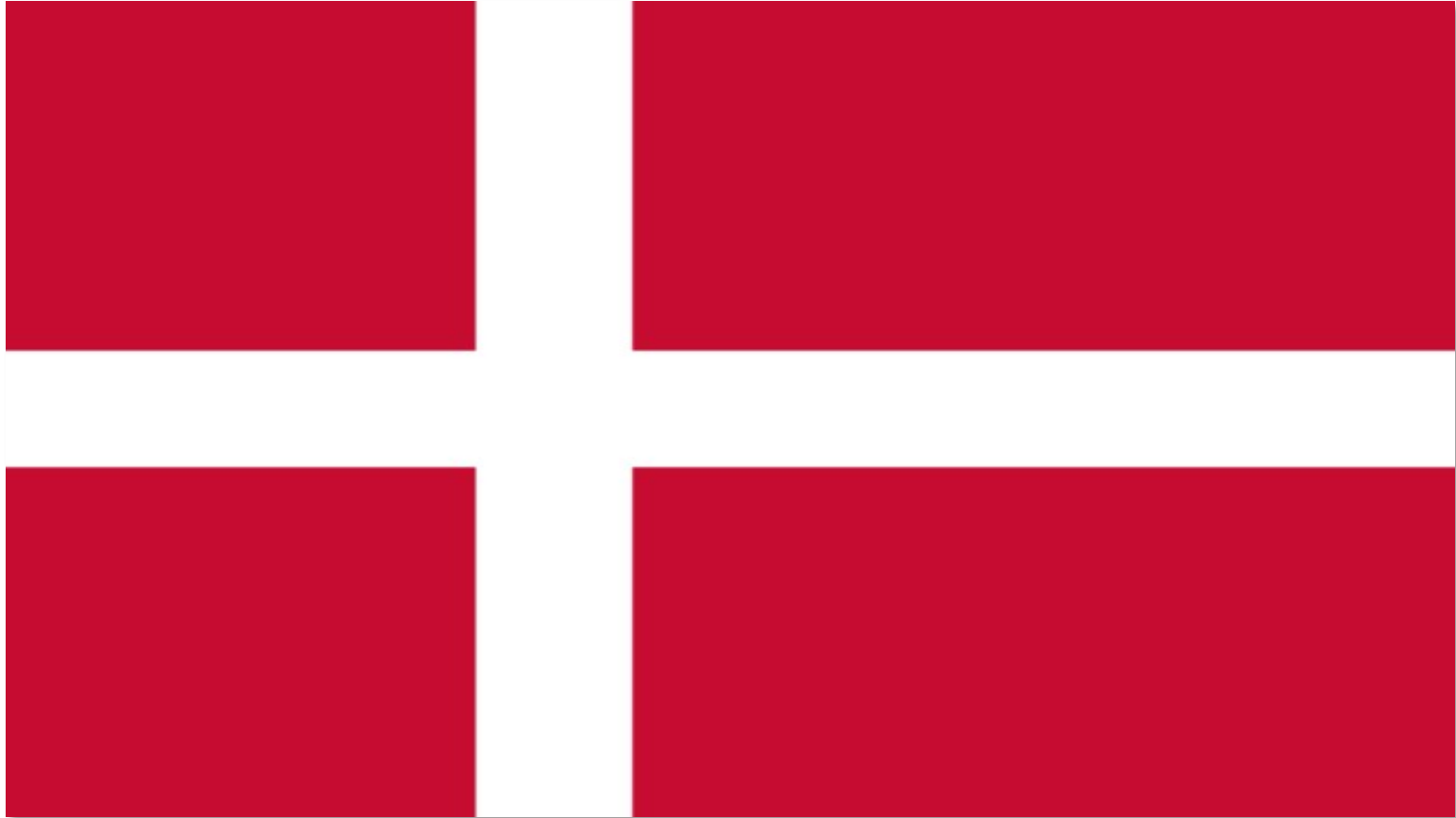


DENMARK





Resiliency - psychological support

Questions to be answered

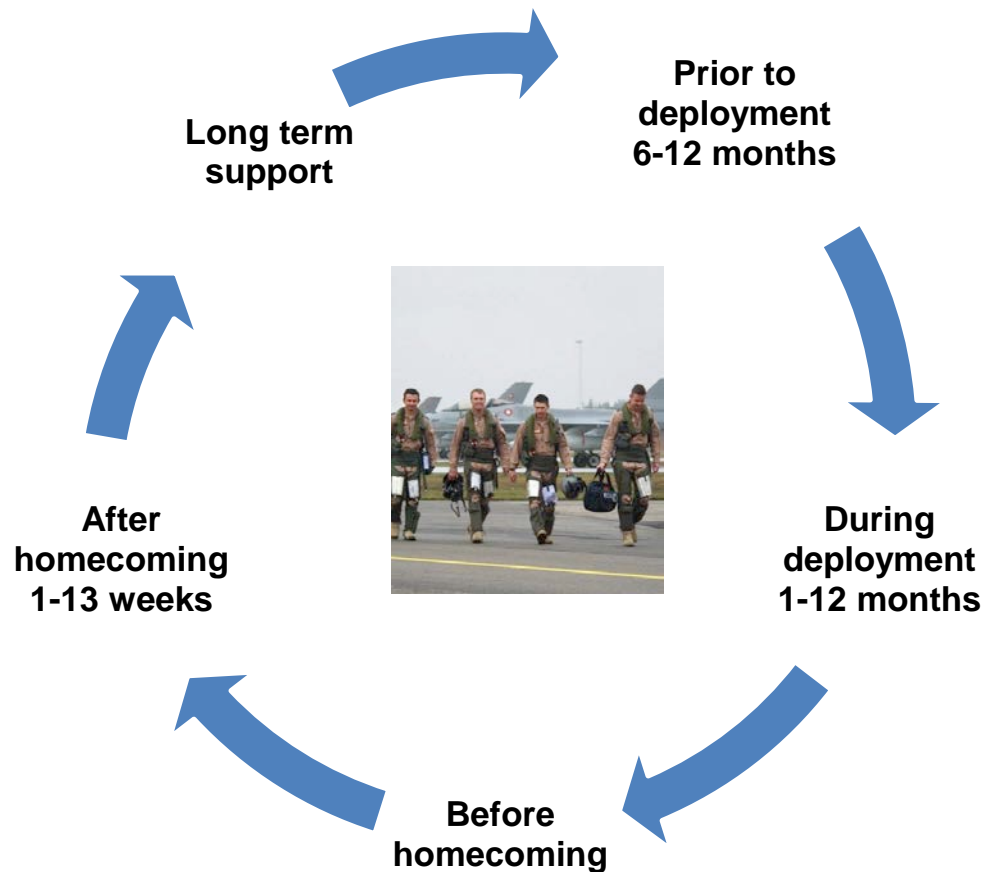


1. How does our nation define resiliency?
2. What are the challenges to instilling resiliency in Service members and their families for deployment and potential life-changing event?
3. What solutions have our Nation developed towards meeting our goal of instilling resiliency?



- 83-84 % of Danish veterans have no problematic reactions related to deployment
- Around 10 % have reactions that need treatment/help
- Most of those treated by psychologists from MPA have symptoms related to PTSD and depression

A cycle of psychological support for deployed personal



Prior to deployment: 6-12 months

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Assessment of soldiers

Lectures in psychology for officers

Lectures for all soldiers in

- Stress management and preparation for the psychological aspects of deployment
- Conflict management
- Defusing

Courses for doctors, chaplains, combat medics

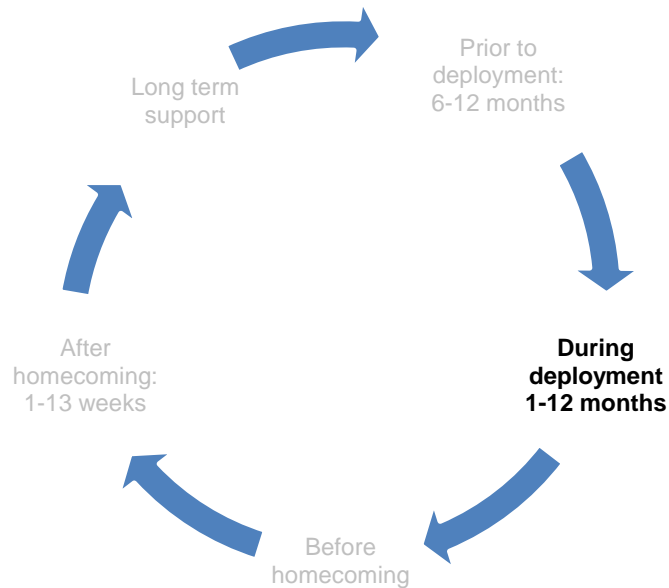
Lectures for relatives

Counseling for relatives and soldiers by phone or consultations/treatment at the nearest veteran center.

Focus: *assessment, 'tools' and relations*

During deployment: 1-12 months

VETERANCENTRET



Visits to deployed soldiers

- Visits in relation to a critical incident
- Open clinic and assessment if needed

Counseling for relatives by phone or consultations/treatment at the nearest Veteran Center.

Focus:

Crisis and trauma management
Group cohesion

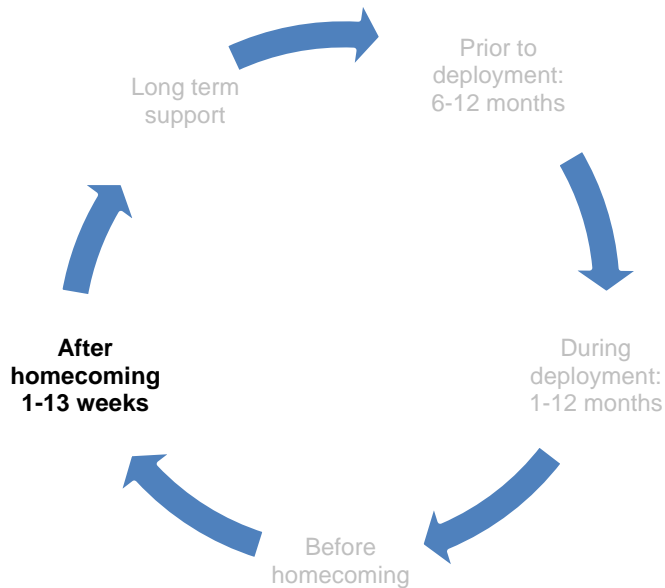


Group interventions:
Battlemind debriefings (in theater)

Focus: *experiences in theater and psycho education on transition to civil life (the first weeks)*

After homecoming: 1-13 weeks

VETERANCENTRET



A reintegration program consisting of:

- Lectures
- Group sessions
- Individual talks

Counseling for relatives and soldiers by phone or consultations/treatment at the nearest Veteran Center.

Focus: *transition to civilian life and reconnecting with family & friends*



Topics in individual/groups settings

- Language, intercultural meetings
- "Rules of engagement"
- Lack of trust to partners/allies
- Accidents
- The threat has moved inside the camp
- Life-threatening situations
- Workload
- "Did I do well enough"?
- Boredom
- Lack of privacy, primitive conditions
- Behaving in ways that interfere with norms/values/moral
- Threats, former deployments
- Questioning the reason we are present in this country
- Problems at home, homesickness
- Lack of support from home



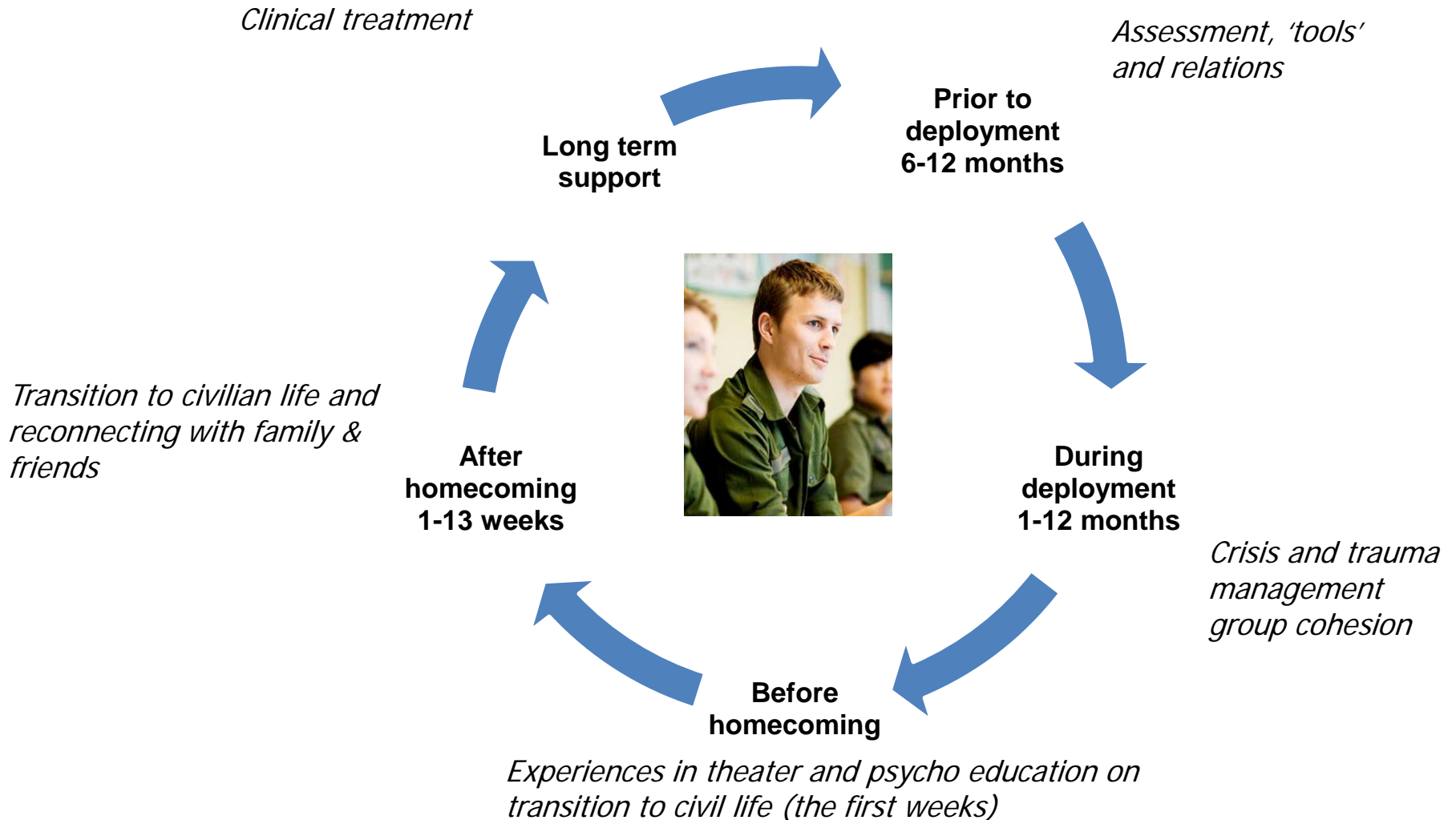
A questionnaire 6 months after deployment.

A lecture 7 months after homecoming for combat soldiers.

Permanent/life long clinical support for all veterans and closest relatives.

Focus: *clinical treatment*

A cycle of psychological support for deployed personal



Challenges for MPA



- No clear definition on resiliency
- Right now, based on ideas of best practice not evidence-based or supported by randomised trials



- Developing evidence based interventions for instilling psychological resilience
- Prevention and relationship enhancement program (PREP) prior to deployment
- Implementing combat operational stress control (COSC)
- Research on genetic risk factors and work environmental factors in relation to symptomatology
- Apps

Questions

