



Treating Military Sexual Trauma

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AN EVIDENCE-BASED TEXT FOR UNDERSTANDING AND TREATING MST FROM MULTIPLE PERSPECTIVES

The incidence of sexual assault and harassment experienced by members of the U.S. Armed Forces has reached epidemic proportions. Its victims often suffer from devastating, lifelong consequences to their careers, health, relationships, and psychological well-being. This authoritative resource is written for mental health clinicians to help in understanding and treating military sexual trauma (MST). Based on a solid foundation of research and clinical expertise, it addresses the complex circumstances of victims of sexual abuse in the military and how clinicians can meet the unique challenges of treating these clients.

The book describes how MST differs from other forms of military trauma such as combat, and discusses its prevalence, neurobiology, and social contexts as well as unique stressors of betrayal, injustice, struggles with issues of reporting and disclosure, and impact on relationships and sexuality. It reviews current evidence-based interventions and offers insights on treating specific symptoms within MST, such as PTSD, anxiety, substance abuse, sleep disorders, and sexual dysfunction. Chapters discuss how a variety of psychotherapies can be used to treat MST, including prolonged exposure, cognitive processing, EMDR, Seeking Safety, acceptance and commitment therapy, and somatic experiencing, as well as the Warrior Renew MST group therapy program. Clinicians who work with veterans and active duty personnel will find this book an essential guide to working with MST survivors.

KEY FEATURES:

- Presents a comprehensive clinician's resource with contributions from top experts in the field on the topic of MST
- Describes how MST differs from other forms of trauma, necessitating specialized treatment
- Provides an overview of MST as well as information on evidence-based and emerging treatments

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Manuel Rose:

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