

Combat Operational Stress Workshop

Counseling Services Branch Camp Pendleton

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History

- 2003 Need for treatment of Combat Operational Stress (COS) identified
- 2004 Group counseling format & curriculum developed
- 2005-2006 Continued with group format, 2 models (both closed)
 - 12 sessions, 1 session per week.
 - 12 sessions, 2 sessions per week
- 2006 Developed COS Workshop & changed group to open ended



Justification for Workshop

This workshop was developed as an early intervention for COS in response to internal research and tracking showing that client availability may not allow for longer treatment (due to deployment schedules, client interest, family demands, etc.).



About the COS Workshop

This one time, four hour workshop teaches symptoms of COS, basic coping skills and allows participants the opportunity to troubleshoot some of the problems they are experiencing related to combat, deployment and/or readjustment. It also serves as a conduit to group and individual treatment for COS (when applicable).



Workshop Overview

- Definition of trauma and COS
- Biology of Trauma
- Symptoms
- Coping Skills- Cognitive Behavioral Therapy



Workshop Overview (Cont.)

□ Exercises

- My Share of the Responsibility
- Interest Inventory
- Relaxation Exercises
 - Progressive Relaxation
 - Emptying Exercise
 - Autogenics
- Bilateral Movement, Comfortable Place



For more information:

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