

Combat Operational Stress Workshop

Counseling Services, 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
 - 12 sessions, 1 session per week, closed format
 - 12 sessions, 2 sessions per week, closed format
- 2006 Developed COS Workshop & changed group to open, drop in format



About the COS Workshop

The COS Workshop was developed in 2006 as an early intervention and prevention psycho-educational class. This skill building workshop educates and empowers Marines' and Sailors' to identify signs and symptoms of combat stress while teaching strategies to reduce and prevent the progression of symptoms.



Justification for Workshop Format

The COS Workshop is a one time, four hour class designed in response to trend analysis indicating client availability may not allow for longer treatment due to training and deployment schedules, client interest, family demands, etc.



Workshop Overview

I Introduction (45 minutes)

- ❑ Definition of trauma and COS
- ❑ Biology of trauma and the role of adrenaline
- ❑ Overview of emotional, physical, mental and physical symptoms of COS
- ❑ Overview of TBI symptoms
- ❑ Overview of coping skills, relaxation training and link between thoughts and behaviors



Workshop Overview (Cont.)

II Signs and Strategies (2 hours)

- ❑ Readjustment
- ❑ “On Edge”/Hyper Arousal
- ❑ Intrusive Thoughts/Flashbacks
- ❑ Sleep Disturbance
- ❑ Anger
- ❑ Depression
- ❑ Grief and Survivor Guilt



Workshop Overview (Cont.)

III Growth (45 minutes)

- ❑ Changed Views Exercise
- ❑ Relaxation Training/Practice
 - ❑ Breathing
 - ❑ Progressive Muscle Relaxation
 - ❑ Emptying Exercise
 - ❑ Autogenics
- ❑ Developing a Personal Plan
 - ❑ Treatment Options and referrals



Workshop Evaluations

Participants were asked to rate the workshop in the following areas on a 5 point scale.

1. The information presented increased my knowledge of the subject.

54% excellent

37% good

9% average

0% below average

0% poor

2. The information I received was easy to understand.

65% excellent

29% good

6% average

0% below average

0% poor



Workshop Evaluations

3. The presenter was knowledgeable of the topic.

79% excellent

18% good

3% average

0% below average

0% poor

4. How would you rate the overall workshop?

63% excellent

32% good

5% average

0% below average

0% poor



Client Comments

“This has helped me so much to become a better Marine and a better human being out in the civilian world.”

“It helped me to understand the situations that may come to me in the future and what I can do to overcome the problems before they start.”



Client Comments

“Very good class, they targeted [my problem areas] and gave very helpful insights as to why and how to deal with and overcome them.”

“Helped me understand why I act a certain way and gave me tools for coping with those actions.”



Client Comments

“The teacher explained each aspect of combat stress and different techniques I can do in order to prevent random outbursts and feeling detached at times. Really enjoyed the presentation and can’t wait to apply the tools I received in my immediate life. Thanks.”

“I believe all Marines returning from deployment could benefit from this workshop.”



For more information:

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