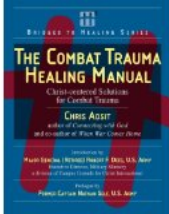


## PTSD Resources



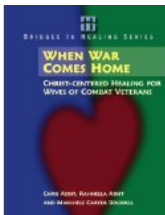
### **Combat Trauma Healing Manual**

By Chris Adsit

This workbook was written for service members who are struggling with PTSD.

You can buy it on Amazon or download it for free as a pdf file.

<http://crumilitary.org/wp-content/uploads/2013/10/CTHM-Leaders-Guide-2013.pdf>



### **When War Comes Home**

By Chris Adsit, Rahnella Adsit, and Marshelle Waddell

This workbook was written for the wife of a military service member dealing with PTSD. This is a great resource for secondary PTSD issues.

<http://crumilitary.org/wp-content/uploads/2013/10/WWCH-Leaders-Guide-2013.pdf>

### **“Practical Suggestions for Ministering to Combat Trauma Sufferers”**

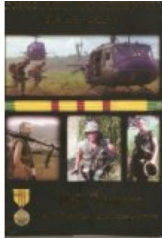
This handout is very helpful to give to those around soldiers dealing with combat trauma. It has 34 simple ways to help create a supportive environment. This is good for family members and supporting community agencies.

[http://crumilitary.org/wp-content/uploads/2014/03/Practical\\_Suggestions\\_CT.pdf](http://crumilitary.org/wp-content/uploads/2014/03/Practical_Suggestions_CT.pdf)

### **“Combat Veterans: What Not to Say and Why”**

This handout will help people keep from putting their feet in their mouths. Sometimes people don't know what to say to a combat veteran. Without intending to, they can say things that hurt, trigger painful memories, or even encourage suicidal feelings.

[http://crumilitary.org/wp-content/uploads/2014/03/What\\_Not\\_To\\_Say.pdf](http://crumilitary.org/wp-content/uploads/2014/03/What_Not_To_Say.pdf)

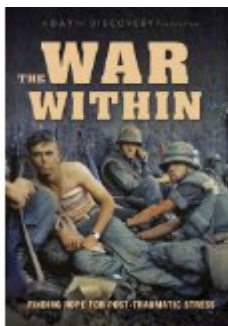


### **From Hell to Eternity**

By Phil Downer

Phil was an M-60 gunner in Vietnam who carried the burdens of PTSD for decades. It almost cost him his family. This book is his story. There are chapters written by his wife, son and daughter. The chapter by his daughter is worth the book.

[http://www.amazon.com/From-Hell-Eternity-Phil-Downer/dp/0578047705/ref=sr\\_1\\_5?ie=UTF8&qid=1406228526&sr=8-5&keywords=from+hell+to+eternity](http://www.amazon.com/From-Hell-Eternity-Phil-Downer/dp/0578047705/ref=sr_1_5?ie=UTF8&qid=1406228526&sr=8-5&keywords=from+hell+to+eternity)

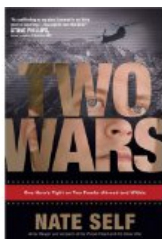


### **The War Within: Finding hope for Post Traumatic Stress**

By Days of Discovery

Featuring Phil Downer and Mike Wilkins

Phil and Mike return to walk the battlefields on which they fought...and held their dying friends. This video series transitions back and forth between two veterans walking and experiencing their return and sitting in on conversations with their spouses back home. It is real. It is raw. At the end of the final video they share the following comments with each other. "Thank you for not giving up on me when I needed you most." "Thank you for having the courage to fight the hardest battle that you have had to face and walking through it." The healing power of Christ is very clear in this series.



### **Two Wars: One Hero's fight on Two Fronts – Abroad and Within**

By Nate Self

Nate was a Ranger commander in charge of the Quick Reaction Force that was sent to aid a Navy SEAL team on what has become known as Roger's Ridge in Afghanistan. They went into a hail of fire and accomplished their mission. This book is Nate's journey dealing with the aftermath of what he endured on that snow covered peak.

[http://www.amazon.com/Two-Wars-Heros-Fronts--Abroad-Within/dp/1414320108/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1406228793&sr=1-1&keywords=two+wars](http://www.amazon.com/Two-Wars-Heros-Fronts--Abroad-Within/dp/1414320108/ref=sr_1_1?s=books&ie=UTF8&qid=1406228793&sr=1-1&keywords=two+wars)

If you are interested in having some training for your entire community on how to support veterans and active duty military who are dealing with PTSD and help their families, contact CruMilitary's Bridges to Healing ministry.

<http://crumilitary.org/bridges-to-healing/>

CruMilitary has also produced the E-Kit Video Seminar. It helps people understand more about how they can come along side military members and veterans. It is on youtube. You can also find it at

<http://crumilitary.org/e-kit/>