

## **Veterans and Traumatic Stress - what you should know and what to look out for**

This workshop will provide delegates with a broad overview of the psychological challenges faced by military personnel during service and afterwards. The mental health of Veterans is now a topic of considerable political and media interest. Research has shown that the UK public think that the majority (>90%) of Veterans suffer with health problems and the media often portrays them as homeless, drunk or dangerous. Furthermore there is an abundance of charitable organisations which claim to provide treatment for Veterans who suffer with PTSD although they do not use therapeutic techniques which NICE recognise as being effective nor ones shown to work through high quality research studies. As the UK military begins to extract itself from Afghanistan having operated there since 2002 the mental health of Veterans is likely to become an increasingly important health topic. The workshop will be a mixture of didactic and interactive teaching and aims to provide attendees with a good understanding of the topic that will be helpful when working with Veterans and their families.