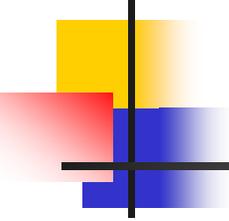


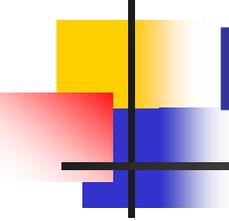
Emotional Needs of National Guard Families

Trudy Kaufman – counselor/trainer
Connecticut National Guard Family
Program



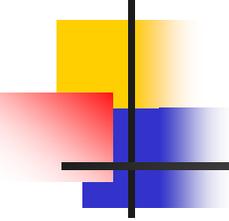
Introduction

- Military “mom”
- My path to the Ct. National Guard Family Program
- “Movin’ Out”



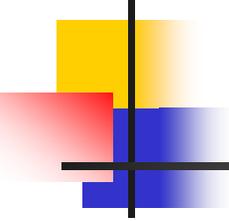
Types of National Guard Families

- Pro-military by choice & family history
- Enlisted by choice, but surprised by deployment
- Military family due to another family member's decision



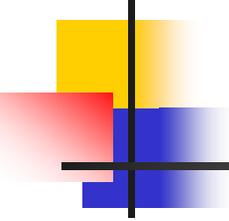
Variety of Needs Among Family Members

- Wives/Significant Others
- Parents/Grandparents
- Children/siblings
- Potential inherent conflicts



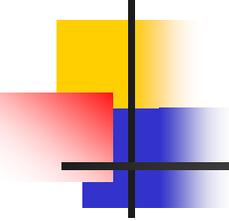
Emotional Phases of the Deployment Process

- Expectation of separation/loss - usually 6-8 weeks before deployment.
- Feelings include:
 - Denial
 - Fear
 - Shock
 - Numbness
 - Anger and frustration



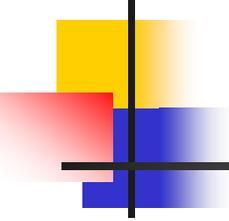
Emotional Withdrawal

- Usually one week prior to deployment
- Feelings include:
 - Ambivalence
 - Fear
 - Anger



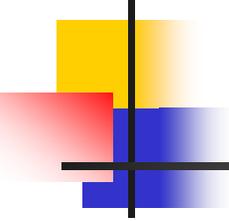
Emotional Confusion/Disorganization

- Usually 1 to 6 weeks after departure
- Feelings include:
 - Loss
 - Fear
 - Emptiness and abandonment
- MP Family Support Group



Adjustment

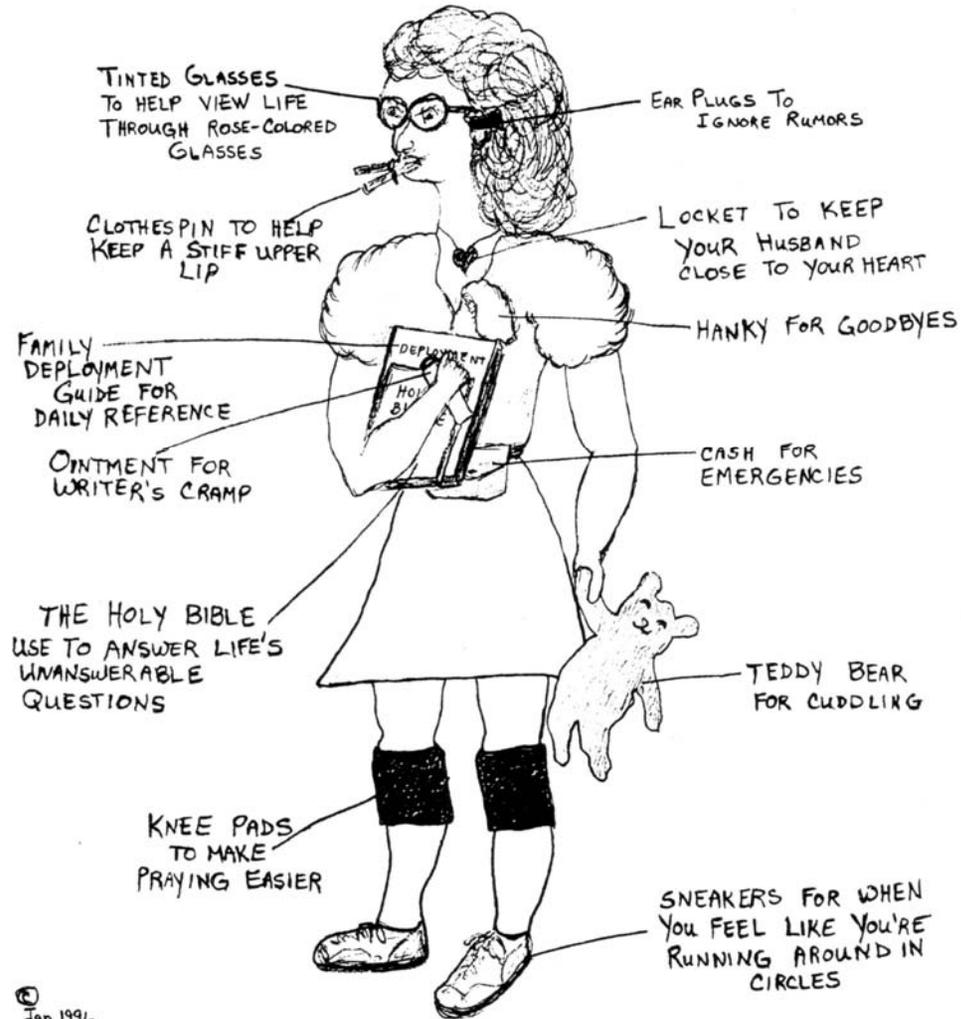
- Most of the deployment
- Feelings range from hope, to worry, calm, loneliness
- Need emotional support often at half way point of deployment
- Children's stressors



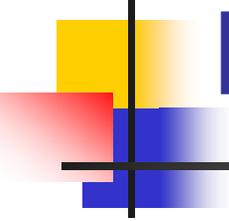
Major Deployment Stressors

- Uncertainty about length of deployment
- Missing family member/loneliness
- Communication problems
- Concern for soldier's safety
- Increased family responsibility

THE MILITARY WIFE'S FAMILY SEPARATION GEAR

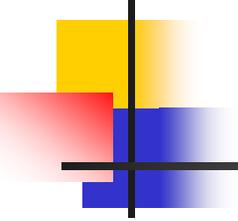


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Jan 1996
C. Vandenberg



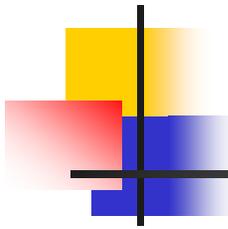
Expectations for Reunion/Reintegration

- 6-8 weeks prior to homecoming
- Feelings include:
 - Apprehension
 - Excitement
 - Worry
- Family Program Reintegration Conferences



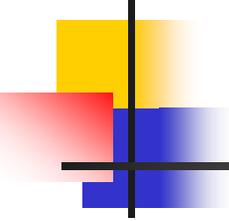
Honeymoon

- One day or until first argument
- Feelings include:
 - Euphoria
 - Excitement
 - Confusion



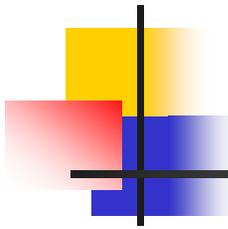
Readjustment

- 1-6 weeks following return
- Feeling happy, excited, satisfied
- Need to relearn communication
- “Strong Bonds” program for couples



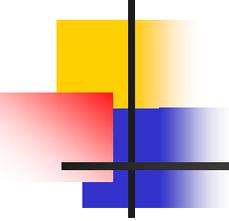
Military One Source

- Definition: 24 hour counseling/referral service for all military & families
- 2006 usage:
 - Active duty 12.1%
 - National Guard 85.7%
 - Other DOD 1.1%
 - Reserve 1.1%



Military One Source: 2006-7 Top Caller Issues (Natl Guard)

- Dealing with deployment
- Personal & family readiness
- Everyday issues during deployment
- Couples issues
- Anxiety
- Stress
- Divorce/separation



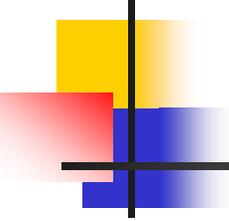
Military One Source: Top Session Referrals (Natl. Guard)

- Couples Issues
- Depression
- Family relations
- Stress management
- Divorce/separation – emotional aspects
- Other non-medical counseling issues
- Deployment & return
- Addiction & recovery (Alcohol)

Carl Rogers

Empathic Listening

- “It means entering the private perceptual world of the other and becoming thoroughly at home in it. It involves being sensitive, moment by moment, ...to the fear or rage or tenderness or confusion or whatever that he or she is experiencing. It means living in the other’s life, moving about in it delicately without making judgments.” (p.142)



Conclusion

- Avoid politics
- A normal reaction to an abnormal situation
- Not all is PTSD
- But we are all changed
- Privilege to serve this population who serves all of us