

# REBOOT

COMBAT RECOVERY



## COURSE OBJECTIVES

- ✓ To teach course participants how the stress and trauma of combat can cause "soul wounds," which can lead to Post-traumatic Stress and Post-traumatic Stress Disorder in themselves and in their families.
- ✓ To help participants experience the strength and optimism generated by an inclusive, cohesive group of supportive "battle buddies" with whom they can feel heard and understood.
- ✓ To provide a non-judgmental environment where participants can process and share their traumatic experiences with others who have had similar experiences.
- ✓ To provide a safe, confidential environment where participants can share experiences and observations without fear of repercussions from their military commanders (if still active), current employers, or other service members.
- ✓ To teach participants to engage in a balanced, three-dimensional approach to combat stress and trauma involving physical, psychological, and spiritual components.
- ✓ To teach participants how to apply tried-and-true Biblical principles that address the causes and symptoms of Post-traumatic Stress.
- ✓ To help participants recognize the counter-productive nature of most of their typical methods of coping with combat stress and trauma.
- ✓ To give participants practical steps to follow when dealing with particularly debilitating aspects of combat stress and trauma such as anger, loss, grief, false guilt, bitterness due to unforgiveness (of self and others), depression, and suicidal ideation.
- ✓ To involve the spouses of combat veteran participants in the whole REBOOT experience so that they can better understand their warriors, be more supportive, and care for their own secondary trauma issues.
- ✓ To help participants re-frame adversity in their lives, seeing it as a potential agent of strengthening, growth, and resiliency instead of harm and distress.
- ✓ To help participants view God as a responsive, engaged, compassionate, healer and source of power, inspiration, and resiliency, and to approach Him as such.
- ✓ To give participants the vision that, as they gain strength, stability and healing, they are equipped to help others who are struggling with combat stress and trauma.

# REBOOT COMBAT RECOVERY CURRICULUM OUTLINE

## WEEK 1 A WOUNDED SOUL

Introducing the concept of "soul wounds," showing the connection that exists between our damaged spiritual "roots" (due to trauma, poor choices, loss, guilt, etc.) and toxic "fruit" in our lives (anxiety, anger, hypervigilance, etc.).

## WEEK 2 THE ROOTS OF TRAUMA

Recognizing that adversity is common in this world and its roots are found in trauma that has been imposed on us by others or trauma we have brought on ourselves and others; understanding that we have a spiritual adversary, and that God is our ally.

## WEEK 3 A RESTORED SOUL

How one cooperates with God to experience a restored and healed soul, contrasting the humility of David and the pride of Samson in the Bible

## WEEK 4 STOP THE BLEEDING

Examines the consequences of wise and unwise choices we make seeking relief from trauma symptoms. Exposes the futility of our typical "go-to painkillers" (alcohol, drugs, self-isolation, sex, risk-taking, etc.).

## WEEK 5 BE FREE

Understanding the therapeutic nature of conviction and true guilt, and the destructive nature of false guilt, and how we should respond to each when we recognize them in ourselves.

## WEEK 6 THE COST OF UNFORGIVENESS

How harboring unforgiveness of ourselves or of those who have hurt us can lead to bitterness and unhealed soul wounds, hurting ourselves the most; participation in an exercise that will facilitate forgiving ourselves or others.

## WEEK 7 WHEN YOU'VE LOVED AND LOST

How to deal positively with loss and grief, shifting our questions from Why? to Who? Study the example of how Jesus dealt with the loss of His good friend Lazarus; how it is that God can allow us to suffer if He loves us.

## WEEK 8 DEPRESSION AND SUICIDE

Understanding how depression can generate destructive, false self-talk which can lead to thoughts of suicide, and how to counter the lies with God's truth.

## WEEK 9 MADE ON PURPOSE

Traumatic events tend to shake our self-identity to the core and destroy it, producing a negative self-image and lack of confidence. But we can rebuild a positive self-image based on the truths from scripture, rather than the negative influences around us.

## WEEK 10 GOING THROUGH THE VALLEY

Examines how fatigue, frustration, and failure can cause discouragement in a person even when they are making progress; uses the Biblical example of Nehemiah to show how to counter these debilitating factors.

## WEEK 11 SHARE YOUR STORY

Each participant spends the week prior to this class preparing a personal narrative of "their story," describing some of the key stresses or traumas they have experienced in their lives; several members share their stories with the group.

## WEEK 12 GRADUATION

A ceremony recognizing each of the graduates for the efforts they put into the course, and celebrating their accomplishment with their families, friends, and associates.