



BRIDGES TO HEALING SERIES

# THE COMBAT TRAUMA HEALING MANUAL

Christ-centered Solutions  
for Combat Trauma

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author of *Connecting with God*

Introduction by

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a division of Campus Crusade for Christ International

Prologue by

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**New Book!** *from* **MILITARY MINISTRY**

## ***The Combat Trauma Healing Manual:***

**Christ-Centered Solutions For Combat Trauma**

*Including Spiritual Tools for Post-Traumatic Stress Disorder (PTSD)*

For more information or to order, visit [militaryministry.org](http://militaryministry.org),  
Or call Military Ministry at 1(800) 444-6006

***The Combat Trauma Healing Manual*** offers spiritual solutions for struggles with PTSD by helping construct an environment that will give God optimal access to the wounded soul. Designed for individual or group study, the Combat Trauma Healing Manual combines the latest insights of the medical and counseling communities with the timeless principles of God's Word. The book outlines a step-by-step program that will help PTSD sufferers...

- Understand your trauma – spiritually, psychologically and physiologically
- Adopt therapeutic spiritual disciplines to bring you closer to God
- Process your loss and grief
- Experience the freeing influence of giving and receiving forgiveness
- Rebuild your identity based on what God says about you
- Strengthen yourself spiritually against future attacks
- Connect with those who will support you in many ways
- Define plans to fully reintegrate into society as a strengthened man or woman of God

### **From the Introduction**

The reality of war is that everyone gets wounded. Some wounds heal rapidly, but some last for a lifetime. The reality is that the wounds of heart, soul and spirit have a spiritual component that is not being adequately addressed. Despite the valiant efforts of many organizations and the commitment of billions of dollars to address these issues, there remains a serious gap – the faith gap.

Major General Robert F. Dees, US Army (Retired), Executive Director, Military Ministry

### **From the Prologue**

My family and I thought leaving the Army would remove me from the dangers of war. I had survived war and had come home, safe at last. Now I could focus on being a parent and a husband. But upon leaving the Army, I entered a different kind of fight: the war for my own heart and mind. I went face-to-face with my memories, with the horrors and stresses of combat—and lost.

Questions and doubts ravaged my mind: *Why did I survive and my men die? Why did they send me there? Why does God allow such terrible wars to happen? Why can't I feel anything?*

Ashamed of the man I had become and unable to reconcile war, I reached a breaking point. I was highly praised and decorated for leadership under fire—yet I anguished in the aftermath of war. I realized I was about to lose everything: my marriage, my family, even my life. I had led a daring rescue mission and found myself in dire need of rescuing. I had fought to keep a promise—to never leave a fallen comrade—but who would keep that promise to me?

Former Captain Nathan Self, US Army Rangers

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**THE COMBAT TRAUMA HEALING MANUAL: Spiritual Solutions for Combat Trauma**  
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