

Warrior Mind Training for Veterans

Mirroring the techniques that were used by ancient samurai and other elite warriors of days gone by, Warrior Mind Training has been adopted by the U.S. military to teach soldiers and former soldiers how to "battle proof" their minds. The program was developed with the help of Vietnam-era veterans in conjunction with medical professionals including doctors of neuroscience. During this training, the soldiers are taught how to maintain focus during battle and veterans are instructed as to how to re-enter society upon coming home from war. The motto of the program is "Take the war to the enemy, but leave the battle on the battlefield."



The program is available to all active duty, reserve, or retired military personnel and is taught by individuals highly trained in the field of mind focus. Several courses are offered during Warrior Mind Training, but the two main courses are:

Immunization/Resiliency

This training happens before as well as during deployment (via web classes and tele-conferencing) and concentrates on focus, clarity, and mental resilience, all necessary during particularly long deployments, especially during times of war. The emphasis is on power, balance, and integrity and students are taught to look for the "calm" in a difficult situation. Once learned, these techniques can be practiced regularly by the soldier without the presence of an instructor. Some people liken this course to meditation. It does indeed have similarities but is geared specifically towards soldiers and the challenges they face.

Decompression

This is the course in which veterans can participate if they are having difficulty adjusting after combat. The techniques taught in this course help vets re-enter daily life and leave the stresses of war behind. Ancient mind focusing techniques are combined with the healing power of music to leave vets feeling re-energized and the course teaches them to focus in a new direction, leaving the events of the past behind.

With a rising number of cases of Post-Traumatic Stress Disorder (PTSD) among veterans, particularly those returning from Iraq and Afghanistan, the military has designed new classes that specifically address PTSD and issues like suicide and attempted suicide or traumatic brain injury (TBI). Offered at Fort Bragg and Camp Lejeune (NC), the classes stress "decompression" and are often part of the hospitals' Outpatient Crisis Prevention Program or the TBI/Concussion Skills workshop.

Other veterans take advantage of Warrior Mind Training's Stress and Anger Management courses, which try to break the cycle of violent reaction-response and attempt to teach the vet how to free himself from debilitating anger. Indeed, the stress of combat prompts anger and resentment in many veterans and the problems associated with these reactions often affect the vet's family. Therefore, recognizing that many of the states of mind associated with PTSD and Combat Operational Stress can be "contagious" to family members and others who come in regular contact with a veteran suffering from those disorders, Warrior Mind Training is also offered to spouses and adult family members at certain locations.

Sources

Warrior Mind Training

<http://www.warriortraining.us>

Associated Press

http://www.armytimes.com/news/2008/10/ap_warriormind_100708/

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