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# No One Leaves Unchanged: Insights for Civilian Mental Health Care Professionals Into the Military Experience and Culture

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## Abstract

This article aims to elucidate an understanding of military culture and experience, so as to better frame the services offered by civilian clinicians. Service members indoctrinated into such an influential culture can experience adjustment problems upon reentry into the larger society, and thus professional counselors and social workers must be ready to address the reintegration process with veteran clients. Furthermore, this article highlights a few of the major mental health concerns that are prevalent in combat veterans, especially for those returning from Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF), and presents a brief overview of treatment modalities implemented both within and outside of the military. Practical therapeutic

suggestions for clinicians with little or no knowledge of the military are discussed. The objective is to educate and prepare civilian mental health practitioners to administer culturally sensitive prevention and intervention services to meet the unique needs of this population.

Keywords:

military culture

cultural awareness

military values

military mental health

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## Notes

This article was originally published with errors, which have now been corrected in the online version. Please See Correction

(<http://dx.doi.org/10.1080/00981389.2019.1684800>)

### Related Research Data

[PTSD diagnosis and treatment for mental health clinicians](#)

Source: Community Mental Health Journal

[Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision \(DSM-IV-TR\)](#)

Source: Unknown Repository

[Mental Health Problems, Use of Mental Health Services, and Attrition From Military Service After Returning From Deployment to Iraq or Afghanistan](#)

Source: JAMA

[Prolonged Exposure Therapy for PTSD: Therapist Guide](#)

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[Moral Warrior, The: Ethics and Service in the U.S. Military](#)

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