



# **Combat-Related Traumatic Brain Injury and PTSD: A Resource and Recovery Guide (Military Life)**

*Cheryl Lawhorne-Scott, Don Philpott*

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As more veterans return from deployments in Iraq and Afghanistan, more are needing care for posttraumatic stress disorder (PTSD) and combat-related traumatic brain injuries (TBI). While there are several treatment and recovery options, outlets for support, and other resources, understanding and gaining access to them is often difficult or confusing. In *Combat-Related Traumatic Brain Injury and PTSD: A Resource and Recovery Guide*, authors Cheryl Lawhorne and Don Philpott offer guidance for returning veterans, from treatment options, to diagnostic criteria and techniques, to resources for rehabilitation and support. The authors begin discussions of TBI and PTSD by offering definitions of each, outlining the risk factors, and exploring the relationship between the two. They then move on to provide explanations of diagnostic criteria, treatment options, prevention techniques, and barriers to seeking care. Sections on the important role that insurance and health care plays, and on the support of family and friends, round out this useful and accessible volume. This is an essential guide for returning veterans, their families, and all who work with veterans suffering from PTSD and TBI.

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