



## Media Release

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August 18, 2013

### CRDAMC Reset celebrates 5 years of offering therapeutic services for Soldiers

FORT HOOD, Texas – The Carl R. Darnall Army Medical Center Warrior Combat Stress Reset Program celebrated its 5th anniversary of helping Soldiers overcome post traumatic stress with a small graduation ceremony and party on August 15 at the Reset Center.



Figure 1: Dr. Jerry Wesch, CRDAMC psychologist and director of the Reset program addresses recent graduates of the reset program August 15 while also celebrating the fifth anniversary of the Warrior Combat Stress Reset Program. (Photo by Kim Zamarripa, CRDAMC Public Affairs.)

The ceremony itself was small but the Reset Program has been enormously successful serving 850 Soldiers to date, Dr. Jerry Wesch, CRDAMC psychologist and director of the Reset program said.

“Our results have gotten better every year in terms of reducing PTSD symptoms, depression and anxiety,” Wesch said. “We have gotten better at selecting soldiers who are ready for the intense work that we ask of them. The data says we have had somewhat more severe PTSD symptoms in our soldiers but they get more improvement.”

According to Wesch the methodology the Reset Program uses is what makes it so successful.

“We approach the problem of PTSD from as many aspects as possible, using a phased approach that starts with reducing hyper-arousal and reducing chronic pain/headache. Then we use a synergy of trauma-focused psychological therapies and complementary and alternative modalities (CAM). The holistic approach allows us to address all facets of the PTSD symptom picture. The synergistic approach is what gives us the power to produce the exceptional healing results,” he said.



Figure 2: Dr. Jerry Wesch, CRDAMC psychologist and director of the Warrior Combat Stress Reset Program congratulates a recent graduate during the ceremony and celebration of the program’s 5th anniversary. (Photo by Kim Zamarripa, CRDAMC Public Affairs.)

The average group size is 12, and the program lasts three weeks. Soldiers who participate usually find the results and benefits are even better than they expected.

"Being a part of the program has allowed me to grow, face my fears and hope to move forward. I created a bond with people, something I thought I would never be able to do," one graduate said.

Soldiers are chosen to participate in a wide variety of ways, Wesch said.

"We accept soldiers from a wide range of sources - including self-referral. Our usual referrals come from other Behavioral Health clinics, Chaplains, WTU, Drug & Alcohol programs, Commanders and our own Graduates," he said. "We evaluate soldiers carefully so that we can ensure their success. We often have soldiers walk into the building and pick up information. We are on the CRDAMC website also ([www.crdamc.amedd.army.mil](http://www.crdamc.amedd.army.mil))."

## CUTLINES

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