Mental Health Counselors Receive Training To Help Military Families

By ALLISON DUNNE • OCT 11, 2013

A specialized training session for therapists who assist military service people and their families is taking place Friday at the State University of New York at New Paltz. Among the topics is military sexual assault.

The one-day session partners the Institute for Disaster Mental Health at SUNY New Paltz with the Center for Deployment Psychology. The training is to educate mental health counselors, social workers, addiction counselors and other professionals about three topics: U.S. military culture; military sexual assault; and insomnia and deployment-related sleep disturbances. Since 2007, the Center for Deployment Psychology has trained more than 20,000 professionals to assist service members, veterans, and their families.

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