



The Soldiers Project

Free, Confidential Psychological Counseling for Soldiers and Their Families

# Newsletter

We would like to start the April Newsletter with continued **THANK YOUs** to all of The Soldiers Project Volunteers, and a note from Dr. Judith Broder:

*I am in the midst of preparing a lecture on the psychological and spiritual crises of combat and am once again, deeply moved by the sacrifices our service members and their families make. The value of the work you, as volunteers, are doing to support the psychological resilience of our troops and families is incalculable.*

*The need for our services is ever increasing and we have hired Aria Edry, a consultant to non-profits, to assist us in our growth.*

*This is an exciting time, as we have the opportunity to reach out to professionals in other locations and help them to set up programs based on what we've learned over the past 5 years.*

*We are in the process of putting together a series of workshops for the next 6 months and will send out the specifics soon. We are always open to suggestions for workshops and on ways to improve The Soldiers Project. Please feel free to contact me at any time and don't forget to look at our website for upcoming events!*

*Thank you all for your dedication and care.*

*Judith Broder, M.D.  
Founder and Director  
The Soldiers Project  
jbroder@thesoldiersproject..org*

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In the month of February & March The Soldiers Project has had:

- 29 referrals in Southern California
- 6 in New York
- 2 in Sacramento

Thank you for your support!

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## Website Upgrade

Check out the new and improved Soldiers Project website. There is a lot of wonderful information -- be sure to check out the event calendar!

[www.thesoldiersproject.org](http://www.thesoldiersproject.org)

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## Workshops & Events

April 7<sup>th</sup> – Pell Center for International Relations and Public Policy. Salve Regina University, Newport, RI. Judith Broder, Hidden Wounds of War – Psychological and Spiritual Crises.

April 29 – Los Angeles Air Force Base, Annual Clergy Day. Barbara Schochet will be speaking about The Soldiers Project and the needs of service members and their families.

Please visit our event calendar at [www.thesoldiersproject.org](http://www.thesoldiersproject.org) for all upcoming events

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## Congratulations TSP in the Northwest!!!

### THE SOLDIERS PROJECT NORTHWEST RECEIVES \$17,000.00 GRANT

Mark Newton of the Foundation stated in his letter to Trisha Pearce RN, "The Johnson Haefling Foundation is pleased to award The Soldiers Project Northwest a grant of \$17,000 to support the proposed training, travel, and marketing efforts. The Board of the foundation is very hopeful that these funds will help jump-start a much needed effort to support our returning soldiers and their loved ones, as well as those who are scheduled for deployment and their loved ones. In particular we applaud the completely confidential, inclusive, non-discriminatory nature of your important work. As a veteran I have been moved by your mission, sensitivity, passion and energy. Dr. Broder has indeed created something quite special and needed. I am confident you are the right person, and this is the right time for that work to take root in the Northwest."

## Save The Date

The Soldiers Project Northwest  
All Day Conference, Friday April 23<sup>rd</sup>, 9AM-5PM  
The Museum of Flight, Skyline Room  
Dramatic Production of "Into The Fire"  
Featured Speaker, Dr. Judith Broder

*Other good work around the country.....*

*In Sacramento...* The Soldiers Project Sacramento has had a productive month! We have taken in three new referrals and continue to have people interested in volunteering. We have been busy trying to push the three tiered event that we are hosting in May; a special appreciation luncheon with Judith Broder and surrounding community support and collaborative groups for veterans in the greater Sacramento area, Military Day with the local baseball team the River Cats, and a clinician training for CEUs featuring a lecture from Dr. Broder herself. On top of all of that, we are still staying up to speed with our outreach; going to the local junior colleges to the Veteran Student Associations and giving presentations to different collaborative groups and organizations. Overall, The Soldiers Project Sacramento is keeping busy and continuing our shared goal of helping the men and women return all the way home

*In Long Island...* Susan Cohen, attended an ABC TV Town Hall meeting devoted to Military and Veteran's and their families' concerns. Barbara Gelb and Audry Landau sent a mailing to 123 schools in Suffolk County and Cathy Whelan did a mailing to 23 college health services centers. Ellen Grant did recruiting phone calls to bilingual (Hispanic) therapists (we have a very large Hispanic population here on LI).

Susan has been in touch with the Nassau County District Attorney's office re: a program of diverting returning vets from the criminal justice system to mental health counseling. We are in the process of forming a steering committee to guide our organizational development.

**3163.5 Donated hours in Southern California in the past 2 years**  
**Thank you for all of your good work!!!**

## Monthly Book Recommendations

1. **War and the Soul; Healing our Nations Veterans from Post-Traumatic Stress Disorder** by Edward Tick, Ph.D
2. **Down Range; to Iraq and Back** by Bridget C. Cantrell, Ph.D & Chuck Dean. Mostly intended for service members, but a vivid accounting of the challenges facing Veterans.
3. **Odysseus in America: Combat Trauma and the Trials of Homecoming** by Jonathan Shay, M.D. Ph.D - a book to skim that brings home the universality of the challenges of "really coming home" after combat.

# SUPPORT TSP: Purchase Mauldin T-Shirts

## [www.billmauldin.com](http://www.billmauldin.com)

Iraq Vet's Suicide Stirrs Mauldin's Son To OK Willie And Joe T-Shirts For Soldiers Project. "Weekend Edition" on [NPR](#) (2/13, Simon) interviews the son of famed World War II Stars and Stripes cartoonist Bill Mauldin, who has authorized his father's Willie and Joe GIs to appear on t-shirts being sold to aid The Soldiers Project, a non-profit offering free psychological treatment to military service members and their families. Sam Mauldin says that he was prompted by "reading a New York Times article back in August about a sergeant named Jacob Baylock, who had a very traumatic experience during his service in the Iraq conflict, and after he got out of the war, he was very psychologically troubled and the VA wasn't very helpful to him. Be it understaffing or underfunding, they let him down and couldn't give him the psychological treatment that he needed and that led him to commit suicide." Noting that the uncaptioned t-shirts will meet military regs, Mauldin adds, "That would be something that would bring a big smile to my dad's face, that people on active duty can wear Willie and Joe."

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## For Volunteers in Training

A frequent question for new volunteers is "*How do I get started with the training?*"

As volunteer therapists we have learned about the importance of working as a group and value the opportunities for personal connection and shared learning through the varied training programs we provide. We are asking that all new volunteers attend **two** of the three required trainings in person at a Soldiers Project training. We will be providing frequent trainings in 2010 which will be announced via email, in our newsletter and on the event calendar of our website. Information and links to online training opportunities may be obtained by emailing [info@thesoldiersproject.org](mailto:info@thesoldiersproject.org).

Another frequent question is "*When will I receive referrals?*"

Once a volunteer has completed two in person Soldiers Project trainings and one other training, email us at [lynn@thesoldiersproject.org](mailto:lynn@thesoldiersproject.org). Your name will be placed on the referral list and you will receive notification of potential referrals in your community via email.

If you have questions about volunteering, please contact Lynn Kataoka at [lynn@thesoldiersproject.org](mailto:lynn@thesoldiersproject.org)

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## Peer Consultation Groups

All volunteers that have completed their training are welcome to join our peer consultation groups. These groups meet monthly in Southern California and all volunteers are welcome to attend. Below are the names and email addresses of the Therapists facilitating the groups.

Los Angeles - Bonnie Engdahl - [bengdahlphd@verizon.net](mailto:bengdahlphd@verizon.net)  
Valley - Joy Schary - [schary1@sbcglobal.net](mailto:schary1@sbcglobal.net)  
Orange County - Susen Kay - [susenkay@cox.net](mailto:susenkay@cox.net)

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Any **announcements** or **articles of interest** please submit to [lynn@thesoldiersproject.org](mailto:lynn@thesoldiersproject.org)