



# VeteranCaregiver.com Video Resource

## Recommended Resources: How to Promote PTSD Help

### Definition:

Often veterans refuse to seek treatment for their PTSD and it can be an overwhelming task to get them to open up about what they are feeling or how to proceed getting them help. Communication barriers often get in the way between the veteran and caregiver and for good reason.

As a caregiver, seek help for yourself first if the veteran won't seek help. It helps to also use "I" statements, instead of "you" statements when communicating with a loved one. Voicing your thoughts while centering on you will often help them focus more on your worries, so that they might understand what the family is going through and seek treatment. It is less accusatory and gets them to understand your feelings and might advocate seeking change for themselves. Couples counseling won't work as well if the PTSD isn't being treated.

### Quote:

"He who sees a need and waits for help is as unkind as if he had refused it." - Dante Alighieri

### Video Resources:

Dr. James E. Walton

<https://www.youtube.com/watch?v=4tyb6IE-WFU>

Service Dog Calms Vet

[https://www.youtube.com/watch?v=0y\\_a\\_V1QD3U](https://www.youtube.com/watch?v=0y_a_V1QD3U)

Capt. Joshua Brandon

[https://www.youtube.com/watch?v=ehjbQLP\\_KFY](https://www.youtube.com/watch?v=ehjbQLP_KFY)

What role to play

<https://www.youtube.com/watch?v=PA56dcdBLKw>