#### **BACKGROUND INFORMATION**

## Advanced Workshop Series Addresses Invisible Wounds of War

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Since 2001, 1.69 million soldiers have been deployed more than 2.2 million times in the Global War on Terrorism. About 20% of these soldiers return with psychological damage, most commonly post-traumatic stress disorder (PTSD) and depression. Evidence shows that those who have served in both combat missions and peacekeeping operations are at an increased risk for suicide. Research suggests that this may result from their »wounds of war.« Some wounds, such as physical disabilities, may be more apparent while others, such as chronic pain, PTSD, and traumatic brain injury (TBI), are less visible. In Europe and America, decision makers are beginning to focus attention on technological solutions to these and other serious problems faced by both military members and peacekeepers returning from duty.

The underlying factors among these three conditions – pain, PTSD, and TBI – remain to be determined, although the shared vulnerability model posits that common vulnerabilities underlie both pain and PTSD. For example, chronic pain is a common complication of TBI, with headaches in up to 90% soon after injury and up to 44% in those with mild injury after 6 months, and PTSD has been associated with 14%–22% of patients who have mild TBI.

A NATO-supported Advanced Research Workshop (ARW) series, Wounds of War, is bringing together experts from around the world to discuss the detection, assessment, prevention and treatment of these issues. Organ-

ised by the Interactive Media Institute (IMI), the workshops are allowing researchers, clinicians, and military leaders to learn from existing plans and begin to formulate a shared set of best practices and guidelines that can be implemented throughout organisations in all NATO countries.

The next workshop will focus on pain management for soldiers returning from duty. »Wounds of War IV: Pain Syndromes – From Recruitment to Returning Troops,« is scheduled for September 30th to October 2nd, 2011 in South Carinthia, Austria. The workshop will build upon the success of the first three in this series, »Wounds of War: Lowering Suicide Risk in Returning Troops,« »Wounds of War: Coping with Posttraumatic Stress Disorder in Returning Troops,« and »Wounds of War: Coping with Blast-related Traumatic Brain Injury in Returning Troops.« Keynote speakers will include psychological experts and military personnel from over 20 NATO, PfP, and Mediterranean Dialogue countries to critically assess existing knowledge and identify directions for future actions. Attendees of past Wounds of War workshops have stated that for the current conflict in Iraq, PTSD and TBI should be given the highest priority in future workshop themes. Additional priorities should include depression, substance abuse, and the impact of war on the family.

IMI is a non-profit organisation that dedicates its activities to informing and educating individuals on the application of advanced technologies for patient care on a global scale. IMI maintains offices in San Diego, California, Washington, D.C. and Brussels, Belgium. The organisation sponsors national and international workshops, meetings and continuing education courses approved by the American Psychological Association. IMI is also active in conducting research and clinical trials and specialises in virtual reality, telehealth, videogame virtual reality, and human-computer interaction research. The organisation is vigorously working with world leaders who are industry experts in utilising advanced technologies to treat patients with both mental and physical disorders.

For more information on the Wounds of War ARW, see www.interactivemediainstitute.com

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