



Wounded Spirits, Ailing Hearts

PTSD and the Legacy of War Among
American Indian & Alaska Native American Veterans

6. Summary, References, and Resources

This completes the Wounded Spirits Ailing Hearts Training Guide. We hope you have found this information useful. Other videos and information on a variety of ethnocultural groups can be found on the National Center for PTSD's main website.

References and Resources

Below is a list of some helpful references and resources as well as acknowledgements and information about the development of this program.

- Selected Resources for American Indian/Alaska Natives, including IHS locations
- Selected References
- Dedication and Acknowledgements
- Faculty and Strategic Planning Committee
- Program Development Assistance



Published by the
National Center for PTSD
www.ptsd.va.gov



**Department of
Veterans Affairs**



Selected Resources - American Indian/Alaska Natives

Indian Health Service (202) 273-5674

Department of the Interior
Bureau of Indian Affairs (202) 208-3711

Ancestry and Benefits: www.doi.gov/benefits

Indian Health Service: www.ihs.gov

American Indian and Alaska Native Mental Health Programs:
<http://aianp.uchsc.edu/>

Department of the Interior - Bureau of Indian Affairs: www.doi.gov/bia

1849 C. Street NW
Washington, DC 20240-0001
office (202) 208-3711
FAX (202) 501-1516

This site provides many links for services for Native Americans (e.g. Indian Health Services, Tribal Leaders, Area Offices, Facilities, and News)

Indian Health Service List Area Offices and Geographic Locations

Aberdeen Area Indian Health Service

Federal Building
115 Fourth Avenue, Southeast
Aberdeen, South Dakota 57401
Telephone: (605) 226-7581
Geographic Region: Iowa, Nebraska, North Dakota, South Dakota

Alaska Area Indian Health Service

4141 Ambassador Drive
Anchorage, AK 99508-5928
Telephone: (907) 729-3686
Geographic Region: Alaska

Albuquerque Area Indian Health Service

5300 Homestead Road, N.E.
Albuquerque, New Mexico 87110
Telephone: (505) 248-4500
Geographic Region: Colorado, New Mexico





Bemidji Area Indian Health Service

522 Minnesota Ave. N.W.
Bemidji, Minnesota 56601
Telephone: (218) 759-3412
Geographic Region: Minnesota, Wisconsin

Billings Area Indian Health Service

P.O. Box 2143
Billings, Montana 59103
Telephone: (406) 247-7107
Geographic Region: Montana, Wyoming

California Area Indian Health Service

Suite 200
1825 Bell Street
Sacramento, California 95825-1097
Telephone: (916) 566-7020
Geographic Region: California

Nashville Area Indian Health Service

711 Stewarts Ferry Pike
Nashville, Tennessee 37214-2634
Telephone: (615) 736-2400
Geographic Region: Alabama, Arkansas, Connecticut, Delaware, Florida, Georgia, Illinois, Kentucky Indiana, Maine, Maryland, Massachusetts, Mississippi, Missouri, New Hampshire, New Jersey New York, North Carolina, Ohio, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont, Virginia, West Virginia

Navajo Area Indian Health Service

P.O. Box 9020
Window Rock, Arizona 86515-9020
Telephone: (520) 871-5811
Geographic Region: Navajo Nation (portions of Arizona, Colorado, New Mexico, Utah)

Oklahoma Area Indian Health Service

Five Corporate Plaza
3625 N.W 56th Street
Oklahoma City, Oklahoma 73112
Telephone: (405) 951-3768
Geographic Region: Kansas, Oklahoma





Phoenix Area Indian Health Service

Two Renaissance Square, Suite 600
 Phoenix, Arizona 85004-4424
 Telephone: (602) 364-5039
 Geographic Region: Arizona, Nevada, Utah

Portland Area Indian Health Service

Room 476
 1220 S.W Third Avenue
 Portland, Oregon 97204-2892
 Telephone: (503) 326-2020
 Geographic Region: Idaho, Oregon, Washington

Tucson Area Indian Health Service

7900 South "J" Stock Road
 Tucson, Arizona 85746-9352
 Telephone: (602) 295-2406
 Geographic Region: (portions of) Arizona

Selected References

American Indian Working Group (1992). Report of the Working Group on American Indian Vietnam Era Veterans. Washington, DC: Readjustment Counseling Service, Department of Veterans Affairs.

American Psychiatric Association (1994). Diagnostic and statistical manual of mental disorders (4th ed.). Washington, DC: APA Press.

Blake, D.D., Weathers, F.W, Nagy, L.M., Kaloupek, D.G., Gusman, E.D., Charney, D.S., & Keane, T.M. (1990). The development of a clinician-administered PTSD scale. *Journal of Traumatic Stress, 8*, 75-90.

Figley, C.R. (1995). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York: Brunner/Mazel.

Foa, E.B., Davidson, R.T., & Frances, A. (Eds.). (1999). The expert consensus guideline series: Treatment of posttraumatic stress disorder. *Journal of Clinical Psychiatry, 60* (suppl 16)

Foa, E.B., & Meadows, E.A. (1997). Psychosocial treatments for posttraumatic stress disorder: A critical review. *Annual Review of Psychology, 48*, 449-480.

Foa, E.B., & Rothbaum, B.O. (1998). *Treating the trauma of rape: Cognitive-behavioral therapy for PTSD*. London: Guilford.





- Follette, V.M., Ruzek, J.I., & Abueg, F.R. (1998). *Cognitive-behavioral therapies for trauma*. New York: Guilford.
- Friedman, M.J. (1998). Current and future drug treatment for posttraumatic stress disorder patients. *Psychiatric Annals*, 28, 461-468.
- Friedman, M.J., Ashcraft, M.L., Beals, J.L., Keane, T.M., Manson, S.M., & Marsella, A.J. (1997). *Matsunaga Vietnam Veterans Project (Volumes 1 and 2)*. National Center for Posttraumatic Stress Disorder and National Center for American Indian and Alaska Native Mental Health Research.
- Friedman, M.J., & Schnurr, P.P. (1995). The relationship between trauma, posttraumatic stress disorder, and physical health. In M.J. Friedman, D.S. Charney, & A.Y. Deutch (Eds.), *Neurobiological and clinical consequences of stress: From normal adaptation to PTSD*. New York: Raven Press.
- Friedman, M.J., & Southwick, S.M. (1995). Towards pharmacotherapy for PTSD. In M.J. Friedman, D.S. Charney, & A.Y. Deutch (Eds.), *Neurobiological and clinical consequences of stress: From normal adaptation to PTSD*. New York: Raven Press
- Garrett, J.T., & Garrett, M.W. (1994). The path of good medicine: Understanding and counseling Native American Indians. *Journal of Multicultural Counseling and Development*, 22, 134-144.
- Herman, J.L. (1992). *Trauma and recovery*. New York: Basic Books.
- Hovens, J.E., van der Ploeg, H.M., Klaarenbeek, M.T.A., Schreuder, J.N., & Rivero, V.V. (1994). The assessment of posttraumatic stress disorder: With the Clinician Administered PTSD Scale: Dutch results. *Journal of Clinical Psychology*, 50, 325-340.
- King, L.A., King, D.W., Leskin, G.A., & Foy, D.W. (1995). The Los Angeles Symptom Checklist: A self-report measure of posttraumatic stress disorder. *Assessment*, 2, 1-17.
- Kulka, R.A., Schlenger, W.E., Fairbank, J.A., Hough, R.I., Jordan, K.B., Marmar, C.R., & Weiss, D.S. (1990). *Trauma and the Vietnam War generation: Report of findings from the National Vietnam Veterans Readjustment Study*. New York: Brunner Mazel.
- Leskin, G.A., Ruzek, J.I., Friedman, M.J., & Gusman, F.D. (1999). Effective clinical management of PTSD in primary care settings: Screening and treatment options. *Primary Care Psychiatry*, 5, 3-12.
- Lewis, E.W., Duran, F., & Woodis, W. (1999). Psychotherapy in the American Indian population. *Psychiatric Annals*, 29(8), 477-479.
- Manson, S.M. (1996). The wounded spirit: A cultural formulation of posttraumatic stress disorder. *Culture, Medicine and Psychiatry*, 20, 489-498.





Manson, S.M. (1997). Cross-cultural and multiethnic assessment of trauma. In J.P. Wilson & T.M. Keane (Eds.), *Assessing psychological trauma and PTSD: A handbook for practitioners*. New York: Guilford Press.

Marmar, C.R., Weiss, D.S., & Pynoos, R.B. (1995). Dynamic psychotherapy of posttraumatic stress disorder. In M.J. Friedman, D.S. Charney, & A.Y. Deutch (Eds.), *Neurobiological and clinical consequences of stress: From normal adaptation to PTSD*. New York: Raven Press.

Marsella, A.J., Friedman, M.J., Gerrity, E.T., & Scurfield, R.M. (1996). *Ethnocultural aspects of posttraumatic stress disorder: Issues, research, and clinical applications*. Washington, DC: American Psychological Association.

Meichenbaum, D.A. (1994). *Clinical handbook/practical therapist manual for assessing and treating adults with posttraumatic stress disorder (PTSD)*. Waterloo, Ontario: Institute Press.

National Center for American Indian and Alaska Native Mental Health Research (1994). American Indian and Alaska Native Mental Health Research. *The Journal of the National Center*, 6, 1-49. Denver, Colorado: University Press of Colorado.

Prins, A., & Kimerling, R. (In preparation). PTSD screening instrument. Menlo Park, California: National Center for PTSD/VA Palo Alto Health Care System.

Resick, P.A., & Schnicke, M.K. (1993). *Cognitive processing therapy for rape victims: A treatment manual*. Newbury Park, California: Sage.

Scurfield, R.M. (1995). Healing the warrior: Admission of two American Indian war-veteran cohort groups to a specialized inpatient PTSD unit. *American Indian and Alaska Native Mental Health Research*, 6(3), 1-22.

Shalev, A.Y., Bonne, O., & Eth, S. (1996). Treatment of posttraumatic stress disorder: A review. *Psychosomatic Medicine*, 58, 165-182.

Weathers, F.W., Litz, B.T, Huska, J.A., & Keane, T.M. (1991). *The PTSD checklist (PCL)*. Boston, Massachusetts: National Center for PTSD/Boston VA Medical Center.

Weathers, F.W., Ruscio, A.M., & Keane, T. M. (1999). Psychometric properties of nine scoring rules for the CAPS. *Psychological Assessment*, 11, 124-133.

Wilson, J. & Keane, T.M. (1997). *Assessing psychological trauma and PTSD*. New York: Guilford Press.





Dedication and Acknowledgments

Dedication

This Guide is dedicated to the memory of Angie and Sam Loudhawk. Their triumphs give hope to all who journey along the same path.

Acknowledgments

The Department of Veterans Affairs would like to thank the people of the Indian Nations for their contributions to this program:

Oglala Lakota: Pine Ridge, SD

Rosebud Sioux Tribe: Rosebud, SD

Navajo Nation: Window Rock, AZ and Chinle, AZ

Navajo Nation Film Office: Window Rock, AZ

Special Thanks To:

Anthony Milford

Elbert "El" R. Wheeler

Navajo Nation Museum

Chinle Vet Center

Window Rock, AZ

Chinle, Arizona





Faculty and Strategic Planning Committee

Faculty* and Strategic Planning Committee

Diana Bialkowski, RNC, MSN
Program Coordinator
Intensive Outpatient Program Denver VA
Medical Center
Denver, CO

John Brix, BFA
Graphic Designer
VA Employee Education System
Minneapolis, MN

Clifford O. Brown, MSW, LCSW
Associate Regional Manager for Counseling
Readjustment Counseling Service
Western Mountain Region
Denver, CO

Rodney J. Haug, PhD
Chief Clinical Field Manager/West VA
Employee Education System
Readjustment Counseling Service
Denver, CO

David H. Lehman, BS
Video Producer/ Director
VA Employee Education System
Salt Lake City, UT

Laurent Lehmann, MD
Chief Consultant
Mental Health Strategic Healthcare Group
VA Headquarters
Washington, DC

*Spero M. Manson, PhD
Professor and Head, Division of American
Indian and Alaska Native Programs
Department of Psychiatry
University of Colorado Health Sciences
Center
Denver, CO

Caroll McBrine, M.D.
Medical Officer for Compensation and
Pension
Veterans Benefits Administration
Department of Veterans Affairs
Washington, DC

*Peter Montgomery, MD
Medical Director (Retired)
PTSD Residential Rehabilitation Program
VA Medical Center
Denver, CO

Vince Piscitello, MSSA
Health Care Education Specialist
VA Employee Education System
Birmingham, AL





Paula Rappe, LCSW
Social Work Consultant
Pensacola, FL

Ruth Ann Ronne
Education Technician
Lincoln, NE

Josef Ruzek, PhD
Associate Director for Education
National Center for PTSD
VA Palo Alto Health Care System
Menlo Park, CA

Anne M. Stechmann, MA
Program Development Manager
VA Employee Education System
Minneapolis, MN

Pamela Swales, PhD
Research Health Science Specialist
National Center for PTSD
VA Palo Alto Health Care System
Menlo Park, CA

Malcolm A. Weiss, PharmD
Clinical Specialist, Pharmacy Service
Denver VA Medical Center
Denver, CO

Patricia Watson, PhD
Deputy Executive Director
National Center for PTSD
VA Medical Center and Regional Office
White River Junction, VT

June Wright, RN, BSN
Program Coordinator
VA Employee Education System
St. Louis, MO

Ex Officio Member
Julian D. Ford, PhD
former Deputy Executive Director
National Center for PTSD
VA Medical Center and Regional Office
White River Junction, VT





Program Development Assistance

National Center for American Indian and Alaska Native Mental Health Research, sponsored by the National Institute of Mental Health (Grant No. RO1 MH 42473)

Native Elder Health Care Resource Center, sponsored by the Administration on Aging (Grant No. AoA 90-AM-0757)

Native Elder Research Center/RCMAR, sponsored by the National Institute on Aging (Grant No. P30 AG15297)

Produced with

The National Center for PTSD, Department of Veterans Affairs

Jointly Sponsored by

Department of Veterans Affairs Employee Education System and the VA Employee Education System, Birmingham Center and the National Center for American Indian and Alaska Native Mental Health Research Department of Psychiatry, University of Colorado, Denver, Colorado

Archive Photographs

Joslyn Art Museum

National Archives and Records Administration

Nebraska State Historical Society

Used by permission, Utah State Historical Society, all rights reserved ©2000
Department of Veterans Affairs

Employee Education System

5445 Minnehaha Ave So.

Minneapolis MN 554V

