

May 7, 2025



Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible Veterans, service members, including National Guard and Reserve components, and their families.

Counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military to include military sexual trauma (MST). Individual, group, marriage and family counseling is offered in addition to referral and connection to other VA or community benefits and services.

Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma.





Santa Fe Vet Center

ATTACHMENT A

Vet Center Eligibility

<https://www.vetcenter.va.gov/eligibility.asp>



"One of the most important psychiatric works to be published since Freud." —NEW YORK TIMES

TRAUMA AND RECOVERY

The Aftermath of Violence—
From Domestic Abuse to Political Terror



JUDITH L. HERMAN, MD

With a new epilogue by the author

Trauma And Recovery, *Judith Herman, MD*

- Herman outlined a three-stage recovery process, which has since become a therapeutic template in the field of psychiatry. Before anything else, trauma survivors must **salvage a basic sense of safety** (step one). Only afterward can they **mourn what they have lost** (step two) and resume and **reconnect with some version of ordinary life** (step three).
- Herman began contemplating a fourth stage of recovery. If trauma was a problem of public recognition as much as of personal suffering, shouldn't true healing entail more than a private undertaking by the survivor?
- "Healing from the impact of human cruelty requires a relational context of human devotion and kindness," Herman wrote in the latest afterword to "Trauma and Recovery." "No new technique or drug is likely to change these fundamental principles."
- Healing from trauma in the context of connection, community, and comradery.



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