



Defense Health Agency (DHA) Clinical Communities Speaker Series

2025 APR CCSS: Cultivating the Wellbeing of our Military Children and Youth and Families

2025 APR CCSS S06: Trauma Informed Parenting for Veterans and Service Members with PTSD

Resource List

The journal article of Comprehensive Psychiatry [Towards a More Comprehensive Understanding of PTSD and Parenting](#) (2023) discusses the impact of post-traumatic stress disorder (PTSD) on parenting and the parent-child relationship, as it has been well-documented in the scientific literature. However, some conceptual and methodological challenges within this research field remain. The article reflects on several challenges that they identified while examining the literature in preparation of an individual participant data meta-analysis on the relationships between PTSD and parenting. The aim is to open a discussion on the next steps towards a more comprehensive understanding of the association between PTSD and parenting and inspire collaborative research.

The journal article [Examining Strength at Home for Preventing Intimate Partner Violence in Civilians](#) (2021) examines The *Strength at Home* (SAH) intervention, a trauma-informed, cognitive-behavioral intervention for intimate partner violence (IPV), in a sample of court-mandate men. Evidence from prior research indicates that SAH is effective in military veterans, but the program has not been examined in civilians. The study examines data from participants and collateral partners across assessments reflecting baseline, post-treatment, and two 3-month follow-ups. Participants showed a significant linear decrease between baseline and post-treatment in all the primary and secondary IPV outcomes, which maintained at 3- and 6-month follow-up time points. Participants reported high satisfaction with SAH. The findings provide preliminary support that the SAH intervention is associated with reductions in IPV among civilians and address other trauma- and alcohol-related problems.

According to the Journal of Veterans Studies [Autoethnographic Family Case Study: Combat Veteran PTSD and its Effects on Familial Dynamics, Parenting, and Marriage](#) (2022), post-traumatic stress disorder (PTSD) among combat veterans remains an urgent and, for some, unmanageable problem for those who have served in war, as well as their family members. One of the reasons that combat-related PTSD remains so difficult to treat is due to the limited intervention strategies to treat individuals with PTSD within the family system. Ultimately, there are three contributing factors that currently hinder the ability to successfully treat and reintegrate combat veterans diagnosed with PTSD without alienating them from their family system. The first is a failure to look at family systems theory as a therapeutic intervention to treat the individual with PTSD, as well as those affected by the shift of the family dynamics. The second related issue is the effect of attachment prior, during, and after the deployment and development of PTSD. The third is to look at Moral Injury to understand another face of trauma that can be misdiagnosed as PTSD, affecting morals and values held by the family system.

The Frontiers in Psychology article, [Harsh Parenting Among Veterans: Parents' Military-Related PTSD, Mentalization, and Pre-Military Trauma](#) (2023) states veteran parents experiencing post-traumatic stress disorder (PTSD) may resort to harsh parenting. The study aims to explore the associations between veteran parents' military-related PTSD, mentalization, harsh parenting, and prior trauma before military service. Four parent groups (parents with only pre-military physical trauma, parents with only pre-military psychological trauma, parents with both pre-military physical and psychological trauma, and parents with no pre-military physical or psychological trauma) are studied. The findings suggest that pre-mentalization was a significant indirect effect of the association between military-related PTSD and harsh parenting. The US Department of Veterans Affairs (VA) should integrate more family-centric interventions, specifically those centered on mentalization, to enhance parent-child dynamics, especially in families where parents suffer from military-related PTSD and pre-service trauma.



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