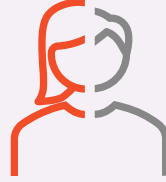


Supporting access to care for women veterans with experiences of military sexual trauma

For more information including a training video on women veterans and MST, please visit:
www.combatstress.org.uk/women-veterans-research

Military Sexual Trauma encompasses
sexual assault sexual harassment



Women are disproportionately the targets



MST increases the likelihood of mental ill health as a veteran

Military Sexual Trauma is one of the **leading causes of PTSD** in women veterans



Cognitive Processing Therapy

designed for sexual assault outcomes
similarities with TF-CBT
manualised
time-limited

Trauma-focused therapies are the **recommended gold-standard**

Campbell, Williamson & Murphy. Evidence-based treatments for PTSD secondary to military sexual trauma: a systematic review. Narrative review of international literature on treatments for PTSD resulting from MST in serving and ex-serving women. English language, peer-reviewed studies published 1992-2022.

Women veterans with experiences of military sexual trauma may feel...

Military people don't go sick

[Health professionals] have never met a military woman before

What I went through isn't worth getting help

Other veterans 'just get it'

I wouldn't want to talk to a man about it... especially one that's ex-Forces

Everything fell apart with the menopause

Health professionals may need to...



Address **negative views** about seeking help, and proactively encourage engagement



Be **professionally curious** about women veterans' experiences, especially military sexual trauma



Validate traumatic experiences



Foster **belonging** in a veteran-aware or focused environment



Acknowledge that male-dominated, veteran settings and treatment **may be distressing**



Consider **interactions** of trauma and female-specific health needs

Campbell, Biscoe, Williamson & Murphy. 'A Hidden Community' The experiences of help-seeking and receiving mental health treatment in UK women veterans: a qualitative study. Quotes and recommendations from a reflexive thematic analysis of interviews with 19 women veterans; PCL-5 score indicative of probable PTSD symptomology, conducted 2022.