



Military Camaraderie

The camaraderie that is fostered among military veterans is a unique phenomenon. From the battlefield to the bunkers, these brave individuals share experiences that create bonds far stronger than those forged in ordinary circumstances. Their shared understanding, trust, and brotherhood - the essence of this camaraderie - is something that often remains with them for a lifetime. As they transition to civilian life, it becomes a vital part of their identity, shaping their interactions and engagement with the world.

Camaraderie in the Military

The intense bonds between military personnel are cultivated in an environment where reliance on each other is often a matter of life or death. From enduring harsh physical conditions to facing the emotional trauma of war, they share experiences that the civilian world struggles to comprehend. This camaraderie is formed not just through shared danger and hardship but also through common goals, shared values, and a mutual understanding of duty and honor. The brotherhood and sisterhood of the military extend beyond the battlegrounds. It includes the shared rituals, traditions, and experiences unique to the military lifestyle. Their shared language, humor, and worldview are integral to their camaraderie. This bond, once formed, often lasts a lifetime, transcending rank, race, and creed.

Transition to Civilian Life

Transitioning to civilian life can be challenging for veterans, as they move from a structured, regimented environment to one that is often more individualistic and less guided. They might grapple with issues such as finding suitable employment, adapting to new social norms, or coping with physical or mental health issues. Amid these challenges, the camaraderie formed in the military can serve as a vital lifeline.

Camaraderie in Civilian Life

The essence of military camaraderie can be transitioned and shared in civilian life in many ways. First and foremost, this camaraderie can be a vital source of support for veterans navigating their new environment...

Complete Blog Article is available on <http://www.theveterandoctor.com/>

This Issue

Therapeutic Campfires **P.1**

Military Camaraderie **P.1**

Debunking VA Disability **P.2**

Monthly Resource Picks **P.2**

Upcoming Local Events **P.2**

The Therapeutic Value of a Campfire on Veterans and Their Mental Health

Post-traumatic stress disorder (PTSD), anxiety, depression, and other mental health conditions are all too common among military veterans. Traditional treatment methods, including medication and psychotherapy, have proven effective to varying degrees, but they aren't the only options available. One approach gaining traction is a technique as old as humanity itself: gathering around a campfire. Although seemingly simplistic, a growing body of evidence supports the therapeutic benefits of campfires for veterans.

The Power of the Campfire:

The therapeutic value of the campfire lies in its multifaceted nature, encompassing physiological, psychological, and social aspects.

Physiological Benefits:

Being near a fire has a calming effect on the human mind. The hypnotic dance of flames, crackling of wood, and warmth can stimulate a relaxation response. According to a study by the University of Alabama, watching a fire reduces blood pressure, indicating a reduction in the stress levels. This natural tranquility can provide a grounding environment for veterans to manage their mental health symptoms more effectively.

Psychological Benefits:

Campfires create a comfortable atmosphere conducive to introspection and mental processing. This environment can make therapy sessions more effective. Moreover, the act of building a fire can also be therapeutic. Gathering wood, arranging it, and lighting it requires focus, patience, and determination - valuable skills that can be translated into everyday life.

Social Benefits:

The campfire has been a communal space since our ancestors first harnessed fire. In a group setting, the shared experience of sitting around a campfire can foster camaraderie, build trust, and encourage open conversation. For veterans who often struggle with feelings of isolation, this shared experience can help re-establish social connections, vital for mental well-being.

Campfires in Practice:

Across the country, veteran-focused organizations have started to integrate campfires into their treatment programs. Therapeutic retreats often incorporate campfires as part of group therapy sessions. In these settings, trained therapists facilitate discussion and reflection around the fire, employing techniques from cognitive-behavioral therapy (CBT), dialectical behavioral therapy (DBT), and other therapeutic modalities.

In one program, veterans are guided to construct and maintain the fire themselves. The task serves as a metaphor for their healing process: just as they must gather wood, ignite the fire, and keep it burning, they must actively work on their mental health recovery.

Personal narratives of veterans highlight the healing power of campfires. They describe feelings of relaxation, increased openness in sharing experiences, and a greater sense of connection with their peers.

Storytelling and Narrative Therapy:

Historically, the campfire was a place for storytelling. Integrating this aspect, veterans could be encouraged to share their personal narratives, fostering empathy, and understanding within the group. Narrative therapy suggests that people are the experts in their own lives and that their life stories are a rich source of problem-solving resources. By recounting their experiences, veterans can process their past, understand the present, and shape their future in a supportive environment...

While traditional treatments remain the cornerstone of mental health care for veterans, the power of the campfire offers an additional, accessible tool to promote healing and recovery. A campfire's communal warmth and hypnotic glow provide a unique setting for therapeutic interventions, fostering physiological relaxation, psychological processing, and social connection. The humble campfire may increasingly become part of the standard toolkit for supporting the mental health of our nation's veterans.

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/> for this article and more.



Debunking the Misnomer: VA Disability Compensation and Income Levels

In the realm of veterans' benefits, misinformation can often circulate and create unnecessary stress and confusion among those who have served our country. One common misnomer is the belief that the U.S. Department of Veterans Affairs (VA) reduces disability compensation for veterans above a certain income threshold. This article aims to dispel this misconception and provide accurate information on how VA disability compensation works.

Understanding VA Disability Compensation

VA disability compensation is a tax-free monetary benefit provided to veterans who became disabled due to an injury or illness sustained or aggravated during active military service. The VA determines a disability rating for each eligible veteran, expressed as a percentage in increments of 10, reflecting the severity of the disability. This rating system directly influences the amount of disability compensation a

veteran receives, not their income.

The Misnomer: Income Affecting VA Disability Compensation

Contrary to the circulating misnomer, VA disability compensation is not based on the veteran's income. The payments are purely based on the disability rating, not on employment status or income level. Therefore, veterans who make "too much money," however one might define it, will not see their VA disability benefits reduced.

There's a simple reason for this. VA disability compensation is not a means-tested benefit; instead, it's compensation for the service-connected disability that veterans live with. The premise of the benefit is to compensate for the average impairment in earning capacity in civilian occupations caused by the disability, not the actual earnings of the individual veteran.

Further Misconceptions and Clarifications

Alongside the income misconcep-

tion there are a few other common misunderstandings about VA disability compensation. For example, some veterans fear that they will lose their disability compensation if they secure employment. This is not the case; as explained above, disability compensation is not tied to income or employment status. Veterans who can work are encouraged to do so without fear of losing their disability benefits.

Another misconception is that receiving VA disability compensation will reduce the amount of Social Security benefits. Again, this is not true. VA disability compensation and Social Security disability benefits are separate and distinct programs. Receiving benefits from one program does not affect the eligibility or amount received from the other....

Complete article is on [The Veteran Doctor Blog](http://www.theveterandoctor.com/). Please go to <http://www.theveterandoctor.com/>

Monthly Resource Picks



Waypoint Vets

www.waypointvets.org

Waypoint Vets is a 501(c)(3) Non-Profit Organization that facilitates unique opportunities of Camaraderie and Healing for Military Veterans across America. Our adventures combine mental and physical intensity with the stillness and beauty of nature. We strive to deliver meaningful and lasting experiences that our Veteran participants can look forward to and reflect upon. The Heartbeat of Waypoint's Mission is to Honor our Fallen by *Living*, and by taking back our Health and Happiness – *together*.



NV Outdoor Adventure Foundation

www.nvoaf.org

The Nevada Chapter of the Outdoor Adventure Foundation is a 501 (c) (3) We provide Hunting, Fishing, and outdoor adventures for veterans in need, some are wheelchair-bound caused by injury during active military service or who have lost a limb during active military service.

We also provide hunting, fishing, and outdoor adventures for children under the age of 18 and young adults under the age of 25 with cancer or another life-threatening illness.

Our Outdoor adventures include numerous Big game and Bird Hunts Including Dove, Pheasant, and Quail, Fresh and Saltwater Fishing trips, Camping and many other outdoor adventures.

Upcoming Local Events

- Branded One CrossFit-BJJ Fundamentals – Branded One CrossFit – 2055 E. Windmill Ln #125, Las Vegas, NV 89123 USA –Thursday, July 6th, 13th, 20nd, 27th, 2023 @ 8:00am – Occurs Every Thursday!
- NVOAF Fundraising Banquet – Gold Coast Hotel and Casino – 4000 W. Flamingo Rd, Las Vegas, NV 89103, USA, Saturday, July 8, 2023 @ 6:00pm – 9:00pm
- SNVCC 3rd Quarter Professional Mixer – The Rouge Room (Red Rock Resort and Casino) – 11011 W. Charleston, NV 89135, USA - Thursday, July 27, 2023 @ 5:00pm



702-215-8899 phone

info@theveterandoctor.com email

www.theveterandoctor.com website

NEVADA AERIAL



PHOTOGRAPHY

702-277-1180 phone

702nap@gmail.com email

www.theveterandoctor.com/nap website