

# COMING HOME

An Interactive Journaling® Series for Veterans

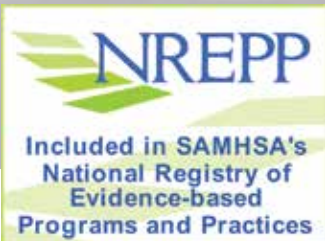
"[I] just used **Coming Home** with an Iraq Vet who told me 'I do not like to talk much, but writing and drawing, I like.'

**His response to the Journal was amazing."**

— Chris Zaglifa, MSW, LCSW, SAC  
Trauma Specialist,  
working with combat veterans



Open the lines of communication to **empower veterans** to overcome transition obstacles and get on the path to living a full, meaningful life.



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# COMING HOME

a warrior's guide

By Robert J. Meyers, PhD, and William R. Miller, PhD

## Interactive Journal

**Coming Home: A Warrior's Guide** is a comprehensive Journal for helping veterans transition to civilian life. Enhance your work with veterans by following this Journal through essential need areas for veterans returning from military service, including...

- locating housing
- preparing healthy meals
- reestablishing important relationships
- identifying and coping with posttraumatic stress, based on the *DSM* criteria

Encourage participants to effectively navigate their transition to civilian life with the strategies and skills provided in this Journal, designed using the clinical style of Motivational Interviewing. Improve your work with veterans and empower them to start the journey toward a full, meaningful life.

**Item #: VET-1 • 60 pages • \$6.45**



## Facilitator Guide

The Facilitator Guide for **Coming Home: A Warrior's Guide** is designed to strengthen facilitation of **A Warrior's Guide**. Enhance facilitation with this Guide, including detailed strategies for approaching each Journal page. Transform your work with participants through tips and recommendations for all steps of facilitation, including introducing the Journal, providing it to clients for use independently, and approaching the unique needs of veterans in individual or group facilitation.

- Provides key points for leading discussions about veteran-relevant topics
- Offers techniques for both individual and group facilitation
- Includes tips for providing and introducing the Journal for self-directed use

**Item #: VETF-1 • 80 pages • \$35.00**



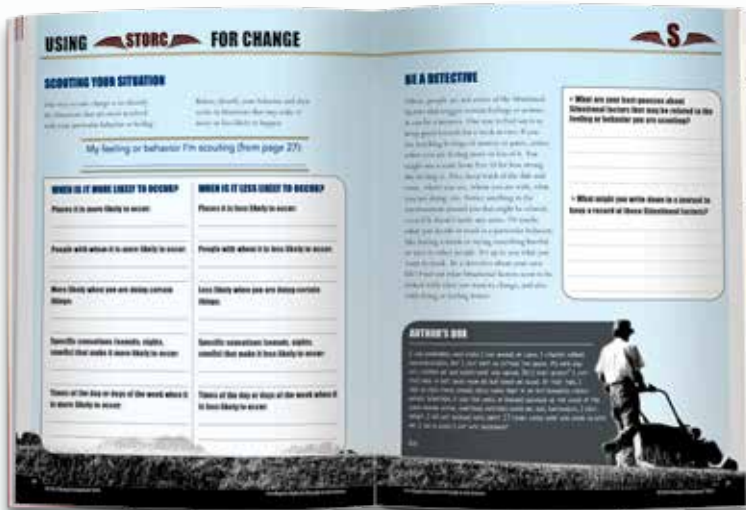
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# COMING HOME

a self-management guide

By William R. Miller, PhD, and Robert J. Meyers, PhD



## Interactive Journal

**A Self-management Guide** is the second part of the **Coming Home** series and builds on the foundational skills taught in the first Journal by focusing on skill practice.

Empower veterans to learn and apply specific behavioral strategies and set goals for the future. Help veterans develop skills for emotional and behavioral self-regulation by implementing this practice-driven Journal.

Designed using the clinical style of Motivational Interviewing, the Journal encourages veterans to build their resilience by implementing cognitive-behavioral intervention techniques.

Used independently or as a follow-up to **A Warrior's Guide**, this Journal helps veterans enhance their coping abilities and get on the path toward living a full, meaningful life.

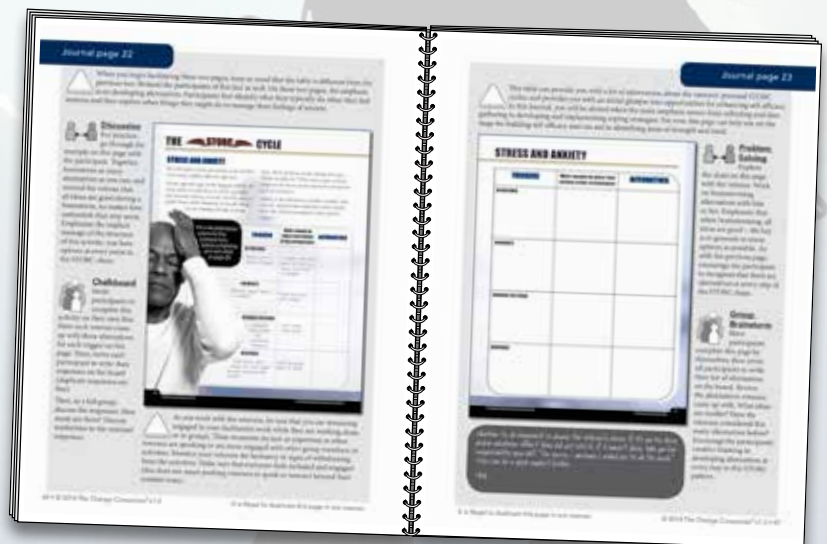
Item #: VET-2 • 68 pages • \$7.30

## Facilitator Guide

The Facilitator Guide for **Coming Home: A Self-management Guide** provides direction for effective facilitation of **A Self-management Guide**. Strengthen facilitation with strategies and techniques for use with individuals or groups. This Guide includes clinician's tips from the Journal authors, Drs. William R. Miller and Robert J. Meyers, that provide suggestions based on their real-life experiences working with veterans. Support your unique facilitation skills with the tips and strategies included throughout this Guide.

- Provides tips from Drs. Miller and Meyers, based on their clinical experience
- Includes facilitation strategies for working with groups and individuals
- Emphasizes skill practice throughout, supplemented by suggested homework

Item #: VETF-2 • 88 pages • \$35.00



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Minimum order of any Journal is 25.

## ORDER FORM

Item #	Title	Quantity		Unit Each		Total
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VET-2	<i>Coming Home: A Self-management Guide Journal</i>		x	\$7.30	=	
VETF-1	<i>Coming Home: A Warrior's Guide Facilitator Guide</i>		x	\$35.00	=	
VETF-2	<i>Coming Home: A Self-management Guide Facilitator Guide</i>		x	\$35.00	=	
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If you are a veteran and interested in purchasing a single copy of *Coming Home: A Warrior's Guide Journal*, call The Change Companies® at 888-889-8866.

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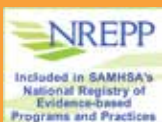
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*Interactive Journaling®* is included in SAMHSA's NREPP.