

## Heart to heart resuscitation therapy found to be an agent of positive change in behavior for dually diagnosed chemically dependent war veterans

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Our invisible combat veterans take cover in plain sight. But as with any war, the battle against addiction destroys families and claims lives-tens of thousands of lives. Despite the limited research and study on these problems among American combat veterans, little is known about how to treat the warrior.

The author's 2-year study finds the new progressive treatment plan to be an agent of positive change in behavior and treatment outcome for chemically dependent-dually diagnosed war veterans. Combat veteran clients, serving in Vietnam up to the present day war in Afghanistan, were clinically evaluated, tested and assessed. The study shows 48 veterans struggling with a dual diagnosis of drug addictions (alcohol, heroin, cocaine, amphetamines) and PTSD have a better chance at full recovery after completing this balanced therapeutic approach.

The study indicates Heart to Heart Resuscitation Therapy, a new carefully integrated treatment decorum combining motivational interviewing and person centered therapy supported with dialectical behavioral group therapy, has been found to reduce the weighty impact of drug addiction among war veterans. Analysis of covariance was performed to examine the effect of Heart-to-Heart Resuscitation therapy on the readiness of change assessment scores. The Treatment group (48 vets) outperformed the control group (43 vets) by 33% demonstrating differences in motivation and readiness to change which had a direct correlation on client retention and engagement in treatment- supporting the finding that Heart-to-Heart Resuscitation therapy is effective in promoting readiness to change.

### Biography

Victor Montgomery is an expert in Crisis Intervention and Addiction Therapy specializing in "Heart-to-Heart Resuscitation" therapy treatment for combat traumatized veterans suffering with dual-diagnosis-Post-traumatic stress disorder (PTSD), Traumatic Brain Injury (TBI) and drug addictions. A Vietnam Era Marine Corps veteran, he has worked with countless veterans and their families since 1993 through crisis hotlines, hospital Emergency Departments and out-patient clinics from California to New York. He has received a Master degree in Education from the University of Phoenix in Phoenix, Arizona (2008), Graduate Studies in Clinical Psychology and has completed his B.A in Psychology Summa cum Laude from Vanguard University of Southern California in Costa Mesa, California (2005). In 2008, while working at the VA Medical Center in Canandaigua, New York, as an Addiction Therapist, he received specialized training for Veteran Suicide Crisis Rescues and Crisis Intervention. He is a Certified and Registered Addiction Specialist and Certified Master Addiction Counselor (2003). He is the author of *Healing Suicidal Veterans: Recognizing, Supporting and Answering Their Pleas for Help* (New Horizon Press, 2009); he developed and speaks at workshop/seminars, "Life in the Balance" for veterans and their families across the country.

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