



# Counseling Military Families: What Mental Health Professionals Need to Know

*Lynn K. Hall*

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How does the military really work? What issues are constants for military families, and what special stresses do they face? *Counseling Military Families* provides the best available overview of military life, including demographic information and examples of military family issues. Chapters focus on vital issues such as the unique circumstances of reservists, career service personnel, spouses, and children, and present treatment models and targeted interventions tailored for use with military families. *Counseling Military Families* provides clinicians with the tools they need to make a difference in the lives of families in transition, including those who may have an ingrained resistance to asking for help and who may be available for counseling for a relatively short period of time.

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