

GLOBAL OBJECTIVE

FNAME-OPEX'S

R.A.O.S.S. PROGRAM

Reception

Assistance

Orientation

Support

Solidarity

The FNAME-OPEX : instigator organisation

The National Federation of External Missions' Veterans (*Fédération Nationale des Anciens des Missions Extérieures – FNAME-OPEX*) is the instigator of the RAOSS program. This program consists in receiving war casualties in order to provide them a plural support in a solidarity spirit. Through a specific attention, RAOSS helps the war casualty to find the appropriate healthcare and professional support.

The Fname-Opex, in its intermediate position, serves as a pillar of strength between the civil military world and all actors involved in the care of post-traumatic stress.

- The casualties and their family, by helping them through their difficulties and supporting them to return to their everyday life
- The combatants of External Military Operations
- The institutions, the associations, the healthcare actors, by putting them in connection and by providing them a transdisciplinary work method

Connecting and uniting the soldiers:

1. The soldiers	Combatants of External Military Operations	Former combatants of External Military Operations
2. The casualties	The casualty and their family	The institutions and the administration
3. PTSD: Medico-social actors and fields	Current and complementary support	Support, assistance

One of the main findings after 32 years of actions is that the lack of connection between the actors hinders the progress of the research and that of the assistance. Thus, the Fname-Opex, through its interdisciplinary method, holds a unifying and instigator position at the national level.

Reception, assistance, orientation, support, solidarity: founding values

Reception:

Over its accompanying commitments, the FNAME-OPEX (National Federation of External Missions' Veterans) receives the war casualty in order to offer him a plural support. The federation aims to receive and to consider the discourse, the suffering and the administrative problems encountered. Welcoming One in its global and singular dimensions forms the base of an appropriate assistance, support and solidarity.

The Fname-Opex provides a freedom of action for the casualty of war by receiving him with or without an appointment. The reception by the « brothers in arms » ensures an undeniable welcome and support.

The support:

The support covers extremely wide areas of intervention. The RAOSS program provides a plural aid for the casualty of war, which consists in a legal and administrative assistance among other things. For the casualty of war, it is essential to be listened and understood during the application process of the Fname-Opex. This support, guaranteed by the former soldiers of External Military Operations can

be a moral, but also a legal and an administrative support during the fight for the recognition of their injury.

FIELDS	JURIDICO-ADMINISTRATIVE
DEVICE	Military invalidity pension MDPH (<i>Maison Départementale des Personnes Handicapées</i> / Departmental House of Disabled Persons) File

Solidarity:

The presence of external missions' veterans in the FNAME-Opex ensures an intuitive understanding of the injury. Based on this premise, the members of the Federation feel an urge to act for the benefit of the casualty. Beyond the individual help provided to the casualty of war himself, the FNAME-Opex operates on the whole context of the issue. Therefore, a social assistance for the family and the spouse of the casualty seems necessary. The FNAME-OPEX is also involved in supporting the associations of the injured veterans in the service of France.

For the successful reintegration of the casualty according to his own choices and aptitudes, both in an individual and professional level, it is therefore necessary to provide a complex aid. The main objective of the FNAME-OPEX, always in accordance with the institutional mechanism, is to offer a moral, legal, administrative and financial support for the casualty and his family.

After all, the FNAME-OPEX expresses its solidarity by providing legal and administrative information and an appropriate assistance in response to the necessities of the casualties of war. Therefore, the Federation aims to help them in the recognition of their rights to the military invalidity pension.

Assistance:

The assistance consists in accepting the war casualties for who they are. This attitude marked by respect and consideration will form afterwards a bond of mutual trust. Thus, the main ambition of the RAOSS program is to focus on the feelings and experiences of the other: it is therefore necessary to privilege the casualty's affective experiences over the facts. In this way, the FNAME-OPEX plays a major role in pointing out the importance of the feelings hidden behind the words.

As a result, the relation between the FNAME-OPEX and the casualties is marked by an emphatic and authentic attention, without judgement. By providing a neutral space where all the emotions, feelings and words can be expressed and listened without any influence or interpretation, this benevolent assistance allows a trust bond to be formed. Without any doubt, it is not at all an easy task for the casualty to talk about his own life-choices, his thoughts, his representations. The relations established between the FNAME-OPEX and the casualty aim to take into consideration all the feelings and emotions experienced. Therefore, the assistance becomes synonym of a permanent support receiving the discourse of the casualty. It also provides him a personal space within the organization of the FNAME-OPEX. After all, according to the creation of a healthy relation between the National Federation of External Missions' Veterans (FNAME) and the casualty of war, it seems essential for us to provide a peaceful atmosphere, which is based on trust.

Orientation:

As a part of the RAOSS program, the orientation covers two segments: it is about guiding the casualty toward other assistance and support systems, considering their biggest necessity and the specificity

of their problem. For this, it is important to take into consideration the plurality of the support systems of the Post Traumatic Stress Disorder (PTSD)

FIELD	SOCIO-PROFESSIONAL	PSYCHOLOGICAL
DEVICES	Definition-redefinition of the project Civil Curriculum Vitae-writing Professional internships	Emphatic listening Individual / collective psychotherapy Therapeutic speech class Alternative therapies: <i>EMDR, sophrology, relaxation, hypnosis</i>

The socio-professional orientation is a continuous process that should allow the person to find place in a complex social and economic environment, to define career goals and to prepare the right strategy in order to achieve them at a certain moment.

From the FNAME-OPEX's perspective, it is important to consider the work itself as a therapeutic method, as a socialising and liberating process for the person. Indeed, it is by returning to the labour market, that the patient can rebuild his existential dimension and find his place in society. Feeling useful and to be included in a project also has a positive impact on the person's self-esteem.

The program favours an orientation towards to the tertiary Agricole sector, because nature is a place where the emotional and psychological pain can be eased. As soon as the injuries and the difficulties are recognized, the person is not considered anymore a "patient" being under the supervision of a medical authority, but becomes truly identified as a real professional dignity.

There are already some monitoring methods in the psychological field:

PARIS MEM: Since 2005, Pr Brunet works on "blocking the reconsolidation" of traumatic memory. The consolidation is the phenomenon that makes a memory (left from an experience) pass from short-term memory to long-term memory in two to five hours. By the time, the memory becomes less and less emotional.

Hypnosis: The use of hypnosis turns out to be significant according to the study of post-traumatic stress disorder, and its contribution is nowadays recognized in the treatment of the PTSD. After highlighting the ambiguities of the concept of dissociation, multiple dimensions of the dissociation are analysed on sensorimotor, cognitive, affective, temporal-spatial, mnemonic and identity levels. That allows us to specify in what sense the dissociation is pathological according to the state of post-traumatic stress, and if it could be used in the treatment of the disorder. In particular, while treating the trauma in a waking state makes difficult the development of a painful scene "hidden" under a level of protective consciousness, the hypnotic mode of communication seems to promote the exchange with the disentangled persons, as well as to facilitate the access to the traumatic material and also the excess of a defensive reaction that became pathological with the re-elaboration of the traumatic scenario.

Virtual reality therapy: for the traumatized persons, it is very difficult to mentally recreate the object of fear. They usually have a rejecting reaction, and that's why the virtual reality therapy is relevant: it provides them a comforting and safe context in which they can recreate their experiences as well as the traumatizing scenario until the desensitization. For example, war environments are often recreated (Vietnam, Iraq, Afghanistan...) for the veterans suffering from psychological traumas. The designers of these virtual environments use items from the computer game called "Full Spectrum Warrior". The University of Washington has conducted some researches on virtual reality therapy

treating the traumatized persons of the 11 of September 2011. This appears to be very helpful for the patients, in order to face their traumas. Generally, they become emotionally involved in these very evocative images, due to their flash-backs. Thus, they manage to better accept all that they have gone through.

HTSMA - Hypnose, Thérapies Stratégiques et Mouvements Alternatifs / HSTAM - Hypnosis, strategic therapies and alternative movements: this therapy oriented from the present towards the future, offers a common experience for the patient and the therapist, mobilizing the sensorimotor areas, the imagination and the soul. The present is seen from the past.

DNR (Dynamic Neural Retraining System): This technology has a remarkable efficiency in combining the desensitization obtained from the eye movements associated with the physiological stimulation of "Tapping" (alternating bilateral tapping) and the geo-localization of mental images. The therapist acts on the physic and the feelings in order to reach the neurological system.

PNL – Programmation neurolinguistique / NLP - Neuro Linguistic Programming: The Neuro Linguistic Programming is a set of communication and self-transformation techniques that focuses on the person's reactions rather than the origin of their behavior.

Transcendental Meditation: Researches has shown that the practice of Transcendental Meditation reduces significantly the number of the symptoms related to the post-traumatic stress disorder in a short period of time. The Transcendental Meditation can be useful in order to relieve the veteran's PTSD symptoms. The mediation makes the person more responsible for their own well-being than other treatments. The Transcendental Meditation proves its effectiveness in easing anxiety, as well as in the treatment of post traumatic stress disorder with a more important effectiveness on the cure of major anxieties, that allows to reduce the quantity of psychotropic substances and in some cases to completely end their intake.

Recreational Therapy: playing, as natural for children as it is for adults, can be a very powerful therapeutic instrument. The objectives of the Recreational Therapy are:

- To alleviate the symptoms and the post-traumatic behavior
- To regain a sense of mastery over their life
- To correct and understand the feeling of guilt of being a survivor
- To re-establish the self-esteem and the trust in the future
- To support the formation of a distance from the drama
- To mitigate the circumstances of the drama

This restorative experience puts the patient in a position to work on the trauma in order to understand and consciously assimilate it. The healing power of the play cannot be underestimated. This method also offers the opportunity to explore new meanings of the trauma and to reconsider the memories and emotions associated, within the new contexts. The play also allows patients to distance themselves from memories that remain painful and cannot be directly expressed.

The RAOSS Program

As part of the RAOSS program, the FNAME-OPEX offers a pluri-disciplinary support for the casualties of war. Moreover, due to its central administrative and legal position, the Federation provides help for the creation and gestion of the invalidity, PMI (protection maternelle et infantile / maternal and child protection), and MDPH (Maison Départementale des Personnes Handicapées / Departmental House of Disabled Persons) files. The federation is also working on reorienting the casualty towards other medico-social and socio-professional institutions. The definition of a career plan is essential for the casualty, in order to reintegrate in a social and relational environment. This group dynamic allows to regain the person's corporal and mental mechanisms.

Thus, the global assistance offered by the FNAME-OPEX helps to provide a way of expression to the psychological injured persons who rarely have the opportunity to speak except in an administrative context.

- Social: personal difficulties (financial support)
- Administrative and legal: invalidity, PMI (protection maternelle et infantile / maternal and child protection), MDPH (Maison Départementale des Personnes Handicapées / Departmental House of Disabled Persons)
- Medico-social institutions: research, orientation, proposition and financial support for internships
- Socio-professional institutions: definition of the career plan

The RAOSS program also includes a more specific program for soldiers suffering from post-traumatic stress disorder.

FOCUS: Assistance for persons suffering from post-traumatic stress disorder (PTSD)

The recovering from an injury, as well as leaving behind the impact of the PTSD is a fight.

Within the scope of this program, the FNAME-OPEX aims to conduct researches, unite the actors working on curing the PTSD, and to allow them to collaborate in order to create a transdisciplinary field of PTSD, that includes numerous directions:

- Medico-social
- Therapeutic
- Sportive
- Familial and environmental
- Legal and administrative

The interdisciplinarity englobes all the domains that are between, across, and beyond these areas. Its purpose is the understanding of the present world whose principal imperative is the unity of knowledge (Agora Letter).

The ultimate goal of this program (FOCUS) consists in the realization of an assistance program for the casualties and their families; which can complete the current activities through the collaboration of all the actors involved.

This medical platform is a part of the RAOSS program and consists in three phases:

2016-2017 First phase of the RAOSS / PTSD program

Relating the actors

Gathering and linking the actors involved in the PTSD program: realized during the three conferences organized in Paris in June 2016 and in Lyon in the following year.

2018: Second phase of the RAOSS / PTSD program

Research, study and modelling

- Study the possibility to model this assistance through the collaboration of four transdisciplinary research-groups: soma and psyche, the PTSD's social and cultural universe, treatments and therapies of the PTSD, the traumatized patient and their family environment.
- Organization of two seminars: social and nursing assistant
- Expanding our work to an international level by organizing a conference about PTSD at the center of the United Nations, in Geneva

2019 Third phase of the RAOSS / PTSD program

Implementation of the assistance program

- Summarizing the research's' results at a conference organized in January 2019
- Creation of the "Repaire" Program, including four seasonal internships per year that concerns the complementary domains and therapies, and that allows for the persons suffering from PTSD, a reintegration into society, as well as a flourishing by their choice of support.
- Hotline and reception in our offices in the hospital
- Collaboration with Cap Emploi, ONAC, Pole Emploi
- Four further conferences:
 - 1) The trauma of war during and after the mission (Paris, les Invalides)
 - 2) For a complementary treatment (Lyon)
 - 3) Support for the physical and mental injured persons and for their family environment (ESA)
 - 4) PTSD around the world, perspectives (Lyon 2 University)