

APPENDIX A

SUPPLEMENTAL READINGS AND ONLINE RESOURCES

Supplemental/Recommended Readings for Clinicians:

Bass, E. & Davis, L. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, Fourth Edition*. New York (NY): Collins Living.

Katz, L. S. (2016). *Treating Military Sexual Trauma*. New York (NY): Springer Publishing Company, LLC.

Zaleski, K. (2018). *Understanding and Treating Military Sexual Trauma* (2nd Ed.). In Focus on Sexuality Research Series (H. Hoffman, Series Editor). Cham, Switzerland: Springer International Publishing.

Publically Available Online Resources on MST

VA National MST Website includes information about MST, eligibility, treatment, and other resources. Visit www.mentalhealth.va.gov/mentalhealth/msthome/index.asp.

MakeTheConnection.net is a website that shares the stories of Veterans who have overcome mental health challenges, including those related to MST. Visit www.maketheconnection.net.

VHA Sharepoint Resources on MST

(*must be logged onto the VHA network to access the following information)

MST Resource Homepage includes a variety of educational information for clinicians and patients, free trainings and webinars, and a free consultation program for VHA clinicians. Visit vaww.mst.va.gov. You may find the following sections helpful:

- **Overview of MST** provides educational materials broad MST topics, such as what is MST, how common is it, and basic details about VA policies and services. Materials are intended for mental health clinicians, administrators and support staff, medical professionals, and trainees (<https://dvagov.sharepoint.com/sites/VHAMST/resources/overview-of-mst>).

APPENDIX A

SUPPLEMENTAL READINGS AND ONLINE RESOURCES

- **Clinical Issues and Treatment** includes reference material on issues and approaches to MST screening and clinical care for MST survivors (<https://dvagov.sharepoint.com/sites/VHAMST/resources/clinical-issues-and-treatment>).
- **MST Consultation Program** is free one-on-one consultation to assist VHA clinicians who are working with Veterans who have experienced MST. Speak directly with experts by contacting MSTconsult@va.gov or calling 866-948-7880.
- **MST Teleconference Training Series** is a series of bimonthly training calls hosted by the MST Support Team for any VHA staff interested in learning more about MST-related issues (<https://dvagov.sharepoint.com/sites/VHAMST/training/teleconference-training-series>).
- **Survivors' Voices: What Racial and Ethnic Minority Military Sexual Trauma (MST) Survivors Want Mental Health Providers to Know** is a handout addressing clinical considerations for working with Veterans from different racial/ethnic backgrounds (https://dvagov.sharepoint.com/sites/VHAMST/Resources/Survivors%27%20Voices%20-%20What%20Racial%20and%20Ethnic%20Minority%20MST%20Survivors%20Want%20Mental%20Health%20Providers%20to%20Know/Survivors%20Voices_online%20viewing.pdf).