Teacher Answer Key

Case Study

1. CBT helped James name what set off his anxiety and replace his reactions with healthier coping, including grounding techniques like focusing on his breathing.

2. Other people carried a lot of the recovery. He joined a veterans' support group of people with similar experiences, and his family's support kept the progress going.

Multiple Choice

1. B

2. D

3. B

Matching

1-E, 2-C, 3-A, 4-B, 5-D

Fill-in-the-Blank

1) Resilience, 2) PTSD, 3) EMDR

Short Answer (Sample Responses)

Q1: They use team-building exercises, trust activities, and conflict resolution strategies to strengthen collaboration.

Q2: Social support fosters a sense of connection and reduces isolation, providing emotional and practical help during recovery.

Q3: Psychologists assist with career counseling, mentorship programs, and community integration to ease the transition.