



REPLY TO  
ATTENTION OF:

**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, CARL R. DARNALL ARMY MEDICAL CENTER  
36000 DARNALL LOOP  
FORT HOOD, TEXAS 76544-4752

MCXI-MPC

9 December 2009

Gentle Reader,

My first encounter with Trauma First Aide (TFA) was this past weekend in Austin, Texas, and I was overwhelmed by the simplicity and common sense approach to this treatment protocol for traumatic stress. After completing the initial training, I commented that TFA should be taught not only to the Mental Health Technicians and Combat Medics, but to Chaplains and Chaplain Assistants as well. TFA lends itself to any situation, at any time. The techniques can be used immediately to lower stress levels, and to help bring order out of chaos.

What a gift this training would have been for us here at Ft. Hood on 5 November 2009! I believe that much of the acute stress experienced by the first responders, and the hospital staff could have been avoided.

I most strongly recommend further research into TFA. It applicability has yet to be fully explored.

Sincerely,

A handwritten signature in cursive script that reads "George W. Holston".

George W. Holston  
Chaplain (LTC) U. S. Army Reserve  
Senior Clinician, Department of Ministry