

Unmasking the Psychological Battle: Psychotherapy Treatments in Sri Lankan Military Veterans

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Abstract

This research paper focuses on exploring psychopathology in military veterans and examining the effectiveness of psychotherapy treatments in Sri Lanka. The study aims to address three research questions namely, What are the prevalent forms of psychopathology observed in Sri Lankan military veterans? What are the existing psychotherapy treatments utilized in Sri Lanka to address the mental health needs of military veterans? and What are the challenges and potential solutions in providing psychotherapy services to Sri Lankan veterans? The research objectives are to identify the psychopathological conditions commonly experienced by military veterans in Sri Lanka through a comprehensive literature review and to explore the efficacy of psychotherapy treatments in addressing the mental health needs. The research methodology employed in this study involves a comprehensive literature review. This research study is limited to three selected psychopathologies common among military veteran. The psychopathologies selected in study are Traumatic Brain Injury, Substance Use Disorder and Post Traumatic Stress Disorder. Interviews and focus group discussions will be conducted with veterans and mental health professionals in data collection. Thematic analysis will be used to analyse the collected data and draw meaningful conclusions. The findings of this research will shed light on the prevalent forms of psychopathology in Sri Lankan military veterans and provide an understanding of the psychotherapy treatments currently used. The research aims to contribute to the existing knowledge base, inform policymakers and healthcare professionals, and improve the mental health support provided to Sri Lankan military veterans.

Keywords: *Psychopathology, Military veterans, Psychotherapy treatments*