

# *Soldier, family health styles*

## **‘Theater of War’ helps Soldiers cope with stress**

“Theater of War,” brought the message of coping with combat stress to the Baumholder community May 13 with a performance in the Wagon Wheel Theater.

Four recognized stage and screen actors used dramatic readings from ancient Greek plays that fostered discussions about the trials of war and the emotional return home from battle that challenge today’s combat service members and their families. Soldiers, family members and civilians all had something to say about the readings.

The discussions ranged from feelings of acceptance or rejection from fellow Soldiers, to suicide, to the challenges faced by family members while the Soldier is deployed.

Several of the participants noted that many of the emotional challenges of war faced by the ancient Greeks are those that still haunt today’s warrior.

Actors in the USAREUR tour included Gretchen Egolf who has appeared in “Roswell,” “Journeyman,” and “Law & Order SVU”; Jamie Hector who has appeared in “Heroes,” “The Wire,” “Law & Order,” and the short film “Five Deep Breaths”; Reed Birney who has appeared in “Gossip Girl,” “Kings,” and “Law & Order”; and Brendan Griffin who has appeared in “Law & Order” and the TV movie “Taking Chance.”



Photo by Ignacio “Iggy” Rubalcava

**Gretchen Egolf, who has appeared in “Roswell,” “Journeyman,” and “Law & Order SVU” listens as a Soldier comments on the readings she and fellow actors performed for the audience at the Wagon Wheel Theater.**

The town hall discussion after the readings featured a guest panel of combat veterans, family members, and medical professionals from the Baumholder community.

While “Theater of War” has been tour-

ing military communities and town hall meetings across the U.S. since 2008, this is the show’s first time in USAREUR. Baumholder was the theater’s second of ten scheduled performances in Germany.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury contracted for “Theater of War” to encourage service members to seek assistance for psychological health concerns.