

## MEETING ABSTRACTS

# GRIEF-ORIENTED INTERVENTIONS IN OPERATIONAL SETTING

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Unacknowledged grief may undermine cohesion and psychological readiness. This abstract introduces a grief-oriented micro-intervention embedded in Combat Path Debriefing (CPD), a structured, field-adapted mental health approach developed in Ukraine based on COSC principles. The method employs three narrative-based questions posed within CPD sessions: (1) Who was the fallen comrade? (2) What did you learn from them? What lessons will stay with you? (3) How can their memory be honored through collective action? These open-ended prompts aim to humanize the loss, reinforce shared values, and foster purposeful remembrance—while maintaining mission focus. Initial field observations suggest enhanced narrative integration of grief, improved unit cohesion, and preserved operational readiness. This intervention offers a culturally congruent alternative to emotion suppression prevalent in combat.

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## References

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