



Operator Syndrome

with Gray Ghost & Dr. Christopher Frueh

Join us on [Zoom](#):

Weds., July 22
2 p.m. EST

This webinar is for anyone who wants to gain a better understanding of the unique set of interrelated medical, psychological, and existential difficulties (termed “Operator Syndrome”) faced by the SOF family. It will help SOF operators and relevant care providers and military leaders understand how to better maximize operational and health functioning:

1. **Operational:** Optimize performance and extend operator longevity of active duty service;
2. **Health:** Provision of medical and psychological treatment to enhance health, well-being, and quality of life across the lifespan.

The Department of Defence and Veterans Affairs are both highly attuned to the identification and treatment of post-traumatic stress disorder (PTSD). However, because of the unique and intense nature of their military service, the special operation forces (SOFs) community are not well served by existing models of care by DOD or VA.

SOF operators are the most elite personnel and units of the U.S. Armed Forces. Their training is physically, cognitively, and psychologically grueling. Service includes intensive operational training and combat deployment cycles, and living in a constant state of readiness. It is not unusual for an operator to complete 10-15 combat deployments and hundreds of individual direct-action missions.

Serving as a SOF operator includes training and combat injuries; constant risk of death; death of friends and comrades in training and combat; years away from spouses and family; concussive impact injuries and blast-wave exposure that cause traumatic brain injuries; existential concerns; and psychological difficulties.

Although SOF operators are highly intelligent and possess extraordinary physical and mental grit, after years of service they face a cascade of interrelated medical, psychological, and existential problems that are not adequately captured by psychiatric diagnoses such as PTSD.

It is clear that damage to mature operators’ health and quality of life is profound.



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“Operator Syndrome” includes:

- Endocrine imbalances, such as low testosterone
- Insomnia, sleep apnea, and fatigue
- Chronic pain
- Orthopedic impairments
- Substance abuse
- Depression and suicide
- Anger and hypervigilance
- Worry and stress reactivity
- Marital and parenting difficulties
- Sexual dysfunction
- Cognitive impairments, such as poor memory and concentration
- Vestibular and vision impairments
- Existential concerns
- Challenges of the transition from military to civilian life

Operator Syndrome can be understood as the inevitable consequence of prolonged and extraordinarily high allostatic load, including high “doses” of blast wave exposure and the physical wear and tear of a career within the SOFs.

Join us on July 22 by registering today.

Date & time: Wednesday, July 22, 2 p.m. EST

Duration: 40 minutes + 10-15 minutes Q&A

Register at: <https://tinyurl.com/opsyndrome>

Advance registration is required, since this webinar is limited to 100 participants. Register now to avoid disappointment.

Aric Gray founded Gray Ghost Solutions in 2019 and serves as the CEO. Inspired by his 30-year career in government, including executive roles at the State Department and as a Special Forces Green Beret, Aric wanted to offer his expertise and lessons learned to commercial markets. Aric is an expert in crisis management, government relations and medical contingency operations, and has conducted sensitive operations around the world for decades.



B. Christopher Frueh, Ph.D. is a clinical psychologist, Professor of Psychology at the University of Hawaii, and Clinical Professor of Psychiatry, Trauma and Resilience Center, University of Texas Health Science Center, Houston, TX. Chris has thirty years of professional experience working with military veterans and active-duty personnel. More recently he has devoted much of his time to the military special operations community. He has consulted extensively to US Congress, Department of Defense, Veterans Affairs, and the National Board of Medical Examiners.

