



# FAMILY REUNION

Presented by Military & Family Life Counselors

# OBJECTIVES

- Homecoming vs. Reunion
- Reunion Objectives
- Reunion Expectations
- Communicating During Deployment
- Intimate Relationships
- Expectations of Change
- Communication Tips
- Feedback
- Readjustment Tips



# HOMECOMING VS. REUNION

## Homecoming

- One Time Event
- Anticipation
- Fantasy-Filled
- Can Be Joyous
- May Feel Perfect



# HOMECOMING VS. REUNION

## Reunion

- Process
- Can be challenging
- Letdowns can be disappointing
- Realization that things are not perfect



# REUNION OBJECTIVES

- Establish realistic expectations about reunion
- Identify helpful and reliable sources of assistance
- Develop an understanding of the challenges of adjustment
- Identify information and referral services in your installation or community
- Understanding of finances and reunion



# REUNION EXPECTATIONS

- Expectations are normal but could be unrealistic
- These are a part of every reunion
- They keep us hopeful



# COMMUNICATING DURING DEPLOYMENT

## What have you been communicating?

- Kids are OK?
- I went to work today?

Or

- Your expectations of reunion?
- What does your loved one expect of you?



# INTIMATE RELATIONSHIPS

- Intimacy and sexual relationships may be a major adjustment
- Re-establish this relationship slowly and naturally
- Talk about how you feel and ask your partner how he or she feels about intimacy and the sexual relationship





# CHANGE

- Fear of Change vs. Opportunity For Positive Growth
- Avoidance vs. Acknowledgement
- Denial vs. Acceptance
- Blaming Others vs. Personal Responsibility

**Change is Constant**



# COMMUNICATION TIPS

- Tune In
- Listen
- Give Feedback
- Respond



# READJUSTMENT TIPS

- Think and Be Positive
- Negotiate Activities and Roles
- Make Time For Others
- Be Patient
- Reinforce Positive Changes
- Expect Tension and Unusual Feelings
- Ask for Help If You Need It



# SUMMARY

- Homecoming is a one time event
- Reunion is an on-going process
- Expectations can be unrealistic
- Allow time for readjustment
- Don't be afraid to seek support





**QUESTIONS?**



# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services





**THANK YOU**

