

# Archaeology and Anthropology

October 01-02, 2018  
London, UK

Glob J Res Rev 2018, Volume 5  
DOI: 10.21767/2393-8854-C1-003

## THE ROLE OF ARCHAEOLOGY AND HERITAGE IN THE PROMOTION OF RECOVERY TO COMBAT VETERANS SUFFERING COMPLEX TRAUMA OF A PHYSICAL OR PSYCHOLOGICAL NATURE

**Richard Bennett**

Breaking Ground Heritage, UK

**B**reaking Ground Heritage are in their fourth year of utilizing Archaeology and heritage to support service personnel in the UK. The majority of which are suffering psychological and physical trauma caused predominantly through military operations. With over 30 projects completed to date ranging from archaeological excavations, historical research, academic instruction and heritage craft skills, we have been able to gather a corpus of evidence that is starting to show us why these projects are so effective in the promotion of recovery to this demographic. There have been a number of studies conducted on this demographic, looking at the human borne legacies from the veterans of conflicts such as WW2 (World War 2), Korea, The Falklands Campaign and even Iraq and Afghanistan. All of these studies elude to the benefits derived from a peer network, but this has never been followed up in any capacity until now. Evidence

is now indicating that peer-peer interaction is instrumental in helping beneficiaries reconstruct a narrative that is conducive to their own personal recovery and that the heritage element is a driving force, helping to build upon a social identity that is more than just a label or career description (veteran/ex-army). Heritage also provides the platform to refocus the soft skill ingrained into this community, during the process of becoming 'military'. Skills such as self-discipline, attention to detail, a desire to succeed and teamwork. All highly desirable in any workforce. What we are now considering is how this peer-peer support this can be built upon for the progression of an individual's clinical intervention and how it might be replicated in other social demographics that might not have a commonality, such as the military identity.

R.Bennett@breakinggroundheritage.org.uk