



## THOU SHALT NOT...!

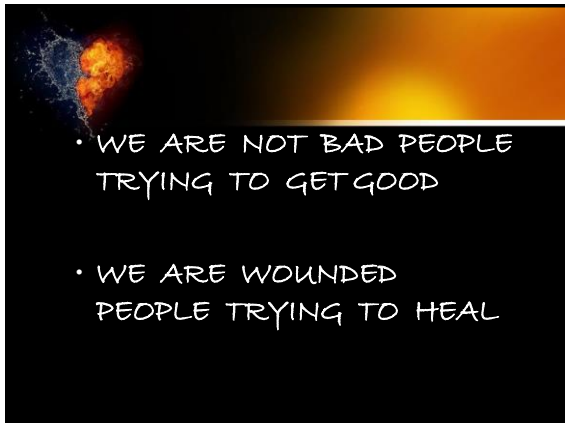
UNRAVELING THE MORAL INJURY; THE SOUL WOUND



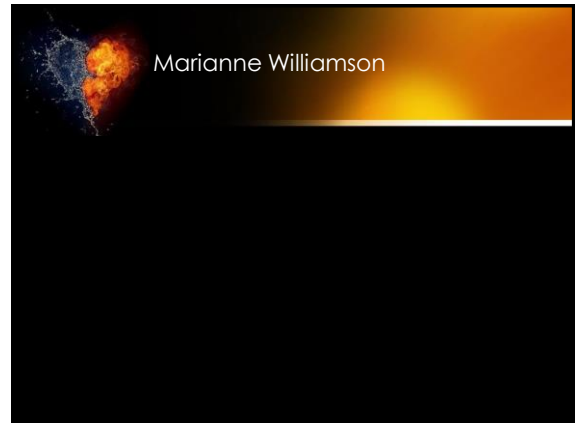
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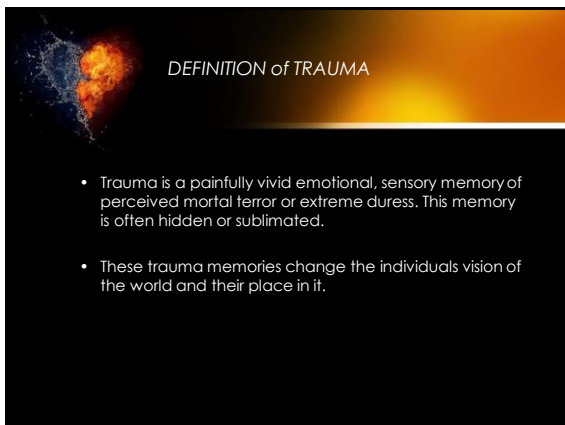
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- WE ARE NOT BAD PEOPLE TRYING TO GET GOOD
- WE ARE WOUNDED PEOPLE TRYING TO HEAL

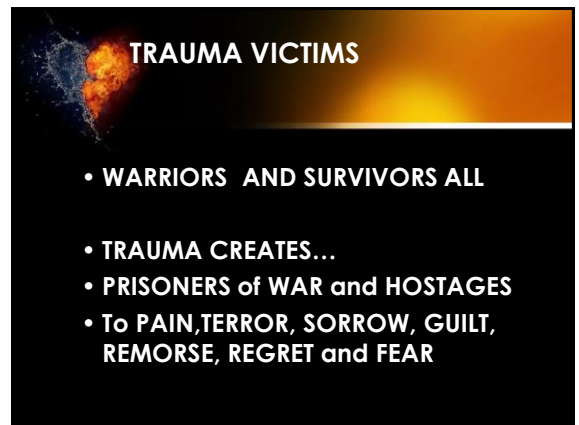


Marianne Williamson



## DEFINITION of TRAUMA

- Trauma is a painfully vivid emotional, sensory memory of perceived mortal terror or extreme duress. This memory is often hidden or sublimated.
- These trauma memories change the individuals vision of the world and their place in it.



## TRAUMA VICTIMS

- **WARRIORS AND SURVIVORS ALL**
- **TRAUMA CREATES...**
- **PRISONERS of WAR and HOSTAGES**
- **To PAIN, TERROR, SORROW, GUILT, REMORSE, REGRET and FEAR**

## BAD BLOOD

- At 5 yo the weight of protecting her family on her little shoulders...if not her then one of her sisters...but she had the bad blood, it was her fault!
- Lying on the railroad tracks to die because you were forced to have an abortion
- Knowing at 6, 7, 8, 9, that you are gay and filled with sin
- 3 yo seeing her father bludgeon her mother to death
- Being the secret keeper for a parent's infidelity
- Witnessing the PTSD of your combat veteran father
- Being sexually molested by your father, being passed around and fondled by his drunken friends.
- Witnessing the brutal domestic violence in your home.
- Being an adopted orphan with significant trauma.
- Being a witness to another's trauma.

What happens when these folks join the military and deploy?



## LETTER TO MY SISTER

Dear Katrina,

I miss you so much, I can't even find the right words to adequately describe the feeling. Every time I walk alone at night I feel your presence or rather my psyche convincing myself that you are there because I want it so bad. The illusion of desire. Why did you do it Kat? Was it because of Dad. Was it because regardless of how disgusting it was, you liked it; as your writing so eloquently divulged. Did it make you feel like a freak?

Fuck Kat! I can't even stand looking at these words it hurts so much. You're gone and I keep trying to bring you back, convincing myself that you still linger, only not as a physical form. You would have laughed at me for that, ha. You always said that after death there was nothing. That after life was a cognitive construct of the living. A place where people who are too weak to accept mortality go. Well I get it. Though I bet you thought that because you just didn't want anything after death. Life after death was still life. Still cognitive function. Still memories. I bet you would try to take yourself out of that too. You poor, poor girl.

## LETTER TO MY SISTER...(cont)

I tried to kill him for you. It was going to be my way of saying good bye. My blood covered present neatly wrapped in a black bow.

I love you Kat. I love you for the memories. I love you for the laughs. I love you because when life was shit you and I would hug each other and cry. When the world seemed to purge rage, violence, blood and perversion we found solace in each other. Having you was like having a Guardian Angel in hell.

Ha, you would love my romantic linguistics right now you Capote and Poe loving selfish bitch! I hate you. I hate how you look away my peace. I hate how confused I am. I hate how I will never be able to tell a story while looking at your face to gauge your approval. I hate how you and I will never be able to cheer each other up again. I hate how you were raped. I hate how you were so talented and threw it all away. I hate how you're gone. I hate how it's not your fault.

I hate you, I love you, I miss you so....your broken brother, Evan

## A SOLDIER'S HEART

- **"To violate your conscience is to commit moral suicide"**

Rev. Herman Kelzer Jr.,  
Colonel and Chaplain, US Army, Ret.

## MORAL CODES

- Charles Panati in Jewish Gateway Sept. 22, 2011 explores the primary moral codes of the world.
- He describes that Morality pertains to an individual's conduct and his or her relationship with other people. Morality involves *relationships between human beings*. Morality is concerned with conduct in the here and now.
- *Religion* involves the *relationship between human beings and God*, or transcendent reality. Religion is concerned with how conduct in the here and now will influence one's standing in the hereafter. Whereas a "religious" person believes in an afterlife, a "moral" person need not believe there is anything after death except bodily decay.

## The 10 Commandments

### THE TEN COMMANDMENTS

1. I am the Lord thy God, thou shalt NOT have strange Gods before Me.
2. Thou shalt NOT take the name of the Lord in vain.
3. Remember to keep holy the Lord's Day
4. Honor thy father and thy mother.
5. Thou shalt NOT kill.
6. Thou shalt NOT commit adultery.
7. Thou shalt not steal.
8. Thou shalt NOT bear false witness against thy neighbor.
9. Thou shalt NOT covet thy neighbor's wife.
10. Thou shalt NOT covet thy neighbor's goods.

- The commandments warned Israelites against conduct that would be ruinous to their survival as a community.

## The Precepts of Buddha

- THE PRECEPTS OF BUDDHA, OR DASA-SILA recast in Judeo-Christian format

1. Thou shalt NOT take another's life.
2. Thou shalt NOT take that which is not given.
3. Thou shalt NOT engage in sexual misconduct.
4. Thou shalt NOT engage in false speech.
5. Thou shalt NOT use intoxicants.
6. Thou shalt NOT eat midday.
7. Thou shalt shun worldly amusements.
8. Thou shalt NOT adorn with ornaments and perfumes.
9. Thou shalt NOT sleep on high or luxurious beds.
10. Thou shalt NOT accept gold or silver.

- The first 5 Precepts, the panca-sila, are to be observed by monks and laymen alike. Normally all 10 Precepts are followed only by Monks and Nuns.

## The Decalogue of the Koran

- DECALOGUE OF THE KORAN...also called the TRADITIONS OF MUHAMMAD  
Found in Sacred Scripture: Koran 17:22-39  
Extrapolated from the Koran's long text and arranged with the negative emphasized for the sake of comparison:

1. Do NOT set up an other god with GOD.
2. Be good to your parents, look after them with kindness and love.
3. Give you relatives what is their due.
4. Do NOT be niggardly, nor so extravagant that you may later feel reprehensive and constrained.
5. Do NOT abandon your children out of fear of poverty.
6. Do NOT go near fornication, for it is an immoral and evil way.
7. Do NOT take a life, which GOD has forbidden, except in just cause.
8. Do NOT touch the property of others, except for bettering it
9. Do Not follow that of which you have no knowledge.
10. Do NOT strut about the land with insolence.

## The Golden Rule

- DO UNTO OTHERS AS YOU WOULD HAVE DONE TO YOU....

## U.S. Marine Corps Core Values

- **HONOR**
- Honor guides Marines to exemplify the ultimate in ethical and moral behavior; to never cheat or steal; to abide by an uncompromising code of integrity; respect human dignity; and respect others. The quality of maturity, dedication, trust and dependability commit Marines to act responsibly; to be accountable for their actions; to fulfill their obligations; and to hold others accountable for their actions.
- **COURAGE**
- Courage is the mental and physical strength ingrained in Marines. It carries them through the challenges of combat and helps them overcome fear. It is the inner strength that enables a Marine to do what is right; to adhere to a higher standard of personal conduct; and to make tough decisions under stress and pressure.
- **COMMITMENT**
- Commitment is the spirit of determination and dedication found in Marines. It leads to the highest order of discipline for individuals and units. It is the ingredient that enables 24 hour a day dedication to Corps and country. It inspires the unrelenting determination to achieve a standard of excellence in every endeavor.

## Soldier's of Conscience, Camille

• **WHEN DOES LOYALTY TO THE FAMILY SYSTEM OVERRIDE THE PAIN AND THE MORAL DILEMMA INFLECTED ON OTHER MEMBERS OF THE FAMILY SYSTEM.**

• **TRAUMA VICTIMS EMBRACE THE SHAME AND GUILT OF THE PERPETRATOR AND MAKE IT THEIR OWN.**

## PTSD + MORAL INJURY=

• **A SPIRITUAL DILEMMA**

- That demands a Spiritual Solution
- Not unlike the recovery from Addiction...
- Addicts are capable of enormous moral injury
- Because under the influence we are capable of ANYTHING!

## SOUL REPAIR by Brock and Lettini

- Marine veteran and philosopher Camille "Mac" Bica used the term **"moral injury"** in his war journals from Vietnam, and from the perspective of both warrior and moral philosopher, he has explored the agony of this inner judgement against himself. Moral injury is the result of reflection on memories of war or other extreme traumatic conditions. It comes from having transgressed one's basic moral identity and violated core moral beliefs.
- Moral injury results when soldiers violate their core moral beliefs, and in evaluating their behavior negatively, they feel they no longer live in a reliable, meaningful world and can no longer be regarded as decent human beings.
- Seeing someone else violate core moral values or feeling betrayed by persons in authority can also lead to a loss of meaning and faith. It can even emerge from witnessing a friend get killed and feeling survivor guilt.
- ...this may cause abandonment of values and beliefs that gave their lives meaning and guided their moral choices. Pp xv Introduction Soul Repair
- Inner judgement against self

## VERTERANS AFFAIRS, offers a definition

- Moral injury is perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations. This may entail participating in or witnessing inhumane or cruel actions, failing to prevent the immoral acts of others as well as engaging in subtle acts or experiencing reactions that upon reflection, transgress a moral code...
- Many warfighters who participate in combat suffer the loss of someone who is loved... the attachments young warriors have for each other are infused with an intensity that has few parallels in civilian life...grief in one can be one of the most traumatic forms of grief. (CR Figley and WP Nash, *Combat Stress Injury Theory, Research and Management*, Routledge 2007)

THE BROKEN HEARTED/ PRECISELY BECAUSE OF HIGH MORAL STANDARDS AND SPIRITUALITY



## PATRICK KENNEDY

- **"Our Veterans are Prisoners of War in their own country."**
- **"We have taken our own heroes hostage"**

## STEPS of ALCOHOLICS ANONYMOUS

4 "MADE A SEARCHING AND FEARLESS  
• MORAL INVENTORY"

5 "ADMITTED TO GOD, TO OURSELVES AND  
TO ANOTHER HUMAN BEING THE NATURE  
OF OUR WRONGS"

6 "WERE ENTIRELY READY TO HAVE GOD  
REMOVE OUR SHORTCOMINGS"

## THE STORY OF NICK....

- Our moral wounded "warriors" struggle with the moral dilemma....what is mine to bear; what does not belong to me...
- We must provide a venue to share the story, to "witness".....
- We as clinicians must have courage to walk this path with the morally wounded....
- What does that look like...?

## KILLING CHANGES YOU

- Nothing prepares you for... the unmeasured killing of civilians, nothing prepares you for what that does to you as a human being...to kill an innocent person. Camilo Ernesto Neja
- US Army Brigadier General L.S.A. Marshall revealed in his 1974 study that despite training, propaganda, and social sanctions, soldiers retained a deep inhibition when it came to taking human lives... In WW2 almost 75% of combat soldiers did not fire directly at the enemy, even when their own lives were at risk.
- The average and normally healthy individual- the man that can endure the mental and physical stress of combat- still has such an inner and usually unrealized resistance toward killing a fellow man that he will not of his own volition take it if it is possible to turn away from the responsibility...At a vital point, he becomes a conscientious objector, unknowing.

These statistics alarmed Army leadership.

"Reflective fire training" was created.... Soldiers conditioned to shoot before thinking....muscle memory.  
"It becomes muscle memory. You don't think about it, you just do it."

"Reflective fire training" Raised fire rates:

Korea... 50-60%

Vietnam... 85-90

Kilner states: "People are more lethal than they (the Army)ever imagined." "The problem with "Reflective fire training is that it does bypass in some sense, (the soldiers) moral decision making process." pp17-18

IMAGINE OUR GAMING SOCIETY

## IMAGINE OUR "GAMING" SOCIETY

- OUR GAMERS ARE UNIQUELY QUALIFIED WITH  
"REFLEXIVE MUSCLE MEMORY" AS YOUNG AS 4  
AND 5 YEARS OLD

## TRAUMA CHANGES YOU

• FOREVER

## SUICIDE RATES AMONG WW2 VETS SOARING

- **THE GREATEST GENERATION;** Silent, taciturn, with an enormous amount of pain.
- The Bay Citizen and New America Media investigated and discovered World War 2 veterans in California are killing themselves at a rate nearly 4 times as people their same age with no military service.
- The rate is double the rate of Iraq and Afghanistan vets under 35. Most are over 80.
- Silently dealing with the symptoms of PTSD...retirement and impending mortality allow the memories access.

A Soldier's Heart...Poem, WW2 Images...for Soul & Flag, you fight for both



## A LETTER TO THE IRAQI CHILDREN

...I feel your blood on my hands, your tears on my arm, your crushing grip on my waist

And I am ANGRY  
 I HATE THIS WAR  
 I HATE YOUR FATHER  
 I HATE YOUR RELIGION AND I HATE MINE  
 I HATE GEORGE BUSH  
 I HATE OIL MONEY AND POWER AND POLITICS  
 I HATE THAT YOUR SISTER WILL BE FOREVER MAIMED AND SHUNNED AND PROBABLY LEFT FOR DEAD  
 I HATE THAT YOU WILL DIE TODAY  
 AND I HATE THAT THESE MEN WILL LIVE AND DRINK AND CHEER AND GO ON PROUDLY WITH ABSOLUTELY NO REGRET FOR WHAT THEY HAVE DONE

## A LETTER TO THE IRAQI CHILDREN...(Cont)

I watch you die over and over again

- Unable to reverse the course of time
- Unable to repair what they have broken
- Unable to return your beautiful, innocent life to this world
- Powerless to rescue you
- Unable to comfort your mother
- Powerless to prevent this from happening tomorrow – to your sister, your mother, your daughter

## A LETTER TO THE IRAQI CHILDREN...(Cont)

I carry you with me every day.  
 I am so sorry I couldn't save you.  
 I am so sorry I couldn't take away all the pain.  
 I am so sorry I couldn't prevent this.  
 I am so sorry my people are partly to blame – that if I wasn't here, you wouldn't be either...  
 SO...I hold your hand;  
 I cool your face;  
 and I do not look away;  
 I do not run;  
 I am with you – until there is no more breath, no more life, and no more pain.

## WHY JOIN THE MILITARY?

- TRAUMA SURVIVORS SEEK.....
- Belonging
- Identity
- Family or Tribe
- Code to live by
- Security...safety
- Life's purpose
- Economic security
- Education
- The military provides an extraordinary opportunity to provide those needs.
- WHAT HAPPENS WHEN YOU ALREADY HAVE LAYERS OF TRAUMA AND DEPLOY?





**WARRIORS ALL....**

• **SOUL REPAIR**

- A SAFE AND SACRED PLACE
- A VENUE FOR "CONFESSION"
- A "WITNESS" WITHOUT JUDGEMENT
- A "WELCOME HOME"
- A CLEANSING CEREMONY
- FORGIVENESS
- RENEWAL

