

Moral Injury  
Soul Repair

# Who I am

- MDIV
- MA MFT
- MA Strategic Studies
- 30 Years as a Chaplain
- 2 Tours in Iraq
- Husband
- Father
- Grandfather

# Who you Are?

- Military
- WDVA
- Mental Health
- Clergy
- Other

# Psalm 18: 1-6

- I love you, O Lord, my strength. The Lord is my rock, my fortress and deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. I call to the Lord, who is worthy of praise, and I am saved from my enemies. The cords of death entangle me; the torrents of destruction overwhelmed me. The cords of the grave coiled around me; the snare of death confronted me. In my distress I called to the Lord; I cried to my God for help. From His temple he heard my voice; my cry came before Him, into his ears.

# Background

- Edward Tick: Soldiers Heart
- Brite Divinity School Soul Repair

- Shell Shock      WWI
- Battle Fatigue      WWII
- War Neurosis      Mid 20<sup>th</sup> Century
- PTSD      1980's      DSM-5      309.81
- TBI
- Moral Injury      ??

- How do we view war and death today?
- How does an 18 yr old view war and death today?

- PTSD is a fear – victim reaction to extreme conditions that injures the amygdala and hippocampus
- Moral Injury is a reaction of conscience; requires a healthy prefrontal cortex where empathy and moral thinking occur.



- **PTSD**

Startle reflex

Memory Loss

Fear

Flashbacks

**Both**

Anger

Depression

Anxiety

Insomnia

Nightmares

Self Medication

**Moral Injury**

Sorrow

Grief

Regret

Shame

Alienation

- Heart wound
- Moral wound
- Social disorder
- Identity crisis
- Love and intimacy crisis

# Hebrews 4:16

- Let us therefore approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

# Warrior

- Once a Warrior always a Warrior.
- Native American Culture
- What kind of Warrior am I.

# Warrior Spirit

- Universal
- Engages our soul, self, essence
- Awakens and energizes the Warrior
- Integrates psychological, spiritual, and community
  
- Military service and combat transfers everything about us.

# Soul Repair

# Psalms 103: 8-12

- The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

# Warrior

- Fasting
- Prayer
- Meditation
- Service
- Simplicity
- Confession
- Worship
- Story telling

Music

Art

Reconnecting to the Holy



# Counselor

- 1) Very few Warriors will start their narrative by describing their moral injury – be patient
- 2) Let the Warrior control the narrative - ask healing questions
- 3) At first be a fly on the wall
- 4) Show respect for the enormity of the event
- 5) Earn the right to speak - we want to hear from you
- 6) Refuse any expectation of removing the Warriors pain through your insight

# Community

- 12 Step Program
- Warrior to Warrior
- Soul Repair: Recovery from Moral injury After War

## 2 Thessalonians 3:16

- Know may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.