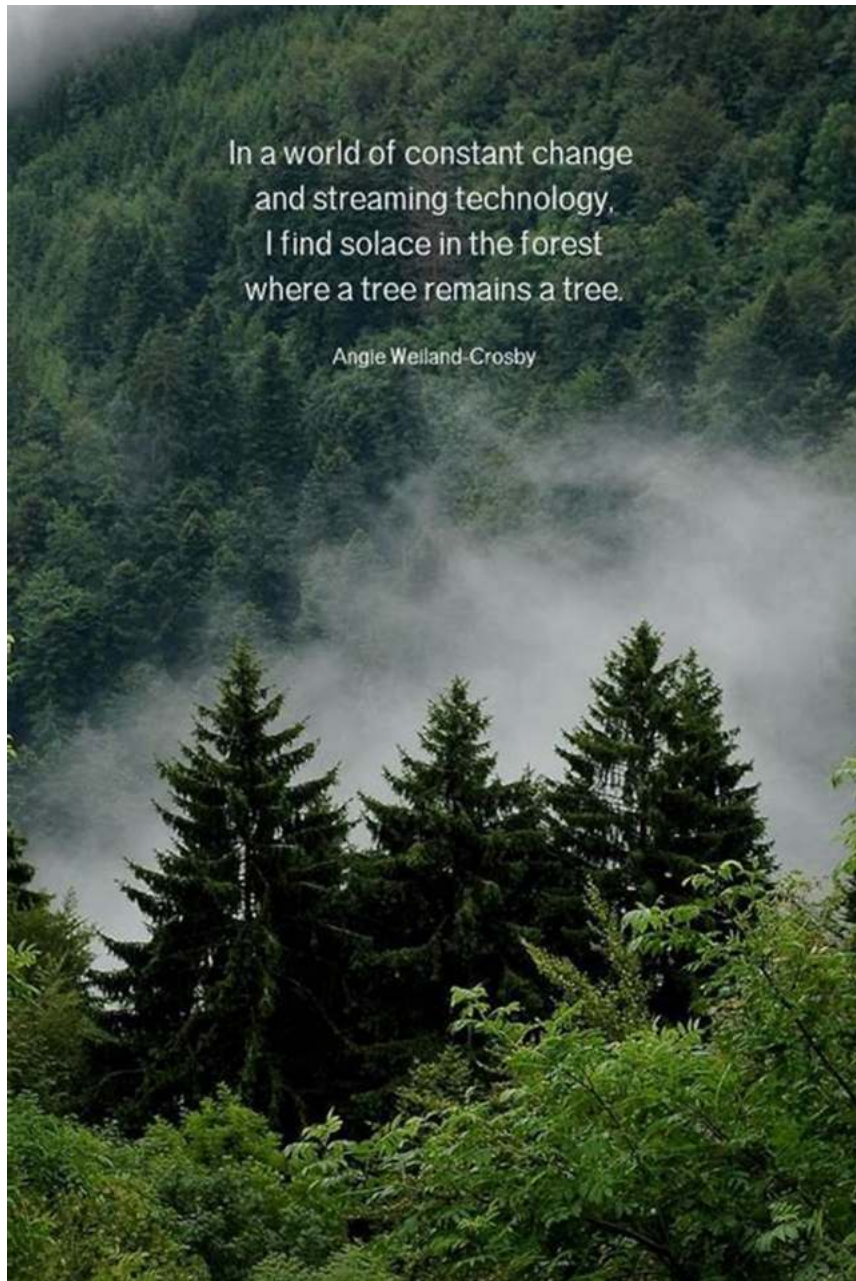


Soul Repair: Discover the Path to Healing and Recovery After Moral Injury in War



War can leave lasting scars on the souls of those who serve on the front lines. While physical wounds might heal over time, there is an invisible battle that continues to rage within the hearts and minds of veterans. This battle is known as moral injury, and it can only be fought through a process of soul repair.

Understanding Moral Injury

Moral injury refers to the deep emotional and spiritual wounds that arise from actions or witnessing events that violate an individual's moral code during war. It is not limited to atrocities committed by others, but can also arise from personal acts that conflict with one's own beliefs and values.



Soul Repair: Recovering from Moral Injury after

War by Rita Nakashima Brock (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 256 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 177 pages



Unlike post-traumatic stress disorder (PTSD), which is characterized by the re-experiencing of traumatic events, moral injury centers around a person's internal struggle with guilt, shame, and a loss of trust in oneself and others. It can lead to feelings of profound alienation, purposelessness, and despair.

The Journey to Recovery

Recovering from moral injury is a difficult and complex process that requires patience, compassion, and understanding. It begins with acknowledging and accepting the pain and turmoil within, and recognizing the need for self-healing.

One key aspect of soul repair is finding meaning and purpose beyond the traumatic experiences of war. It involves rebuilding the shattered moral

foundations and rediscovering one's core values.

While the journey is deeply personal, there are various therapeutic approaches that can support veterans in their pursuit of healing. These may include psychotherapy, group counseling, mindfulness practices, and holistic therapies such as art therapy and equine-assisted therapy.



Breaking the Silence, Sharing the Burden

One of the most crucial steps in the recovery process is breaking the silence surrounding moral injury. Many veterans hide their pain and guilt, feeling unable to discuss their inner turmoil with others. Opening up to trusted friends, family members, or mental health professionals can provide a safe space for expressing emotions and sharing the burden.

Furthermore, engaging in peer support groups with fellow veterans who have experienced moral injury can be profoundly helpful. Honest conversations and

shared experiences can foster a sense of belonging and validation, reminding individuals that they are not alone in their struggles.

Trauma-Informed Care: Crafting a Comprehensive Approach

Creating a supportive environment for veterans recovering from moral injury requires a trauma-informed approach across multiple domains. Healthcare providers, educators, community leaders, and policymakers all have a role to play in ensuring that the necessary support systems are in place.

A trauma-informed approach involves acknowledging the impact of traumatic experiences, providing a safe and inclusive space, and empowering individuals through the recovery journey. It requires a shift in perspective from "What is wrong with you?" to "What happened to you?"

Embracing Resilience and Post-Traumatic Growth

While the wounds of moral injury may never fully disappear, veterans can learn to embrace resilience and experience post-traumatic growth. This growth involves using the lessons learned from their struggles to create positive change in their own lives and the lives of others.

By choosing to confront moral injury head-on and seek support, veterans can find healing, rebuild their lives, and rediscover a sense of purpose.

Recovering from moral injury after war is a profound and transformative journey. It requires a deep commitment to soul repair, acknowledgment of pain, and an unwavering belief in the possibility of healing. By embracing resilience and seeking the support of others, veterans can embark on a path of transformation and rediscover the joy, connection, and purpose that war tried to take away.



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The first book to explore the idea and effect of moral injury on veterans, their families, and their communities

Although veterans make up only 7 percent of the U.S. population, they account for an alarming 20 percent of all suicides. And though treatment of post-traumatic stress disorder has undoubtedly alleviated suffering and allowed many service members returning from combat to transition to civilian life, the suicide rate for veterans under thirty has been increasing. Research by Veterans Administration health professionals and veterans' own experiences now suggest an ancient but unaddressed wound of war may be a factor: moral injury. This deep-seated sense of transgression includes feelings of shame, grief, meaninglessness, and remorse from having violated core moral beliefs.

Rita Nakashima Brock and Gabriella Lettini, who both grew up in families deeply affected by war, have been working closely with vets on what moral injury looks like, how vets cope with it, and what can be done to heal the damage inflicted on soldiers' consciences. In *Soul Repair*, the authors tell the stories of four veterans of wars from Vietnam to our current conflicts in Iraq and Afghanistan—Camillo

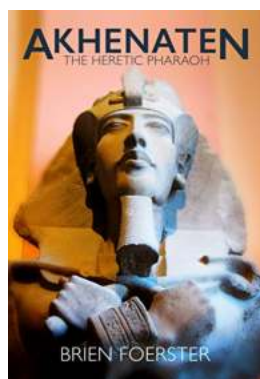
“Mac” Bica, Herman Keizer Jr., Pamela Lightsey, and Camilo Mejía—who reveal their experiences of moral injury from war and how they have learned to live with it. Brock and Lettini also explore its effect on families and communities, and the community processes that have gradually helped soldiers with their moral injuries.

Soul Repair will help veterans, their families, members of their communities, and clergy understand the impact of war on the consciences of healthy people, support the recovery of moral conscience in society, and restore veterans to civilian life. When a society sends people off to war, it must accept responsibility for returning them home to peace.



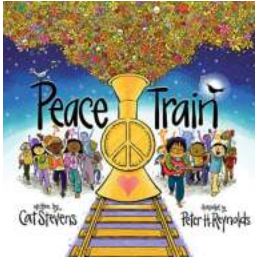
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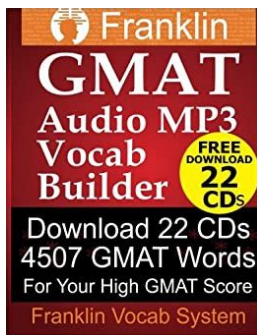
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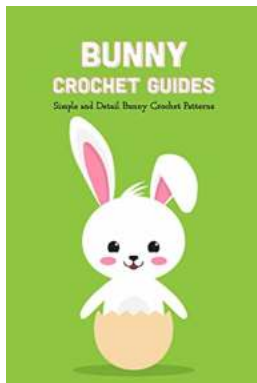
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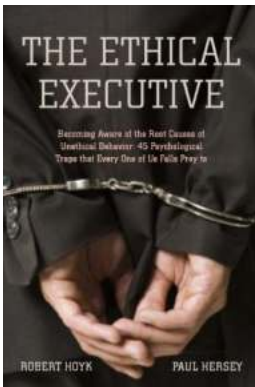
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