

THE SACRED WOUND: A HOLISTIC UNDERSTANDING OF PTSD
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Keynote Outline

- I. Invocation – Sitting Bull chief song
- II. Honor vets
- III. Holistic Perspective on War and Trauma
 - A. “The first casualty of war is truth...”
Pledge to speak the truth together about war
Healing must align w truth
 - B. Holistic perspective = not body-mind medicine,
Not body, mind, spirit
But body, mind, HEART and spirit in community w
higher purpose & moral alignment
 - C. War is hell
 - D. It hurts to kill – essence Kill or Be Killed situation...
 1. Turner “It should hurt to kill.”
 2. Winters – “dig two graves...”
 - E. Different forever – once a marine... once a warrior...
 - F. Social contract between warriors & civilians – remind & relate
previous lecture
 - G. War effects & wounds us all – social & transgen. wounding
 - H. PTSD can heal & it is not inevitable – VN!

IV. Transformational Goals:

CLINICAL AND EDUCATIONAL:

To think differently about veterans, warrior hood, PTSD and other invisible wounds of war, and act and respond in harmony with your new understanding

To understand that the spiritual or elder warrior's journey is a psycho-spiritual reality and there is a healing path to develop this identity in survivors.

To understand that there are necessities of return after war for all survivors and that we must shape our interventions and programs to deliver them. – Modeled by world warrior traditions. US is expert at 1st half of journey – training and deployment w force – but dismal at the 2nd half – completing the transformation back to society as elders ready to continue service

To understand that there is a social contract between warriors and civilians – concentric circles of protection—and that we must fulfill that contract upon our warriors' return or else there results a trauma of betrayal that can be worse than war itself.

WOUNDED WARRIORS:

To know that it is possible to heal from PTSD

To understand that PTSD is not a failure or a mental illness, but is an honorable and inevitable wound and proof of your humanity

To know that healing means saying “yes” to a moral, spiritual and communal journey of healing and transformation

To know that you can follow the path of a spiritual warrior. You can grow an identity big enough (PTG) to carry this wound and give it meaning

To know that the wound will never go away and you will be different forever, but you can heal and transform so that it is integrated into your whole self, its disturbing symptoms disappear and are replaced by wisdom, compassion, and lifelong service

V. What is PTSD?

A. From holistic perspective:

1. soul wound – every aspect of our being affected
2. heart wound – Mr. Tiger story, Soldier's Heart
3. moral trauma – betrayal of warrior ethos to defend, preserve, protect

B. from perspective of DSM & western categories:

1. social disorder PTSD... - broken social contract – explain, cite “Transforming our communities...” Olivia's story
2. interrupted initiation – sent to hell & abandoned there
3. identity crisis – changed forever w no help transforming
if PTSD, must be PTG
4. love & intimacy crisis
5. stuck in Underworld – frozen war consciousness
6. soul wound – PTSD...

VII. Principles of Transformation & Necessities of Return

1. Spiritual warrior's journey – cite “What is a Warrior”
2. Moral and spiritual transformation
3. Shared by healer and community (“Transforming Our Com...”)
4. Recipe = Spirituality in community

VIII. Conclusion – Wound to Blessing

Dishonor to honor
Absurdity to meaning
Isolation to inclusion
Haunted to witnessing
Angry to forgiving
Destroyer/killer to creator and preserver
Rejecting to affirming
Ignorance to wisdom
Innocence to experience
Curse to blessing
PTSD to Soldier's Heart

IX. Closing – Veteran's Prayer