

## BIBLIOGRAPHY

- Amanat, Ebrahim. *The Miracle of Love, a Spiritual Approach to PTSD*. Huntington Beach, CA: Narangestan Publishers, 2003
- Andrews, Beth. *I Miss You!: A Military Kid's Book About Deployment*. Amherst, NY: Prometheus Books, 2007.
- Armstrong, Keith, Suzanne Best, and Paula Domenici. *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and their Families*. Berkely, CA: Ulysses Press, 2005.
- Barrett, Deirdre. *Trauma and Dreams*. Cambridge, MA.: Harvard University Press, 2001.
- Bulkeley, Kelly. *Dreams of Healing: Transforming Nightmares into Visions of Hope*. New York: Paulist Press, 2003.
- Cantrell, Bridget C. and Chuck Dean. "Preparing Families for the Homecoming." Curriculum in Down Range: To Iraq and Back. Seattle: WordSmith Books, 2005. 129 – 144. In this popular volume, Cantrell and Dean acknowledge that killing in combat has far-reaching spiritual and psychological implications for the warrior. The curriculum outlined at the end of the book provides a useable format for disseminating much needed insight regarding these implications for those on the home front who will be the primary intimate contacts for returning warriors. The book is co-written by a clinical psychologist who works primarily with veterans and a Vietnam Veteran who struggled with PTSD himself. While not scholarly in focus and based more on anecdotal evidence rather than research, it is the "textbook" distributed to and read by most military families and therefore, for that reason alone, deserves examination.
- Carroll, Andrew, ed. *Operation Homecoming: Iraq, Afghanistan, and the Home Front, in the Words of US Troops and Their Families*. Chicago: University of Chicago, 2008.
- Castro, Carl Andrew, Charles C. Engel, Jr., Amy B. Adler. "The Challenge of Providing Mental Health Prevention and Early Intervetion in the U.S. Military." Early Intervention for Trauma and Traumatic Loss. Ed. Brett Litz. New York: Guilford Press, 2004. 301 -318. In this volume edited by Brett Litz, who was selected as lead developer of the 2008 United States Naval Chaplain Corps Professional Development Training, Castro, Engel and Adler speak to the particular challenges of trying to create a useful, acceptable tool to address the mental health concerns of military members exposed to trauma through their work. This article provides an overview of current modalities and their effectiveness and points to the need for continued study in order to meet the emerging needs of veterans. The brief overviews are a valuable reference for those desiring to learn about the current protocols used to treat those returning from war.
- Drescher, Kent, Mark W. Smith and David W. Foy. *Combat Stress Injury: Theory, Research and Management*. Eds. Charles R. Figley and William P. Nash. New York: Routledge, 2007.

Flannery, Raymond B. *Posttraumatic Stress Disorder: A Victim's Guide to Healing and Recovery*. Ellicott City, MD: Chevron Pub Corp; 2004.

French, Shannon. "The Warriors Code Today: Are Terrorists Warriors?" Chapter 9 in Code of the Warrior: Exploring Warrior Values Past and Present. Lanham, Maryland: Rowman and Littlefield; 2003. 231 – 243. This work is derived from the curriculum taught at the Naval Academy in Annapolis by its author. In it, French introduces the reader to historical and cultural examples of the code that defines the way a warrior behaves toward his enemies, those he conquers, and his own people and also acts as a shield that guards his own humanity. Chapter 9 asks the question: Are terrorists warriors and therefore restrained by a code, or have they crossed that very thin line to become murderers for whom there is no code or rule of war that applies? This work is useful for helping returning war veterans sort through the issues of character and morality with which they may be struggling.

Grossman, Dave. "The Killing Response Stages: What Does It Feel Like to Kill?" Section VI in On Killing: The Psychological Cost of Learning to Kill in War and Society. New York: Back Bay Books, 1996. This Pulitzer Prize nominated book proposes that killing is not a natural desire in humankind; instead it must be induced by training at great personal cost to the perpetrator and to society. Lieutenant Colonel Dave Grossman, a retired Army Ranger and former professor of Psychology at West Point has received international recognition for his landmark study of what he terms "killology." In Section VI, Grossman asserts that just as there are stages of emotional response experienced by people who are dying, so too, there are identifiable response stages to killing. This work provides insight into a very serious yet rarely discussed issue that is pivotal to the understanding of the experience of returning war veterans.

Henderson, Kristen. "Honorary Sisters." Chapter 10 in While They're at War. New York: Houghton Mifflin, 2006. 139 – 148. In a poignant and often intense volume, Kristen Henderson, journalist and wife of a Navy Chaplain, introduces the reader to the families behind the warriors - those who are shouldering the majority of the impact of the war on terror while their loved one is deployed in a combat zone. Chapter 10 provides a unique look at an often invisible segment of the military spouse population - the 7% who are male. In a nation with an all volunteer military, this carefully researched work opens the eyes of the reader to a story that not only needs to be told, but one that needs to be heard before we can accurately assess the true cost of war.

Holmstedt, Kirsten. "Schoolhouse Rocks." Chapter 1 in Band of Sisters: American Women at War in Iraq. Pennsylvania: Stackpole Books, 2007. 1 – 25. In this first book, Holmstedt chronicles the experiences of a dozen female military members who served in various capacities in the war in Iraq. Although there is still much national debate about the issue of women in combat, Holmstedt's work stands as evidence that women are indeed fully engaged in the war and are holding their own on the battle lines. A new writer/journalist, Holmstedt spent several years interviewing female veterans and their friends, families and colleagues in order to present a well balanced and rare glimpse of women's war time

experience. Chapter 1 tells the story of two Marine Lance Corporals, one of whom, Carrie Blais, had a confirmed kill in battle.

Drescher, Kent, Mark W. Smith and David W. Foy. "Spirituality and Readjustment Following War Zone Experiences." Combat Stress Injury: Theory, Research and Management. Eds. Charles R. Figley and William P. Nash. New York: Routledge, 2007. 295 - 310. The authors of this article and the editors of the entire volume are the design team selected by the United States Naval Chaplain Corps to create the Corps' 2008 Professional Development Training. In the article, Drescher, Smith and Foy speak to the ways spirituality is affected by war and trauma, presenting first the usual negatives, but then suggesting that there are ways that spirituality may actually promote trauma recovery. This is followed by a number of practical suggestions as to how that might be achieved. These suggestions are a valuable starting place for those who desire to pursue these aims with returning veterans.

Dumler, Elaine Gray. *I'm Already Home...Again - Keeping Your Family Close While on Assignment or Deployment*. Westminster, CO: Frankly Speaking Publishers, 2006.

Lange, Janel. *The Treasure of Staying Connected for Military Couples*. Kingsport, TN: Serviam Publishing, 2004.

MacNair, Rachel M. "Combat Veterans." Chapter 2 in Perpetration Induced Traumatic Stress: The Psychological Consequences of Killing. Connecticut: Praeger, 2002. 3 -29. Citing research with more than 1600 Vietnam Veterans as outlined in Chapter 2 and interviews with those in other professions requiring the intentional killing of persons described in subsequent chapters, Rachel MacNair proposes a new sub-category of PTSD, that of Perpetration Induced Traumatic Stress or PITS. This more severe form of stress is described as being caused not by being a victim or witness to trauma but rather by being an active cause of the trauma. As the director of the Institute for Integrated Social Analysis, a research organization specializing in the connections between various social issues of violence, MacNair is the singular voice for this concept which was a topic of discussion at the 2005 meeting of the Joint Services Conference on Professional Ethics (JSCOPE). The import of this groundbreaking proposal is yet to be determined.

Mansfield, Stephen. *The Faith of the American Soldier*. New York: Tarcher Publishers, 2005.

McBride, Lebron J. *Spiritual Crisis: Surviving Trauma to the Soul*. New York: Haworth Press, 1998

McCoy, William. *Under Orders: A Spiritual Handbook for Military Personnel*. Fort Leavenworth, KA: Edein Publishing, 2007.

Musheno, Michael and Susan M. Ross. *Deployed: How Reservists Bear the Burden of Iraq*. Michigan: University of Michigan Press, 2008.

- Pavlicin, Karen M. *Surviving Deployment: A Guide for Military Families*. St. Paul, MN: Elva Resa Publishing, 2003.
- Schiraldi, Glen R. *Post-Traumatic Stress Disorder Sourcebook*. Lincolnwood, IL: Lowell House Publishers, 2000.
- Scurfield, Raymond Monsour. *War Trauma: Lessons Unlearned from Vietnam to Iraq*. Algona Publishing, 2006.
- Shay, Jonathan. "The Breaking Points of Moral Existence – What Breaks?" Chapter 10 in *Achilles in Vietnam: Combat Trauma and the Undoing of Character*. New York: Simon and Schuster, 1994. 165 – 181. Required reading for the United States Naval Chaplain Corps Supervisory Leadership Course, this work by Jonathan Shay, renowned psychiatrist for the Department of Veteran's Affairs maintains that moral injury, characterized as the "betrayal of what's right" is at the heart of the traumatic stress experienced by combat veterans. Through the examination of Achilles in Homer's *Illiad*, Shay addresses the specific personality changes that accompany prolonged severe trauma which he then outlines in Chapter 10. This pivotal work, based on years of clinical interviews with Vietnam Veterans, informs clinicians, family members and military leaders alike, as well as the veterans themselves, as they struggle to understand and promote healing for those whose lives have been forever changed by moral collapse in war.
- Sherman, Michelle, and DeAnne Sherman. *Finding My Way: A Teen's Guide to Living with a Parent who has Experienced Trauma*. Woodbury, MN: Seeds of Hope Books. 2007.
- Tick, Edward. "Inside PTSD: Identity and the Soul Wound." Chapter 6 in *War and the Soul: Healing Our Nation's Veterans from Post-Traumatic Stress Disorder*. Wheaton, Illinois: Quest Books: 2005. 97 – 118. In this work, Tick, a psychotherapist who has worked primarily with war veterans, argues that war is a living archetype inherent to the psyche whose powers can be redirected, thereby making it possible to re-grow the war wounded soul. In Chapter 6, Tick identifies moral pain, with its incumbent harm to the soul as the root cause of PTSD. Although questioned in more conservative Christian circles for his Theosophical Society connections, Tick's addition of soul into the post traumatic equation resonates with many and accounts for his popularity as an alternative view in the field of war-produced trauma work.
- Vandesteeg, Carol. *When Duty Calls: A Guide to Equip Active Duty, Guard, and Reserve Personnel and Their Loved Ones for Military Separations*. Enumclaw, WA: WinePress Publishing, 2001.
- Wood, Trish. *What Was Asked of Us: An Oral History of the Iraq War by the Soldiers Who Fought It*. New York: Back Bay Books, 2006.