

THE ENEMY

One
Vietnam
Vet
Helps
Others
Cope
With
PTSD

W I T H I N



Gregory A. Helle

Author of *A Walk In Hell:
The Other Side Of War*

The Enemy Within One Vietnam Veteran Helps Others

Carolyn Allard, Melissa Platt



The Enemy Within One Vietnam Veteran Helps Others:

The Enemy Within Gregory A. Helle, 2004 Why would you want to read this book There are several reasons First of all it is my hope that victims of all types of traumas whether war related or not can find some comfort in these pages If you are a victim of PTSD you need to know that there is hope for a better quality of life That is one of the core messages in this book There is no cure for PTSD but through medications and counseling it is possible to exercise more control over the illness But you must take the first step and be your own best advocate You will hear me say this more than once If you do not advocate for your own needs it is unlikely that you will achieve your goals I hope that some of the information in these pages will guide PTSD victims to seek the help they need I feel this book also has much to offer those who don't suffer from PTSD It is the story of how a normal eighteen year old farm boy from a small town in Iowa went to war and over thirty years later at the age of fifty two became totally disabled with PTSD It is my hope that this will help the public understand not only Vietnam vets but also vets from all wars as well as victims of other traumas such as I mentioned above There are so many fears that hold PTSD victims back from seeking help or even admitting to themselves that they need help Even though all those around them can see the changes in the victim it is hard for the victim to admit a problem They see themselves as having some kind of mental illness Victims are often paranoid and worry about what others are thinking or saying about them even those people who have no inkling that there is a problem Sometimes it can seem to the victim that everyone knows there is something wrong and that everyone is talking about him or her The public must become aware of the disease and offer compassion rather than rebuke Vietnam vets in particular have been a source of fear in the general public The media has exacerbated this situation by its frequent portrayal of the vet as an imbalanced rage filled time bomb just waiting for the circumstances that will set him off Perhaps this has made for some entertaining movies but it has also kept many veterans from seeking the help they needed lest they find themselves branded with this ugliest of clichés Even if the victim knows there is a problem it is so difficult to ask for help especially from a government that loathes to acknowledge the existence much less the debilitating nature of this disorder It should come as no surprise then that many victims do not want anyone to know about their weakness Very simply it is time to end the silence and the shame I realize that parts of this book will be difficult for the public to read Reading a true account is not at all the same as watching violence on TV or at the movies In these situations the dead are not really dead and the cast is not really experiencing the events being portrayed It is much more difficult when the dead stay dead bodies are permanently mutilated and the effects of the war will stay forever with those who experienced them The violence presented in modern entertainment should be taken as it is intended though sometimes the level of violence in our entertainment is disturbing True violence should be taken very seriously because it can happen to any one of us at war or at home Where a particularly violent movie can leave one unsettled for a day or so actually living through a violent situation can produce a nightmare that lasts a lifetime I do not intend for this book to be political nor do I want it to

be an attack on the Department of Veteran Affairs VA However I do believe that the policies enacted by the government have played a significant part in weaving the intricate web of my life Nor do I intend this to be a self help book The Enemy Within Gregory A. Helle, 2004-07 Why would you want to read this book There are several reasons First of all it is my hope that victims of all types of traumas whether war related or not can find some comfort in these pages If you are a victim of PTSD you need to know that there is hope for a better quality of life That is one of the core messages in this book There is no cure for PTSD but through medications and counseling it is possible to exercise more control over the illness But you must take the first step and be your own best advocate You will hear me say this more than once If you do not advocate for your own needs it is unlikely that you will achieve your goals I hope that some of the information in these pages will guide PTSD victims to seek the help they need I feel this book also has much to offer those who don't suffer from PTSD It is the story of how a normal eighteen year old farm boy from a small town in Iowa went to war and over thirty years later at the age of fifty two became totally disabled with PTSD It is my hope that this will help the public understand not only Vietnam vets but also vets from all wars as well as victims of other traumas such as I mentioned above There are so many fears that hold PTSD victims back from seeking help or even admitting to themselves that they need help Even though all those around them can see the changes in the victim it is hard for the victim to admit a problem They see themselves as having some kind of mental illness Victims are often paranoid and worry about what others are thinking or saying about them even those people who have no inkling that there is a problem Sometimes it can seem to the victim that everyone knows there is something wrong and that everyone is talking about him or her The public must become aware of the disease and offer compassion rather than rebuke Vietnam vets in particular have been a source of fear in the general public The media has exacerbated this situation by its frequent portrayal of the vet as an imbalanced rage filled time bomb just waiting for the circumstances that will set him off Perhaps this has made for some entertaining movies but it has also kept many veterans from seeking the help they needed lest they find themselves branded with this ugliest of clichés Even if the victim knows there is a problem it is so difficult to ask for help especially from a government that loathes to acknowledge the existence much less the debilitating nature of this disorder It should come as no surprise then that many victims do not want anyone to know about their weakness Very simply it is time to end the silence and the shame I realize that parts of this book will be difficult for the public to read Reading a true account is not at all the same as watching violence on TV or at the movies In these situations the dead are not really dead and the cast is not really experiencing the events being portrayed It is much more difficult when the dead stay dead bodies are permanently mutilated and the effects of the war will stay forever with those who experienced them The violence presented in modern entertainment should be taken as it is intended though sometimes the level of violence in our entertainment is disturbing True violence should be taken very seriously because it can happen to any one of us at war or at home Where a particularly violent movie can leave one unsettled for a day or so actually living through a violent situation can

produce a nightmare that lasts a lifetime I do not intend for this book to be political nor do I want it to be an attack on the Department of Veteran Affairs VA However I do believe that the policies enacted by the government have played a significant part in weaving the intricate web of my life Nor do I intend this to be a self help book

Military Sexual Trauma: Current Knowledge and Future Directions Carolyn Allard,Melissa Platt,2014-06-11 Military Sexual Trauma Current Knowledge and Future Directions showcases the work of several prominent military sexual trauma MST researchers scholars and clinicians from across the United States A review of existing research and original empirical findings converge to indicate that MST contributes to a range of physical health problems complex posttraumatic responses and other mental health consequences above and beyond the effects of other types of traumatic experiences This collection also presents evidence suggesting that MST is often difficult to identify both within the individual military member and within the military population as a whole Recommendations are offered for addressing this problem In addition to the research review and empirical findings an evolutionary framework for understanding sexual assault of women in the military is presented Taken together this collection of works may inform MST intervention and prevention efforts This book was originally published as a special issue of Journal of Trauma Dissociation

Coast Guard Combat Veterans James C. Bunch,1994

Getting to the Core of Literacy for History/Social Studies, Science, and Technical Subjects, Grades 6-12 Vicky Giouroukakis,Maureen Connolly,2013-05-06 Literacy it s not just for English teachers anymore The new Common Core English Language Arts Standards aren t just for English teachers Fluent reading and writing are critically important to the study of history social studies science and technical subjects too What s more the progress your students make is directly tied to their ability to process information they read and to express their ideas in writing So how do you make literacy a focus of your teaching without taking time away from essential content This practical resource packed with teacher tested CCSS based sample lessons shows you how using the Backward Design approach to set and meet your goals Each lesson template includes The teaching strategies you ll utilize Ways to incorporate technology and media Variations for differentiation and interdisciplinary connections Links to the work of major educational theorists Following these models you ll set the CCSS in your sights and develop lessons that both meet standards and fit your classroom Before you know it you ll be infusing reading and writing across your curriculum in purposeful and meaningful ways

[Congressional Record](#) United States. Congress,2000

LIFE ,1971-04-16 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today s people and events They have free access to share print and post images for personal use

War and Redemption Larry Dewey,2017-03-02 Much has rightly been written about the physiological and psychological symptoms known as posttraumatic stress disorder PTSD suffered by combat veterans and their treatment Much less has been written about the moral spiritual and existential pain that soldiers experience as a consequence of

carrying through the stated purpose of war for the common soldier kill the enemy until the war is won Based on his 20 years experience of treating combat veterans Dr Larry Dewey explores the war trauma and life adaptation of combatants over two decades of intensive treatment He addresses moral spiritual and existential issues while also attending to the important physiological and psychological symptoms Using case material thoughts experiences and literally the words of 65 veterans of various wars he portrays in depth and with meaningful detail the process of successful treatment and the eventual positive adaptation for these veterans The volume explores the deep pain and burden of killing and the role of propaganda and love in starting and maintaining war Through the veterans stories the author portrays the personal war of the ordinary combatant and the burden of guilt grief and pain they often carry afterwards The second part tackles the actual healing process and part three explores the concepts of sin confession mercy forgiveness redemption and love and how veterans have used them in aiding their own recovery from war s grief and moral pain War and Redemption provides an invaluable tool in the understanding and treatment of PTSD for therapists veterans and their families It will also be a fascinating and valuable resource for all those interested in PTSD more generally

A Report on Asian Pacific Islander Veterans Vet Center Asian Pacific Islander Veterans Working Group,1998

Handbook of Cultural Psychiatry Wen-Shing Tseng,2001-06-06

Cultural psychiatry is primarily concerned with the transcultural aspects of mental health related to human behavior psychopathology and treatment At a clinical level cultural psychiatry aims to promote culturally relevant mental health care for patients of diverse ethnic or cultural backgrounds From the standpoint of research cultural psychiatry is interested in studying how ethnic or cultural factors may influence human behavior and psychopathology as well as the art of healing On a theoretical level cultural psychiatry aims to expand the knowledge and theories about mental health related human behavior and mental problems by widening the sources of information and findings transculturally and providing cross cultural validation This work represents the first comprehensive attempt to pull together the clinical research and theoretical findings in a single volume Key Features Written by a nationally and internationally well known author and scholar The material focuses not only on the United States but also on various cultural settings around the world so that the subject matter can be examined broadly from universal as well as cross cultural perspectives Proper combination of clinical practicalities and conceptual discussion Serves as a major source for use in the training of psychiatric residents and mental health personnel as well as students of behavior science in the areas of culture and mental health A total of 50 chapters with detailed cross referencing Nearly 2000 references plus an appendix of almost 400 books 130 tables and figures

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