

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, 2004-07 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

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

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

Congressional Record United States. Congress, 2000

Affirming Students' Right to Their Own Language Jerrie Cobb Scott, Dolores Y. Straker, Laurie Katz, 2009-06-02 A Co publication of the National Council of Teachers of English and Routledge This landmark volume responds to the call to attend to the unfinished pedagogical business of the NCTE Conference on College Composition and Communication 1974 Students Right to Their Own Language resolution Chronicling the interplay between legislated litigated education policies and language and literacy teaching in diverse classrooms it presents exemplary research based practices that maximize students learning by utilizing their home based cultural language and literacy practices to help them meet school expectations

Hearings, Reports and Prints of the Senate Committee on the Judiciary United States. Congress. Senate. Committee on the Judiciary, 1968

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

Helping People Forgive David W. Augsburger, 1996-01-01 Using resources from scripture theology and the social sciences pastoral counselor David Augsburger explores the complicated issues of Christian forgiveness and reconciliation and their real world applications Comprehensive in scope and fully illustrated with numerous charts graphs case studies and parables this book is a unique and essential resource for clergy pastoral counselors and other helping professionals

Helping Others Help Themselves, Seabee Teams , The United States Navy and the Vietnam Conflict: From military assistance to combat, 1959-1965 , 1977

Stress of War, Conflict and Disaster George Fink, 2010-11-25 Stress is a universal phenomenon that impacts adversely on most people Following on the heels of Stress

Science Neuroendocrinology and Stress Consequences Mental Neuropsychological and Socioeconomic this third derivative volume will provide a readily accessible and affordable compendium that explains the phenomenon of stress as it relates physically and mentally to war conflict and disaster The first section will be dedicated to study of the link between stress and various forms of conflict Specific instances of conflict will be discussed the Gulf wars Korea Hiroshima bombing the Holocaust 9 11 Northern Ireland terrorism in general torture The second section will explore the stress impact of more general physical disasters such as airline and vehicle accidents earthquakes floods and hurricanes The final section will focus on the clinical relationship between conflict stress and various mental diseases PTSD suicide disaster syndrome etc as well as the adverse impact of stress on human physical health in general Comprised of about 100 top articles selected from Elsevier's Encyclopedias of Stress the volume will provide a valuable desk reference that will put relevant articles readily at the fingertips of all scientists who consider stress Chapters offer impressive and unique scope with topics addressing the relationship between stress generated by war conflict and disaster and various physical mental disorders Richly illustrated with over 200 figures dozens in color Articles carefully selected by one of the world's most preeminent stress researchers and contributors represent the most outstanding scholarship in the field with each chapter providing fully vetted and reliable expert knowledge

Vietnam Veterans Memorial (ENHANCED eBook) Julia Hargrove, 2002-03-01 The Vietnam conflict was one of the most controversial engagements in the history of the United States The effects of U S involvement the impact of an individual's participation political decisions and the politics of decision making are still felt The memorial itself was a topic of intense debate And yet it is one of the most visited sites in Washington D C [The Acquittal of God](#) Uwe Siemon-Netto, 2008-12-01 Many Vietnam veterans felt and in fact still feel rejected by their God and the church and betrayed by their nation and even their families Using themes from Dietrich Bonhoeffer's theology Uwe Siemon Netto explores the veterans situation and argues for God's acquittal of the charge of abandoning the veterans during and after the war

Engineers at War (United States Army in Vietnam Series) Adrian G. Traas, Center of Military History United States Department of the Army, 2018-10 Engineers at War describes the role of military engineers especially the U S Army Corps of Engineers in the Vietnam War It is a story of the engineers battle against an elusive and determined enemy in one of the harshest underdeveloped regions of the world Despite these challenges engineer soldiers successfully carried out their combat and construction missions The building effort in South Vietnam allowed the United States to deploy and operate a modern 500 000 man force in a far off region Although the engineers faced huge construction tasks they were always ready to support the combat troops They built ports and depots carved airfields and airstrips out of jungle and mountain plateaus repaired roads and bridges and constructed bases Because of these efforts ground combat troops with their supporting engineers were able to fight the enemy from well established bases Although most of the construction was temporary more durable facilities such as airfields port and depot complexes

The Year in Brief, the VA in ..., 1984 **War** Cameron D.

Lippard, Pavel Osinsky, Lon Strauss, 2018-02-13 War Contemporary Perspectives on Armed Conflicts around the World presents a broad variety of interdisciplinary and social scientific perspectives on the causes processes cultural representations and social consequences of the armed conflicts between and within nations and other politically organized communities This book provides theoretical views of armed conflict and its impact on people and institutions around the world **National Peace Action Coalition (NPAC) and Peoples Coalition for Peace and Justice (PCPJ), Part 1, Hearings Before ...** United States. Congress. House Internal Security, 1971 *National Peace Action Coalition (NPAC) and Peoples Coalition for Peace & Justice (PCPJ)* United States. Congress. House. Committee on Internal Security, 1971

Cormac McCarthy Sara Spurgeon, 2011-06-02 A collection of original stimulating interpretations of key texts by Cormac McCarthy designed for students and edited and written by leading scholars in the field *Cold War America, 1946 To 1990* Facts on File Inc, Ross Gregory, 2014-05-14 Uses statistical tables charts photographs maps and illustrations to explore everyday life in the United States during the Cold War period

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