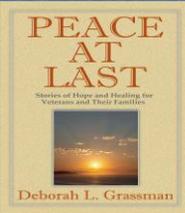


Peace at Last: Stories of Hope and Healing for Veterans and Their Families

Deborah Grassman ARNP
www.OpusPeace.org



VA Culture Different?



Why?

Veteran Distinctions

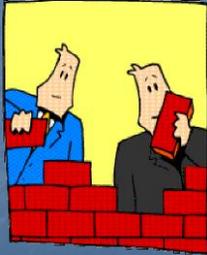
- Stoicism



Stoicism

"Showing indifference to joy, grief, pleasure, pain".

(Webster's Dictionary)



"Stoicism is not strength to overcome, but strength to hide. Stoics develop an attitude of unshakability toward life, a *passionless calm* attained by an effort of strong will and by a refusal to let one's self be touched by the ordinary emotions of grief, hardship, and loss of life. You should assert your mastery over outward events, or, if you could not do that, at least you should be *unaffected* by them."

- Rollo May
(Love and Will)



Pride
Control
Independence



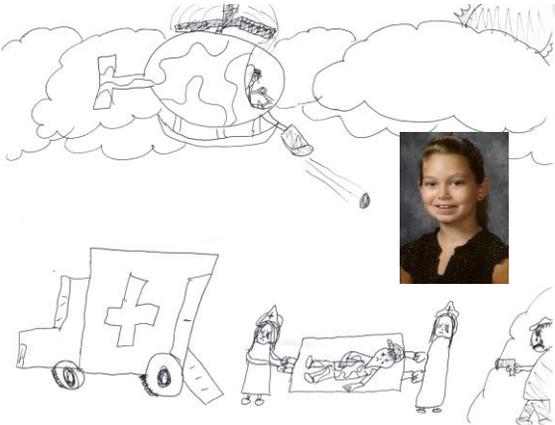
Veteran Distinctions

- Stoicism
- Combat Veterans: Traumatic memories or paralyzing guilt
- High incidence of alcohol usage or other "fighting"-type behaviors
- Warrior Wisdom



**When the power of love
Overcomes the love of power
Then, and only then,
Shall we have peace.
-Anonymous**

8



Peace for Veterans



10

Forgiveness at the Wall



11



12



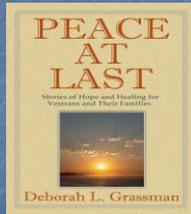
■ Lt. Col. Memrie Wilkes

Peace at Last: Stories of Hope and Healing for Veterans and Their Families

We did this TOGETHER!

Dedication
Extrapolated to any traumatized
population

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www.soulinjury.org



Never too Late to Say, "I'm Sorry."

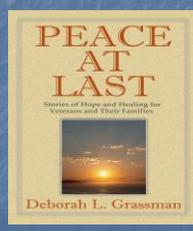


"Some Gave All; All Gave Some."

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The Guilt of War



We Honor Veterans Hospice Veteran Partnerships

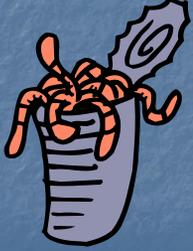


Fallen Comrade Ceremonies: Healing a Gaping Wound in our Society



19

Go Ahead...Open It!!



*"May each of us have the Grit, the Grace,
the Humility, the Love
to heal our war-ravaged soldiers and our broken nation.
May we be the link that connects the circle so they
feel connected to Humanity once again.*

*May we not miss the opportunity to help these veterans
recover their souls from
Iraq Desert Storm Vietnam Korea Nazi Germany
and various other parts of the world where they served
so they can have peace...at last.*

*May we help them know that the circle goes on,
joining them to you and to me.
Our people, our nation, our God would be ever so grateful."*

-Deborah Grassman

Bearing Witness: A Personal Story

- No family in military war zones
- Vietnam: Just a story on the nightly news until...



- Nurse at the VA



Reflecting on a 35-year Career: Lessons Learned



Trauma Morphs at the End of Life.

The avoidance used to evade triggers, the stoicism used to hide emotions, and the numbing behaviors used to disconnect from the part of self carrying the trauma – they ALL start to crumble in the last few months of life. Once they crumble, a deeper level of injury is often revealed – a soul injury.

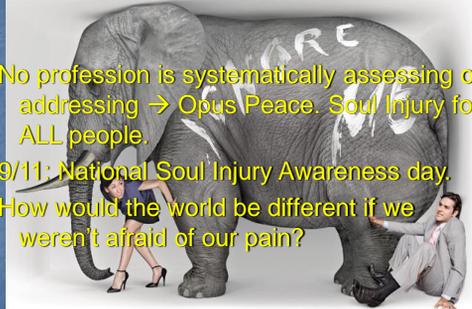


There are thousands of hospice workers; there are thousands of PTSD counselors, but there are only a handful of professionals who have specialized in taking care of both dying AND traumatized people.



Soul Injury

No profession is systematically assessing or addressing → Opus Peace. Soul Injury for ALL people.
9/11: National Soul Injury Awareness day.
How would the world be different if we weren't afraid of our pain?



Start a Book Circle!
Stay in Touch!
Start a Veteran Circle!



Leave your business card with me
(or write email address on paper)
www.OpusPeace.org or
www.Soulinjury.org (Tools, Blogs)
