Index

Acupuncturists Without Borders, 201
Adams, David, 15
Adaptation to change, 19–20, 43
Adkins, Joyce, 118
Afghanistan War. *See* Iraq and Afghanistan wars
Age of soldiers, 31–32, 41
Air Force Times, 141
Alcoholics Anonymous, 177
Alexander, Caroline, 171
Alienation, 57–62
Allen, Dean, 29
American culture, 14
 geographic mobility in, 16
 psychiatrizing of, 24, 176–177
 social trends in, 16–17
 values and morals in, 50–55
American Psychiatric Association, 96
American Psychological Association, 12, 99, 121, 124
Anatomy of an Epidemic, 105, 167
Anger, 48–50
Antidepressants, 103, 106–107, 163–164
Anxiety and fear, 43–45
Arbore, Patrick, 224
Assault, sexual, 38–39, 50, 104, 129, 258n73
Association for Women in Psychology, xiv, 4, 24–25
Atwood, Margaret, xiii
AWOL (absent without leave) soldiers, xv, 188

Baker, Kerry, 157
Barker, Pat, 13, 160, 193
Bass, Jeffrey, 125
Battle fatigue, 11, 116
Battlemind program, 138–139
Becar, Kevin, 214
Bender, Bryan, 28
Berman, Graham, 180, 197
Betrayal and mistrust, 55–57, 197, 240n115
BICEPS, 121
Bill W. and Dr. Bob, 60
Bilmes, Linda, 146
Biological factors in mental illness, 93–94
Blackhawk Down, 144, 216
Blackledge, David, 130
Black Veterans for Social Justice, 201
Bluebeard, 31
Boston Globe, 28
Brain, the, 89–93
Brave New World, 121
Brin, Debra, 170
Brothers, Joyce, 34
Brown, Daphne, 133–134
Bucha, Buddy, 223
Buddha, 69
Burke, Thomas, 117

Bush, George W., 4, 24, 235n41

Canadian culture, 14
Caplan, Jeremy B., xvi, 90
Caplan, Jerome Arnold, xiii–xiv
Caplan, Robert Alan, xv
Carey, Benedict, 137–138
Casteel, Joshua, 185
Categories, psychiatric, 83, 87–89
Cave, Damien, 137–138
Change, adaptation to, 19–20, 43
Chard, Kate, 223
Chesterton, G. K., 209
Chiarelli, Peter, 128, 131, 132, 135–137, 223
Children of veterans, 7–8, 214–216
Citizens
 American culture and, 14
 avoidance of thinking about war, 12–15, 172
 beginning the interview with veterans, 181–183
 being more helpful than therapists, 167–168
 common problems in working with veterans, 196–199
 feelings about war, 11–12
 finding veterans to help, 180–181
 general guidelines for, 183–195
 getting started helping veterans, 179–180
 laying the groundwork for helping a veteran, 181
 as nontherapists, 174–179
 opening hearts by working with veterans, 199–200
 pacing in working with veterans, 190–191
 starting to think about how to help veterans, 17–22, 166
 topics to watch for and to consider raising with veterans, 195–196
 uncomfortable talking about problems, 168
Claims handled by the Veterans Administration (VA), 152, 154–155, 157–158, 161
Class and psychological suffering, 66–67
Clinical Psychology, 176
Cohen, David, 87, 171
Coleman, Penny, 126
Collier, David, 50, 98, 109, 143
 on citizens working with veterans, 180, 183–184, 188, 190, 191–192, 197
Combat
 eight plagues of, 31–34
 equipment, 30–31, 235n41
 tours, extended, 8, 30
Combat Stress Injury, 107
Coming Home Project, 202
Conflicts of values, 50–55
Conley, Valerie, 40
Corbett, Sara, 28, 64, 115
Cornum, Rhonda, 132
Court-martials, 113
Courtois, Christine, 98
Crawford, John, 58
Crises of meaning, 50–55
Critical thinking, 200–201
Cromwell, Merrill, 52, 147–151

Dao, James, 30, 139, 163
D'Arienzo, Justin, 125
Department of Defense (DOD), 118, 131, 135, 162
 on psychotherapy, 97–98
 on sexual assault, 38–39
 on suicides, 141–142
Department of Health and Human Services Suicide Prevention Hotline, 202
Department of Veterans Affairs, 7
Diagnosis of veterans, 2, 9–10, 25, 74–78

by military psychologists, 122–123
with PTSD, 78–83
Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), 2, 74, 75, 79, 86, 96
criteria for PTSD, 81–83, 92, 127
Digital technology use by the Veterans Administration (VA), 162–163
Dilemmas confronted by therapists, 72–73
Dillow, Michelle, 33, 42, 113, 153–154, 162
help received from nontherapists, 175, 191
play based on experiences of, 210–211
Disability, spiritual, 53
Disability pay, 4
Dixon, James, 157
Domestic violence, 49, 50, 54, 129, 258n73
Donne, John, 209
Don't Ask, Don't Tell policy, 55
Drug therapy, 9, 94–95, 116–117, 127, 140, 141
limitations of, 95–97
problems with, 102–109, 151, 163–164

Eight plagues of combat, 31–34
Eisenhower, Dwight D., 56, 235n41
Emotional trauma, 5–6
anxiety and fear, 43–45
belief that therapists can fix, 11–17, 69, 70–74
betrayal and mistrust, 55–57, 197, 240n115
changing labels for effects of, 10–11
class and, 66–67
concerns raised by professionals about, 24–26
conflicts of values and crises of meaning in, 50–55
definitions, 34–35
diagnosis, 2, 9–10, 25
fight-or-flight reflex and, 37–38
flashbacks and, 37
grief and sadness, 40–43, 144, 186
groups at special risk of, 62–67
guilt and shame, 35–36, 173, 185, 193–195
isolation, alienation, and numbing, 57–62, 102, 173
loss of innocence and, 32–34
marital problems and, 6, 7
need for therapy to heal, 60–61
race and, 65–66
rage, 48–50
scope of problem, 5–11
services available for treating, 8–9
sex/gender and, 63–65
sexual assault, 38–40, 50, 104, 258n73
shock and, 32–34
starting to think about treating, 17–22
statistics on, 6–7, 218–219
Engel, Charles, 118
Ethics in Psychotherapy and Counseling: A Practical Guide, 72
Evidence-based practice, 99–101
Extended tours of duty, 8, 30

Family relationships
domestic violence in, 49, 50, 54, 258n73
guilt over, 46–48
isolation, alienation, and numbing in, 58–59
problems in, 6, 7, 129–130, 186–187, 229–230n30
of women soldiers, 62
Faust, Drew Gilpin, 51
Fear and anxiety, 43–45
Feminine Mystique, The, 177
Fick, Nathaniel, 27, 119–120, 122, 175–176
Fight-or-flight reflex, 37–38
Filkins, Dexter, 32, 61–62, 234n38

Films about veterans/soldiers, 207–208
Fisher House Foundation, 202
Flashbacks, 37, 85, 170, 196–197
Food and Drug Administration (FDA), 97, 106, 108
Ford, Julian, 98
Foreclosures, 9
Forrester, Jason, 162
Forster, E. M., 165
Fort Hood shootings, 138
Fragmented speech by veterans, 192–193
Frankl, Viktor, 1, 6, 175
Friedan, Betty, 177
Friedman, Matthew, 62, 79
Frosch, Dan, 139
Fugard, Athol, 174

Gage, Carolyn, 118
Gay, lesbian, and bisexual soldiers, 44, 55
Gellhorn, Martha, 23
Geren, Pete, 130
Gerrard, Nikki, 193–194
GI Rights Hotline, 202
Give an Hour, 202
Glantz, Aaron, 6, 11, 52, 103, 143, 146, 161–162, 224, 237n85
Glasser, Karen, 172
Goode, Erica, 78
Gordon, James, 174
Government Accountability Office (GAO), 39, 152
Greenberg, Roger P., 106
Greenfield, Patricia, 70
Grief and sadness, 40–43, 144, 186
Griffin, Susan, 199
Griffith, James, 141–142
Guess, Nicholas, 122
Guice, Karen S., 156
Guilt and shame, 35–36, 45–48, 173, 185, 193–195

Hallucinations, 105
Hanks, Tom, 41
Hedges, Chris, 37
Herman, Judith, 173
Hill, Marcia, 178
Holmstedt, Kirstin, 64
Homecomings, 56–57
  reasons for difficulties with, 26–27
Homeless veterans, 3, 4, 7, 9, 229n26
Homes for Our Troops, 202
Hull, Anne, 123, 155
Hurt Locker, The, 50, 59, 94
Hussein, Saddam, 238n85
Huxley, Aldous, 121
Huze, Sean, 52–53, 187
Hypervigilance, 27–28, 85

Icarus Project, 203
Individualized therapy, 99
In Front of Your Nose, 23
Innocence, loss of, 32–34
Interventions, 115
Interviews, veteran
  beginning the, 181–183
  common problems in, 196–199
  critical thinking and, 200–201
  films and, 207–208
  finding veterans for, 180–181
  general guidelines for, 183–195
  getting started with, 179–180
  laying the groundwork for, 181
  nontherapists being more helpful than therapists, 167–168
  opening hearts by, 199–200
  organizations and services, 201–206
  pacing in, 190–191
  publications, 206–207
  starting to think about, 166
  topics to watch for and to consider raising in, 195–196
  Web sites, 207
Intrepid Fallen Heroes Fund, 203

Iraq and Afghanistan wars
body recovery in, 32–33
collective exhaustion over, 11–12
experiences of veterans from, 23
military mental illness services in, 113–115
military mental illness services for veterans of, 128
reasons for, 237n85
unlearning hypervigilance and violence from, 28
VA preparations for treating, 151–152
veterans' feelings of isolation, alienation, and numbing after, 58
Iraq Veterans Against the War, 203
Iraq War Clinician Guide, 11, 41, 76–77, 80, 116, 152, 176, 179
Isolation, 57–62, 102, 173

Jacobs, David, 87, 171
Jacobson, Gary, 165–166, 171, 188
James, William, 70
Johnson, Shannon, 124–125
Jones, David E., 1–2, 35, 48, 68, 165, 179, 188, 207, 209, 216
on grief, 42
on guilt, 46
on isolation and alienation, 57–58
on listening, 169
on no-fire zones, 56
on shame, 47
on shock, 36
use of poetry to cope, 187
Journal of the American Medical Association, 6, 38
Journal of Consulting and Clinical Psychology, 138
Judy, Seth, 32

Kass, Leon, 126
Katz, Ira, 154
Kazdin, Alan, 99, 100
Keane, Terence, 2, 151–152
Kearney, David, 159
Kemp, Janet, 161
Key, James, 46
Kilner, Peter, 53
Kim, Florence, 107
Kleinman, Arthur, 6
Koppel, Ted, 15
Korean War, 56
Kreisman, Jerold, 100
Kudler, Harold, 153, 159

Lancet, 89, 98, 104, 171
Lange, Bob, 36, 56, 145
Laypersons as therapists, 174–179
Learning and trying to unlearn hypervigilance and violence, 27–28
LeJeune, Christopher, 107
Liptak, Adam, 161
Listening to veterans, xiii–xv, 169–170, 184, 193, 213
Logan, Bret, 128
Lord, Gary, 215–216
Lucey, Jeffrey, 117

Mad in America, 104
Maltreatment of soldiers, 240n114
Manion, Kernan, 139
Man's Search for Meaning, 1, 6, 175
Maoz, Samuel, 51
Marcoalongo, Nico, 49
Marital problems. *See* Family relationships
Mascott, Trina, 218
Massey, Jimmy, 238n85
McChrystal, Stanley, 30
McDonagh-Coyle, A., 79
McGuire, Colleen, 135
McHugh, Maureen, 24
McKinley, James, 222
McKinley, Jenni, 44

Mead, Margaret, 26
Meaning, crises of, 50–55
Medical Foster Homes, 203
Meehan, Martin, 119
Menninger Perspective, The, 75
Mental illness, 67–68. *See also* Military therapy services; Posttraumatic Stress Disorder (PTSD)
 biological factors in, 93–94
 the brain and, 89–93
 categories, 83, 87–89
 hospitalizations for, 140
 how to decide what is a, 74–78
 problems with diagnosing and treating veterans for, 94–95
 stigma of, 255n27
Meshad, Shad, 103
Meshell, Lori, 157
Miles Foundation, 203
Military Families Speak Out, 204
Military and Family Life Consultant Program (MFLCP), 131, 134
Military Psychology, 141
Military therapy services, 200. *See also* Therapy
 attempts to improve, 118–119, 131–134, 138–139
 Battlemind program, 138–139
 Comprehensive Soldier Fitness Program, 131–132
 counseling groups in, 116, 129
 court-martials and, 113
 decompress program in, 114
 diagnoses by, 122–123
 drugs recommended by, 116–117
 effectiveness of, 122–127, 137–138
 interventions in, 115
 lack of, 111–113
 mental health assessments in, 117–118, 119–120
 Operational Stress Control and Readiness (OSCAR), 120, 125–126
 patients' complaints, 139–140
 problems reported with, 114, 121–123
 Psychological Kevlar Act, 126–127
 PTSD program, 133–134
 spending on, 123
 staff complaints, 137–138, 139
 stress control units in, 117
 suicide prevention, 134–137, 142
 super coaches program, 131
 understaffing of, 121
Military Times, 140, 141
Miller, Greg, 103
MindFreedom International, 170, 204
Mistrust and betrayal, 55–57, 197, 240n115
Monitor on Psychology, 121
Moral injury, 51
Moskos, Charles, 53
Mullen, Mike, 159

Nash, William, 189
National Center for Posttraumatic Stress Disorder, 204
National Coalition for Homeless Veterans, 9, 204
National Guard, 40, 67, 119
National Gulf War Resource Center, 4
National Institute of Mental Health, 73
National Lawyers Guild Military Task Force, 204
National Military Family Association, xv, 204
National Psychologist, 122
National Public Radio (NPR), 3, 212
National Veterans Foundation, 103, 204
New England Journal of Medicine, 7, 106
New Scientist, xv
Nicholson, Jim, 155
Nightline, 15
9/11 attacks, 12, 14–15, 44
No Child Left Behind Act, 66
"No-fire zones," 56
Nontherapists, 174–179

Norwood, Ken, 224
Numbing, 57–62, 85

Oaks, David, 170
Obama, Barack, 4, 8, 30, 159
Operational Stress Control and Readiness (OSCAR), 120, 125–126
Opposing Viewpoints: Mental Illness, xv
Organizations and services for working with veterans, 201–206
Ortiz, Lucerito, 66
Orwell, George, 23

Pacing, 190–191
Parrish, Ray, 8, 53
Perry, Tony, 221
Pickett, Abbie, 64
Plagues of combat, eight, 31–34
Pogany, Georg Andreas, 113
Poland, Jeffrey, 121
Pope, Ken, 72
Porter, Rebecca, 141
Posttraumatic Stress Disorder (PTSD), 2–3, 24–25, 72. *See also* Mental illness
 the brain and, 89–93
 diagnosis of, 9–10, 78–83
 drug therapy for, 107
 DSM criteria for, 81–83, 92, 127
 label masking real problems and introducing new ones, 84–87
 military therapy program, 133–134
 separation from other categories of mental illness, 83, 87
 terminology, 11
 treatment of, 9
Potenza, Daniel, 73
Priest, Dana, 123, 155
Psychiatric categories, 83, 87–89
Psychiatric drugs, 9, 94–95, 127, 140, 141
 limitations of, 95–97
 problems with, 102–109, 151, 163–164
Psychiatrists. *See* Therapists
Psychiatrizing of society, 24, 176–177
Psychological Kevlar Act, 126–127
Psychologists. *See* Therapists
Psychologists' fallacy, 70
Psychotherapy, 20–21. *See also* Therapy
 limitations of, 95–97
 problems with, 97–102, 216–217
 problems with diagnosing and treating with, 94–95
Publications about veterans/soldiers, 206–207
Public relations by the VA, 152–153, 155–156
Pyle, Ernie, 26, 27–28, 45, 176

Race and psychological suffering, 65–66
Rage, 48–50
Randall, William, 171
Rape. *See* Sexual assault
Real Warriors campaign, 204
Recovery of dead soldiers, 32–33
Recruits
 age of, 31–32, 41
 training of, 27–29, 33–34, 53–54, 213–214
Regeneration, 13, 160
Reid, Robert H., 132
Reserves, 40
Resick, Patricia, 43, 158
Rieckhoff, Paul, 152, 213
Riga, P. J., 54
Ritchie, Elspeth, 2, 139
Rivers, W. H., 160
Robichaux, René, 113, 130
Robinson, Adam M., 221
Rogers, Annie, 34–35
Rogers, Rick, 49, 129
Romo, Barry, 3, 16, 126, 145
Rosenberg, Martha, 222
Rosenheck, Robert, 9
Rounsaville, Bruce, 158

Sadness and grief, 40–43, 144, 186
Salute, Inc., 205
Sand Storm, The, 52
Satel, Sally, 175
Saving Private Ryan, 29, 41, 216
Schnurr, P. P., 79
Schoomaker, Eric, 140
Schulze, Jonathan, 154
Science, 103
Seroquel, 9
Service Women's Action Network, 205
"Seville Statement on Violence, The," 15–16
Sex/gender and psychological suffering, 63–65
Sexual assault, 38–39, 50, 104, 129, 258n73
Sexual orientation, 44
Shame and guilt, 35–36, 45–48, 173, 185, 193–195
Shane, Scott, 30, 117
Shay, Jonathan, 55
Shelhorse, Mark, 153
Shell shock, 10
Shem, Samuel, 60
Shinseki, Eric K., 162
Shklar, Judith, 212
Shock, 32–34
Showalter, Elaine, 3
Silence, veterans', 211–212
Sinclair Broadcasting Corporation, 15
Smith, David, 15
SOFAR: Strategic Outreach to Families of All Reservists, 205
Soldiers Project, 205
Southern Poverty Law Center, 65
Special risk groups, 62–67
Spielberg, Steven, 218
Spiritual disability, 53
Spitzer, Robert, 83
Stahl, Stephen, 138
Steinem, Gloria, 42, 180
Stewart, Sharon, 133
Stiglitz, Joseph, 146
Stigma of mental illness, 255n27
Stories We Are: An Essay on Self-Creation, The, 171
Storytelling, 171–174
Suarez-Diaz, Chanan, 32
Suicide, 107, 130, 154
  military prevention programs, 134–137, 142
  prevention hotline, VA, 6, 158–159
  rising rates of, 159, 160–161, 221, 222
Summerfield, Derek, 84
Surrey, Janet, 60
Survivor guilt, 45–46, 185
Sutton, Loree K., 129, 137
Sweeney, Martin A., 28
Swift, Suzanne, 39

Therapists
  dilemmas confronted by, 72–73
  medical, scholarly, and media reports advocating use of, 73–74
  training limitations, 70–71
Therapy. *See also* Interviews, veteran; Military therapy services; Psychotherapy
  drug, 9, 94–95, 95–97, 116–117, 127, 140, 141, 151, 163–164
  due to economic problems, 250n98
  failed, 248n86
  listening to veterans as, xiii–xv, 169–170, 184, 193, 213
  need for, 60–61
  nontherapists and, 174–179
  psychotherapy, 20–21
  sexual assault, 39–40
  storytelling as, 171–174
  viewed as the only answer, 11–17, 69, 70–74
They Say You're Crazy: How the World's Most Powerful Psychiatrists Decide Who's Normal, 77

Tikkun, xv
Tillman, Pat, 240n113
Training
 of recruits, 27–29, 33–34, 53–54, 213–214
 of therapists, 70–71
Trauma. *See* Emotional trauma
Traumatic brain injury (TBI), 90, 104
Turner, Erick, 106
Twain, Mark, 54

UNESCO, 15
U.S. Vets Inc., 205
Uttal, William, 91

Values, conflicts of, 50–55
VA Watchdog, 9
Vazquez, Melba, 72
Vet Centers, 155, 159, 205
Veterans Administration (VA), the, 4, 200
 attempts to improve, 155–157
 handling of claims, 152, 154–155, 157–158, 161
 inefficiency of, 146, 153–154
 poor care provided by, 148–150
 preparations for Iraq and Afghanistan veterans, 151–152
 problems encountered by veterans in, 147–149
 public relations by, 152–153, 155–156
 severance pay and, 149, 154–155
 suicide prevention hotline, 6, 158–159, 161
 suicide by veterans under care of, 154, 159, 160–161
 treating veterans before redeployment, 160
 use of digital technology, 162–163
 veterans not seeking help from, 145–146
 Women's Health Sciences Division, 43
Vet Centers, 155, 159, 205
Veterans across America, 205
Veterans for America, 162
Veterans for Common Sense, 206
Veterans for Peace, 206
Veterans for Social Justice, 206
Veterans/soldiers. *See also* Women soldiers
 anxiety and fear felt by, 43–45
 attempting to save lives, 29–31
 betrayal and mistrust felt by, 55–57, 197, 240n115
 children of, 7–8, 214–216
 in combat without proper equipment, 30–31
 conflicts of values and crises of meaning in, 50–55
 diagnosis of, 2, 9–10, 25, 74–78
 on disability pay, 4
 eight plagues of combat and, 31–34
 emotional reactions to war, 5–6
 and employment, 221
 on extended tours of duty, 8, 30
 fight-or-flight reflex in, 37–38
 fragmented speech by, 192–193
 gay, lesbian, and bisexual, 44, 55
 grief and sadness felt by, 40–43, 144, 186
 guilt and shame felt by, 35–36, 45–46, 173, 185, 193–195
 homecomings, 26–27, 56–57
 homeless, 3, 4, 7, 9, 229n26
 isolation, alienation, and numbing, 57–62, 102, 173
 learning and trying to unlearn hypervigilance and violence, 27–28
 listening to, xiii–xv, 169–170, 184, 193, 213
 loss of innocence, 32–34
 maltreatment of, 240n114
 race and psychological suffering of, 65–66
 rage felt by, 48–50

Veterans/soldiers (cont.)
reasons for difficulty with war and homecoming, 26–27
sex/gender and psychological suffering of, 63–65
sexual assault of, 38–39, 50, 104, 129, 258n73
sexual orientation of, 44
sharing their experiences with loved ones, 44–45
silence, 211–212
starting to think about how to help, 17–22
understanding and relating to, 19–20
women, 38–40, 43, 50, 62, 63–65, 104
young age of many, 31–32
Veterans Upward Bound, 206
Vets4Vets, 206
VetStage, 206
Vietnam Veterans Against the War, 3, 126, 145
Vietnam War, the, xiii, xv, 24, 217–218
attempts to save lives during, 29
conflicts of values in, 50
David E. Jones and, 1–2
guilt among soldiers in, 35–36
soldiers homecomings from, 57
women soldiers in, 50
Violence, learning and trying to unlearn, 27–28
Vonnegut, Kurt, 31, 210

Walter Reed Army Medical Center, 46, 123, 148
War
artistic and imaginary respresentations of, 16
human nature and, 15–16
nonveterans avoidance of thinking and hearing about, 12–15
War Comes Home, The, 161
War&Therapy, xvi, 210–211
Wasserstein, Wendy, 165
Watters, Ethan, 84, 169
Wayne, John, 48, 65
Webb, Jim, 140
Web sites, 207
We Have to Talk, 60
Whitaker, Robert, 104, 105, 167, 168
White, Andrew, 163
Whiteley, J. M., 218
Wibby, James E., 218
Wiesel, Elie, 209
Wilmot, Michelle, 66
Wilson, Tim, 51
Women soldiers
family relationships of, 62
grief expressed by, 43
risk of psychological suffering, 63–65
sexual assaults against, 38–40, 50, 104
World War I, 10
World War II, 11, 56–57, 217–218
Wounded Warrior Project, 206

Yawar, Athar, 76, 89, 98, 104, 171–172
Yehuda, Rachel, 189

Zavis, Alexandra, 221
Zoroya, Gregg, 132, 134, 140, 141
Zuetlau, Cristapher, 157–158
Zwerdling, Daniel, 121–122