

POST TRAUMATIC
SHAME DISORDER:
UNDOING AMERIKA'S
TORMENT OF
VIETNAM VETERANS



Darrell D. Turner, PhD

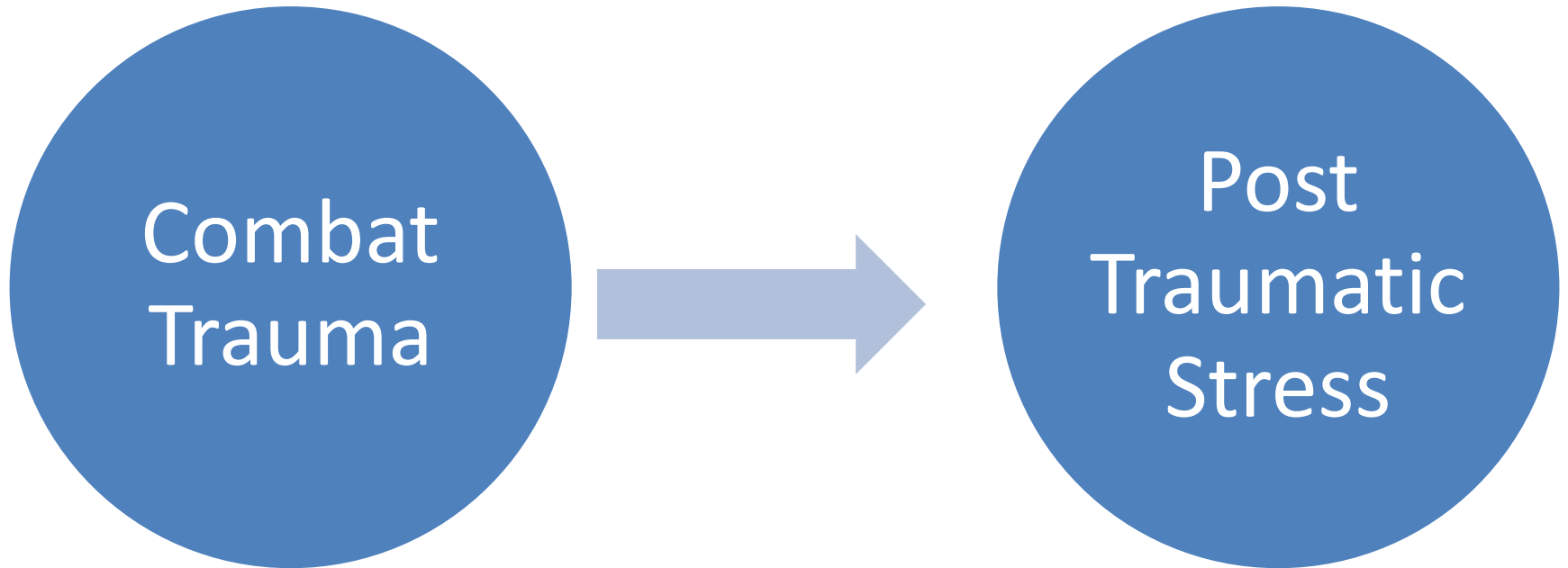
Presentation Goals

- Define Post-Traumatic Stress Disorder and its origin
- Define Post Traumatic *Shame* Disorder
- Understand how Combat Stress and Culturally Induced Shame are related
- Why Post Traumatic Shame Disorder is unique to Vietnam Veterans
- How can Vietnam Vets w/PTSD be treated
- How can we prevent Post Traumatic Shame in the future
- Implications for Civil-Military Relations & US National Security in the future

- **Torment:** (*tor'-ment*) *verb*: to inflict physical or mental pain or anguish for long periods of time; to shame or humiliate; to injure psychologically; to provoke to anger; to taunt; to poke fun at often with sadistic intent; to debase and degrade with impunity; to mock, belittle, or ridicule an innocent victim; to inflict prolonged distress; to suppress until resignation and surrender; to disrespect, mistreat, shun, and abuse; to vilify socially; to punish without reason or justification;
- to bring down through the gradual erosion of self worth, dignity, and honor; an insidious process (usually created by conscious design) by which self-esteem and confidence are undermined through subtle forms of social degradation, alienation, and marginalization, usually without the victim's awareness; to damage through the displacement of blame onto an innocent target; to induce a state of irrational shame and create guilt without basis or justification; to take voyeuristic and sadistic pleasure in the suffering of others, often to alleviate guilt felt by the tormenter.

- **Shame:** “Over the years, I felt this growing sense of irrational and unjustifiable shame. I don’t know why I felt that way. I didn’t do anything wrong, but I felt like I did. It was crazy. Why would I feel the need to hide under a rock when all I did was do what I was told. When I came back, I was shunned . . . I couldn’t get a job . . . I didn’t fit in . . . I couldn’t hold a relationship . . . I was always angry . . . It was like feeling guilty for a crime I didn’t commit . . . In my mind, I *knew* there was no reason to feel this way, but I *felt* that way anyway.”

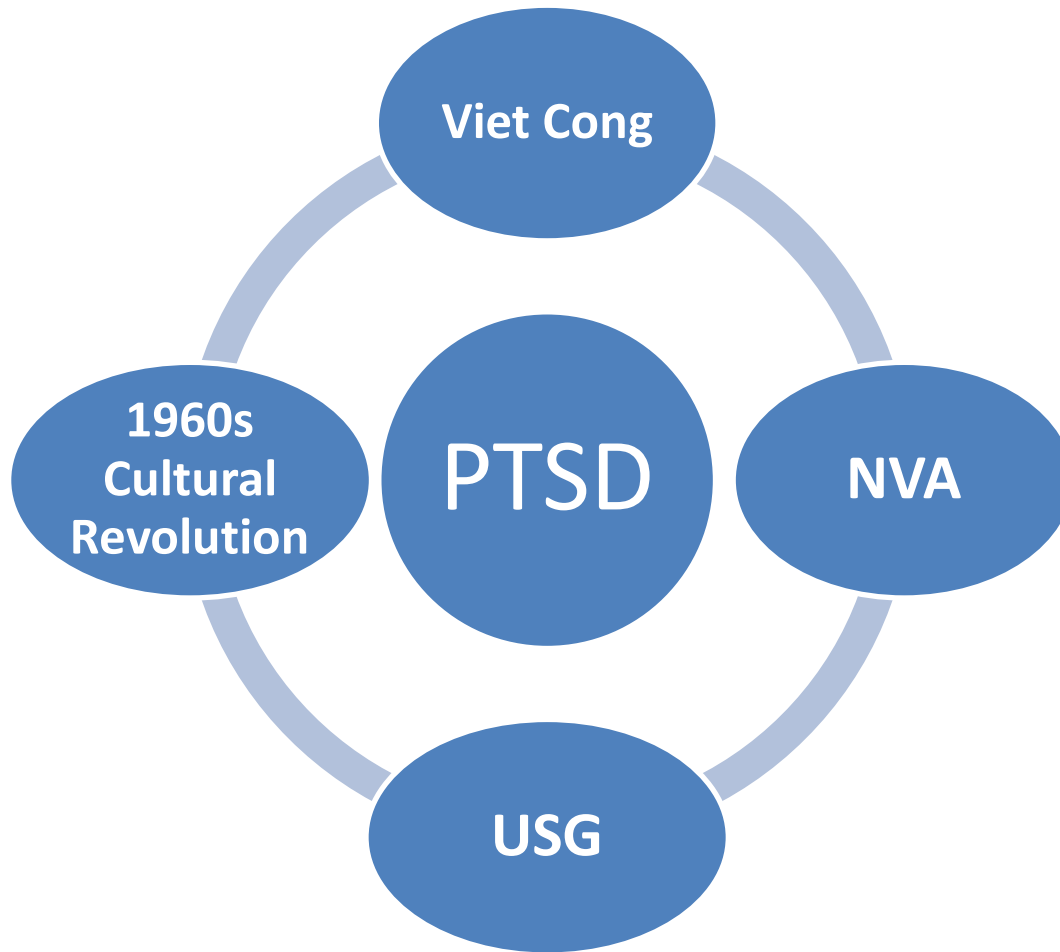
“Simple” PTSD



Stress + Shame: Post Traumatic Shame Disorder

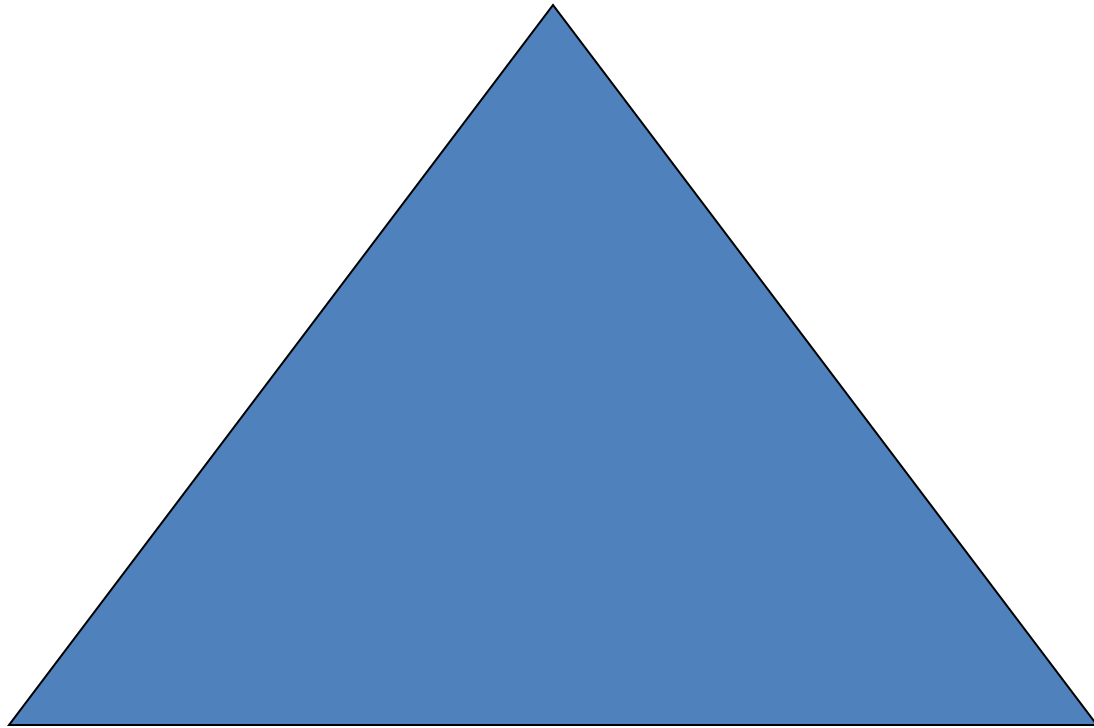


Vietnam Veterans Fought A 4-Front War



THE AMERICAN TRINITY

GOVERNMENT



PEOPLE

MILITARY

PTSD

- Post: “After” the event
- Traumatic: A life threatening event
- Stress: Demands exceed Resources
- Disorder: Dysfunction, Illness

Factors That Influence Post Traumatic Stress Disorder

- Frequency of traumatic exposures
- Duration of traumatic exposures
- Intensity of traumatic exposures
- Conditions of the war zone
- About 25% of combat soldiers may develop PTSD
- Multi-incident traumatic events result in continuous stress (worse than single traumas)

POST-TRAUMATIC STRESS DISORDER

- Intrusive Thoughts
- Nightmares
- Flashbacks
- Irritability
- Sleep Disturbance
- Startle Responses
- Anger Outbursts
- Avoidance of cues that recall the trauma
- Hyper-arousal
- Hyper-vigilance
- Social Withdrawal
- Emotional Numbing
- Inability to show love
- Feeling Detached
- Cannot Concentrate
- Difficulty recalling aspects of trauma

DSM-IV Definition of PTSD

Recurrence	Avoidance	Arousal
Flashbacks Intrusive thoughts Recurrent nightmares	Avoids thoughts, feelings associated w/trauma Avoids people, places, that trigger recollections Feels detached, estranged Cannot show affection Emotional numbing Expects short future Loss of interest	Hyper-vigilance Hyper-arousal Cannot falls asleep Irritability & outbursts Exaggerated startle Response

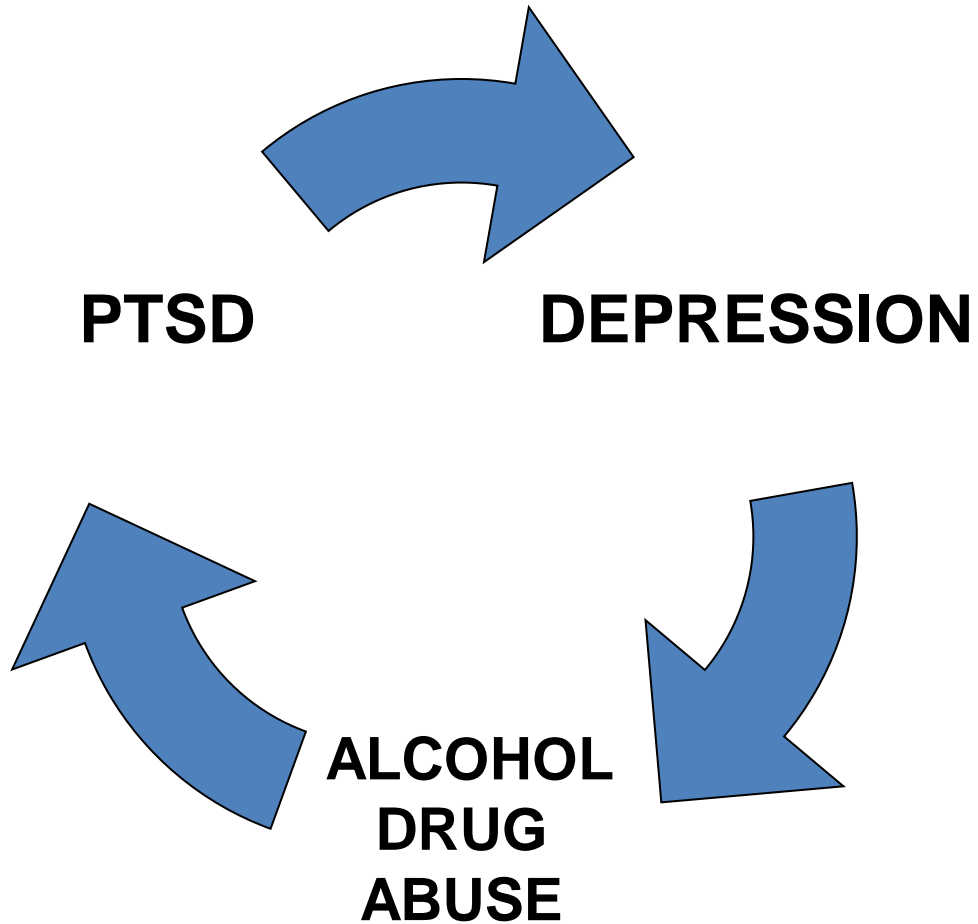
ORIGINS OF PTSD

- Combat Trauma, Shell Shock, Battle Fatigue in Conventional War
- State Terror (Stalinist Russia, Nazi Germany, Fascist Italy & Spain, Communist China)
- Insurgent Terror
- Natural disasters
- Personal Attacks: Rape, Robbery
- Most PTSD comes from direct/indirect exposure to Political Violence

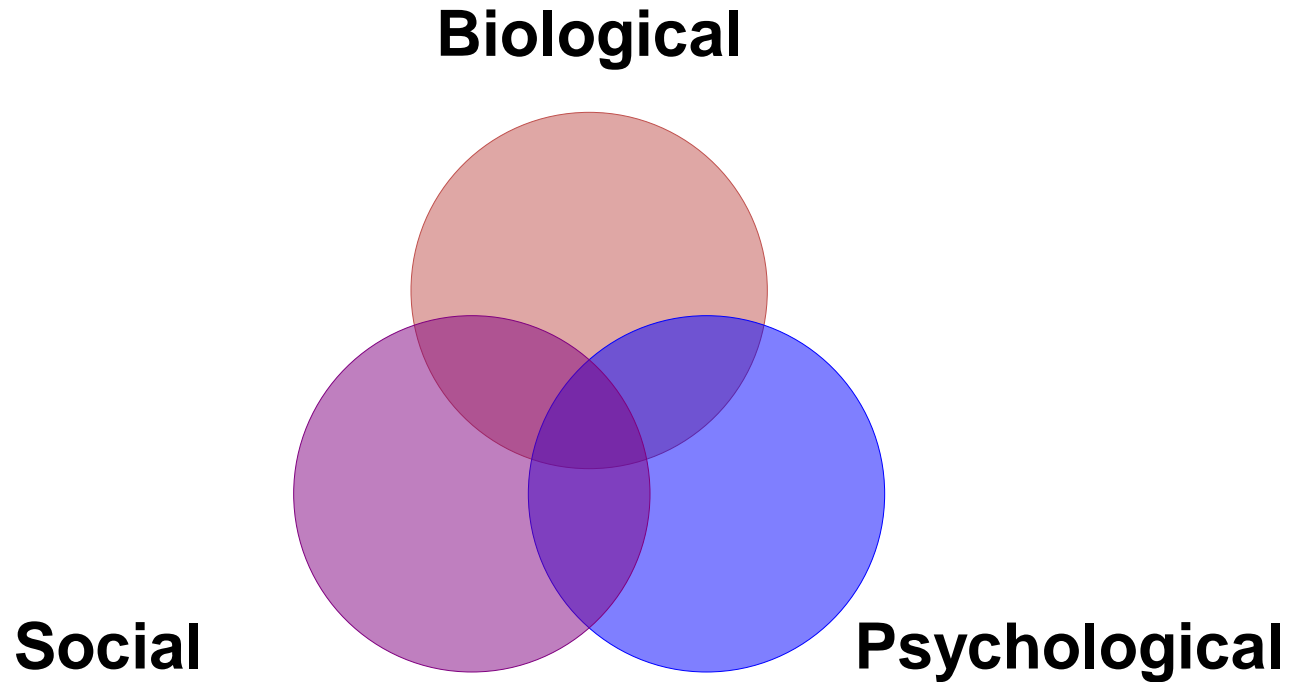
Who Gets PTSD?

Military	Emergency Workers	Civilians
Combat Operations Exposure to IEDs & VIEDs Medics Truck Drivers Exposure to Weapons of Mass Destruction WMD: Nuclear, Chemical, Biological, Radiological	Law Enforcement Fire Fighters Border Patrol First Responders Paramedics Emergency medicine	Rape Victim Robbery Vehicular accidents Home intrusion Being abducted or kidnapped Any type of physical assault Seeing someone physically or mentally injured

CYCLE OF PTSD



PTSD: BIOPSYCHOSOCIAL MODEL



PTSD TREATMENT: BIOPSYCHOSOCIAL MODEL

Biological Therapy	Psychological Therapy	Social Therapy
<ul style="list-style-type: none">•Medication•Diet•Exercise•Sleep•Biofeedback•Stress Management	<ul style="list-style-type: none">•Individual•Marital•Group•Self Control Techniques•Environmental Modifications	<ul style="list-style-type: none">•Social Support•Group Therapy•Veterans Groups•Organizational/Affiliations

Who Treats PTSD?

PSYCHIATRISTS	PSYCHOLOGISTS	SOCIAL WORKERS
Diagnosis Pharmacological treatment Assess co-morbidity (depression, alcohol & drug abuse, suicide/homicide) Arrange hospitalization Work with patient on short term basis Consultation-Liaison	Diagnosis Assess co-morbidity (depression, alcohol & drug abuse, suicide/homicide) Provide individual & group therapy (cognitive, behavioral, exposure, supportive, recovery) Work with patient on long term basis	Counsel spouses & family members Community referrals Psycho-educational interventions Assist in hospitalization and discharge planning Coordinate integrated health care plan

10 Reasons Why Your VA Doctor Should Know Military & Foreign Affairs

- (1) The VA setting is unique
- (2) The Veteran is a unique patient
- (3) Veterans are neglected minority group
- (4) Improves diagnosis & treatment
- (5) Builds Trust
- (6) Builds rapport
- (7) Professional Duty & Ethics
- (8) Reduces Veteran's feeling of alienation
- (9) Increase respect for Veteran
- (10) Strengthens National Security

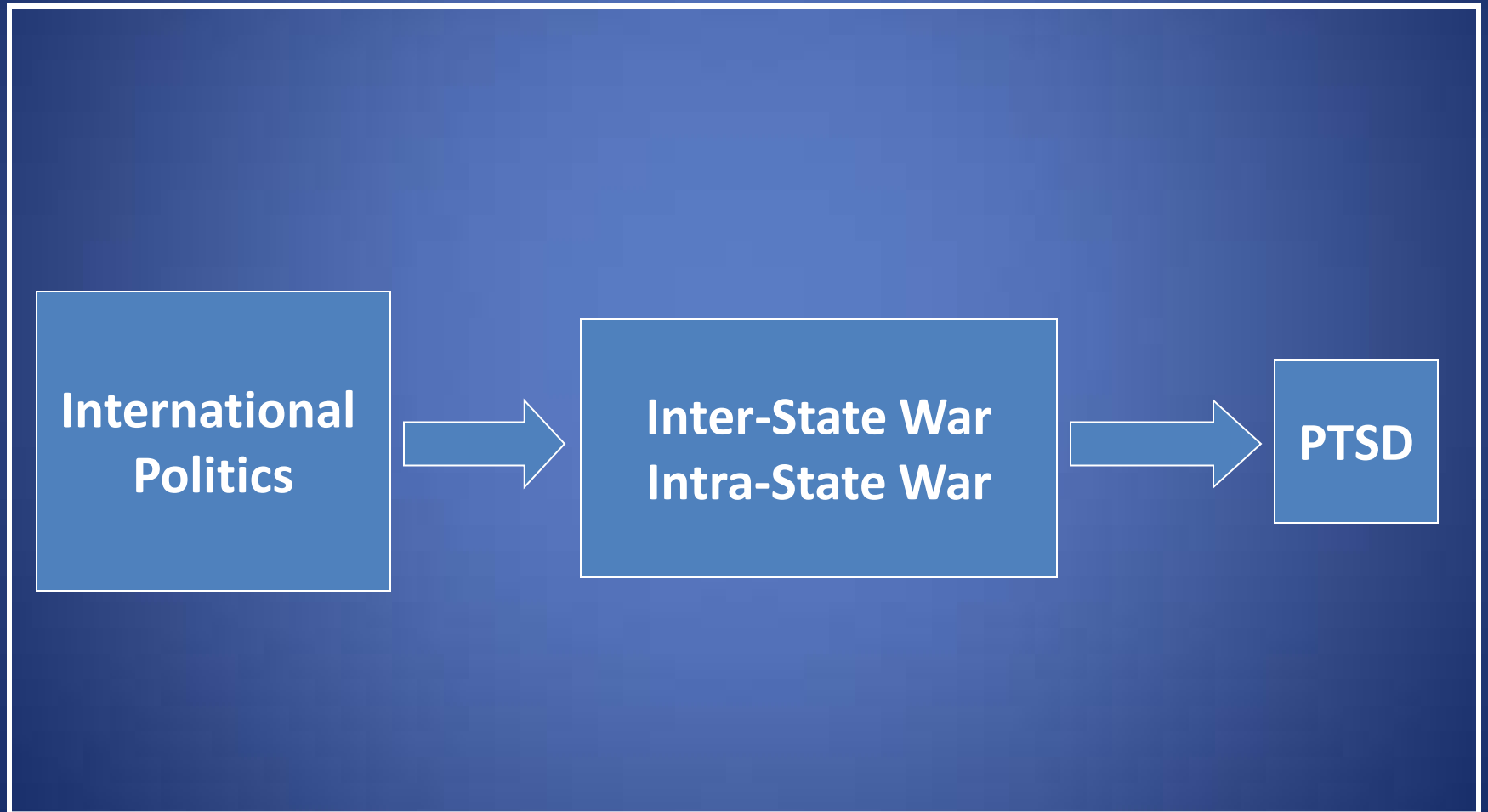
WAR

- “War is a continuation of politics . . .
. . . by other means.”

Carl von Clausewitz

“On War,” 1832

PTSD AS A CLINICAL-POLITICAL PHENOMENON



Political Violence and PTSD

POLITICAL VIOLENCE:
CONVENTIONAL WAR
GUERRILLA WAR
INSURGENT TERROR
STATE TERROR
TRANSNATIONAL CRIME



POST
TRAUMATIC
STRESS
DISORDER

TWO WORLDS

CIVILIAN

- Less Structured
- Less Accountability
- Less Regulated
- Free to Choose
- Emphasizes Individual
- Respect for Individual
- Self-Governance
- Ideal
- **Use Words, Ideas, Arguments**

MILITARY

- Highly Structured
- High Accountability
- Highly Regulated
- More Authoritarian
- Emphasizes Teamwork
- Respect for Authority
- Obedience
- Practical
- **Use of Arms**

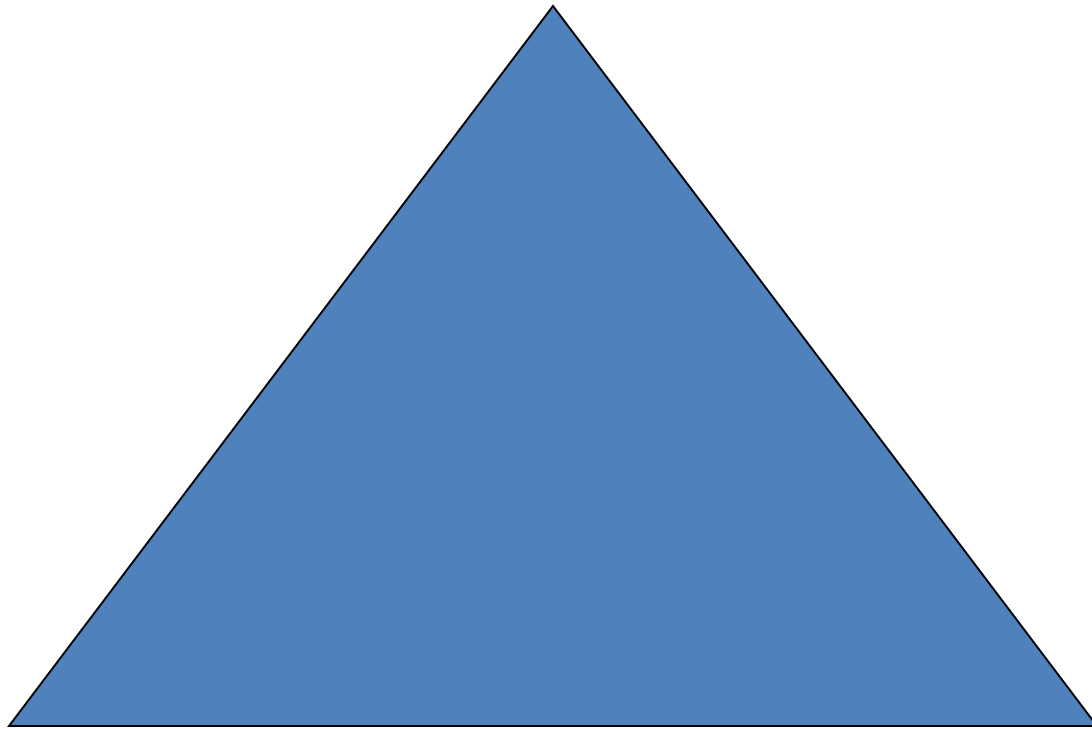
Post-Deployment Adjustment

**Combat
Soldier**



THE AMERICAN TRINITY

GOVERNMENT



PEOPLE

MILITARY

Coming Home

- War & Loss Innocence
- Fork in Road (The split in the Boomers)
- Anxiety and Learning
- Alcohol as self-medication
- Don't Wear Uniform Home
- Employment Prospects
- Employer Attitudes
- Killed by Insurgencies: Abroad and at home
- War, Christianity & Guilt
- The Irony Tower: Academia & Vietnam Vets
- Woodstock 1969
- The Irrational Shame of "losing."
- Baby Killers & Insurgency Warfare
- The Veterans Hospital: What PTSD?
- Amnesty & Rewards for Draft Dodgers

Post Traumatic Shame Disorder Checklist

In the past, or coming home from the war:

- I was called or referred to as a “Baby Killer.”
- I was spit on or ridiculed by antiwar protesters.
- I was told to not wear my uniform home because it would upset others or “stir up trouble.”
- I was told or made to feel that we “lost the war.”
- I was told by older Vets that I was not in a “real war.” I was in a “police action.”

Post Traumatic Shame Disorder Checklist

- I was made to feel as though our military efforts were a waste.
- I felt anxious when filling out a job application where I had to check “Military Status.”
- I was harassed by supervisors or coworkers who would tease me about my “Vietnam condition.”
- I felt embarrassed or self-conscious about others knowing I was a Vietnam Veteran.
- I felt misunderstood and blamed for something that I had no control over.

Post Traumatic Shame Disorder Checklist

- I felt “pushed aside, ignored, unappreciated” by many civilians who knew I was a Vietnam Veteran.
- I felt out of place in civilian environments.
- I had more than my share of job changes and divorces.
- I felt self-conscious or uncomfortable in public settings.
- I felt angry in college where the professor or students denounced the war and US soldiers who fought in it.
- I felt that my opinions counted less than the opinions of those that did not serve.

1960s Counter Culture Grand Strategy:



Turn Left

- Ends/Goals/Objectives: Transform current US political, economic, social, cultural system to a socialist (Marxist-Leninist) model
- Ways/Methods (terrorism, propaganda, abandonment & betrayal)
- Means/Resources (mainstream media, Hollywood, infiltrate academia, gov't & legal system, piggy back with other liberal movements (women's & black power movement), propagate use of drugs to alter consciousness, (obtain "cultural hegemony "Antonio Gramsci")

“Bad People” of the 1960s

- Amerika
- USG
- Military (Active duty)
- Veterans
- White males
- Business/Corporations
- >30 yrs of age
- Members of status quo
- Defense contractors
- “Organized religion” of a Judeo-Christian type
- Conventional marriages
- Working for “the man”
- Wealthy people

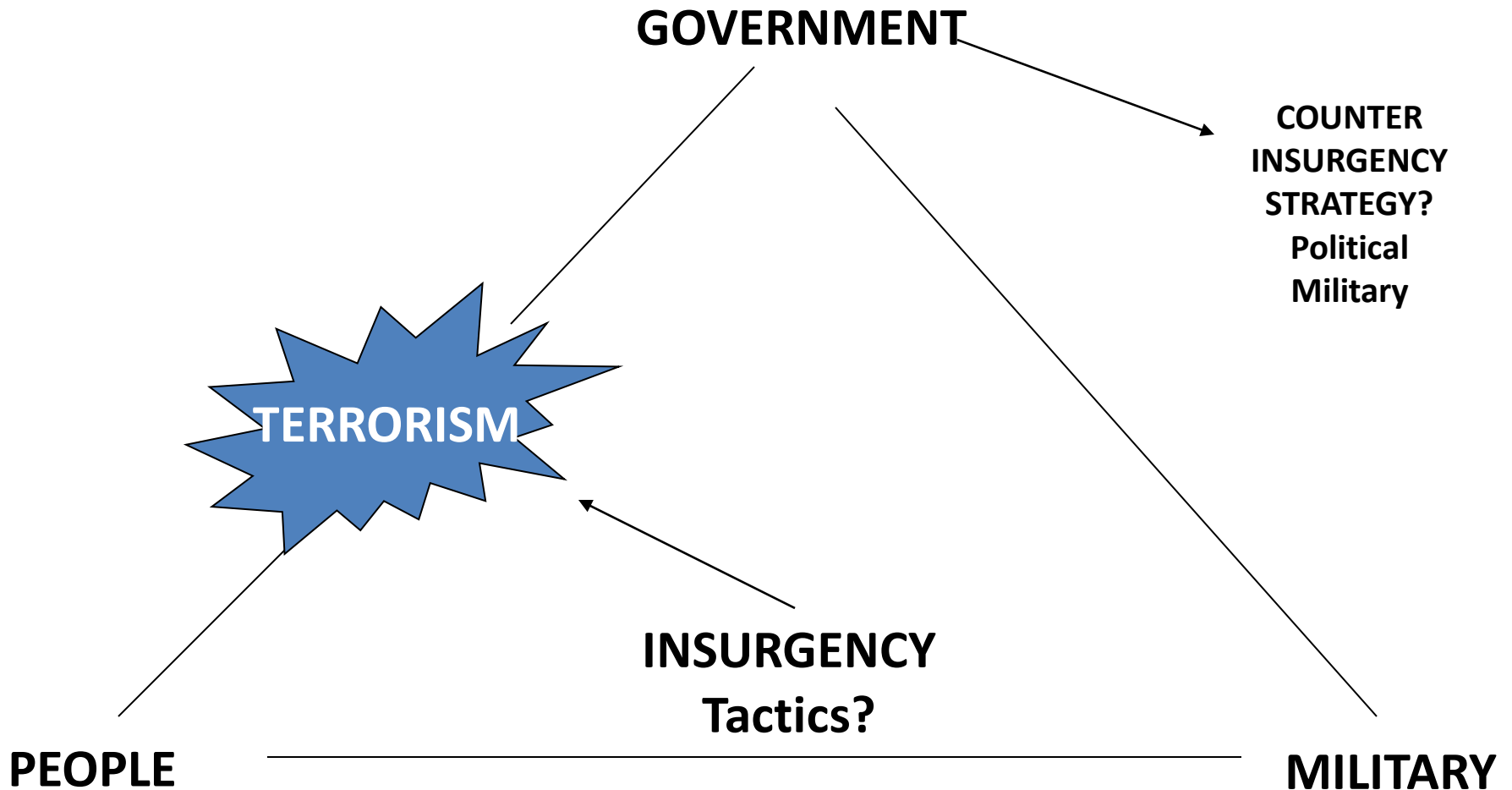
“Good People” of the 1960s

- Journalists & Media
- Musicians, artists, writers
- Academics & Educators
- Lawyers
- Humanitarian Relief Org
- Peace Corp
- Ecology & Conservation
- Community Organizers and activists
- Romantic Revolutionaries (Fidel Castro, Che Guevara, Ho Chi Minh, Mao)
- Timothy Leary
- All nonwhite, ethnic, minority, & “oppressed” groups
- Eastern Philosophers
- Transcendental Meditation
- Marxist-Leninist theorists
- Other fellow travelers

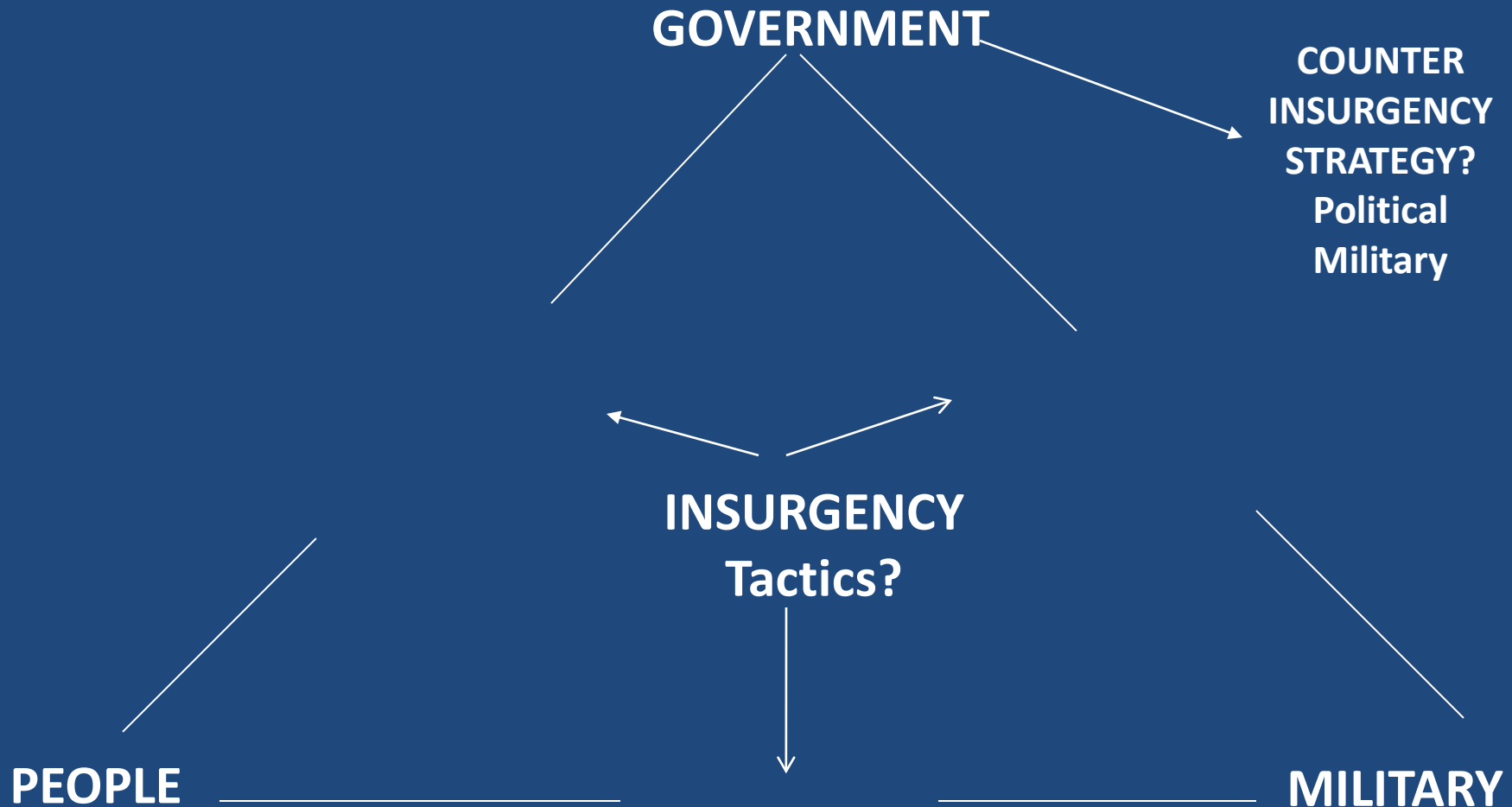
Antonio Gramsci's (1891-1937) Attaining “Cultural Hegemony”

- Gaining control of existing political system by collapsing it from within
- Slowly gain control of the major cultural institutions (education, media, entertainment, legal, government, religious) responsible for transmission of social values & beliefs and transform them one brick at a time until system has been replaced without knowing it – an insidious process

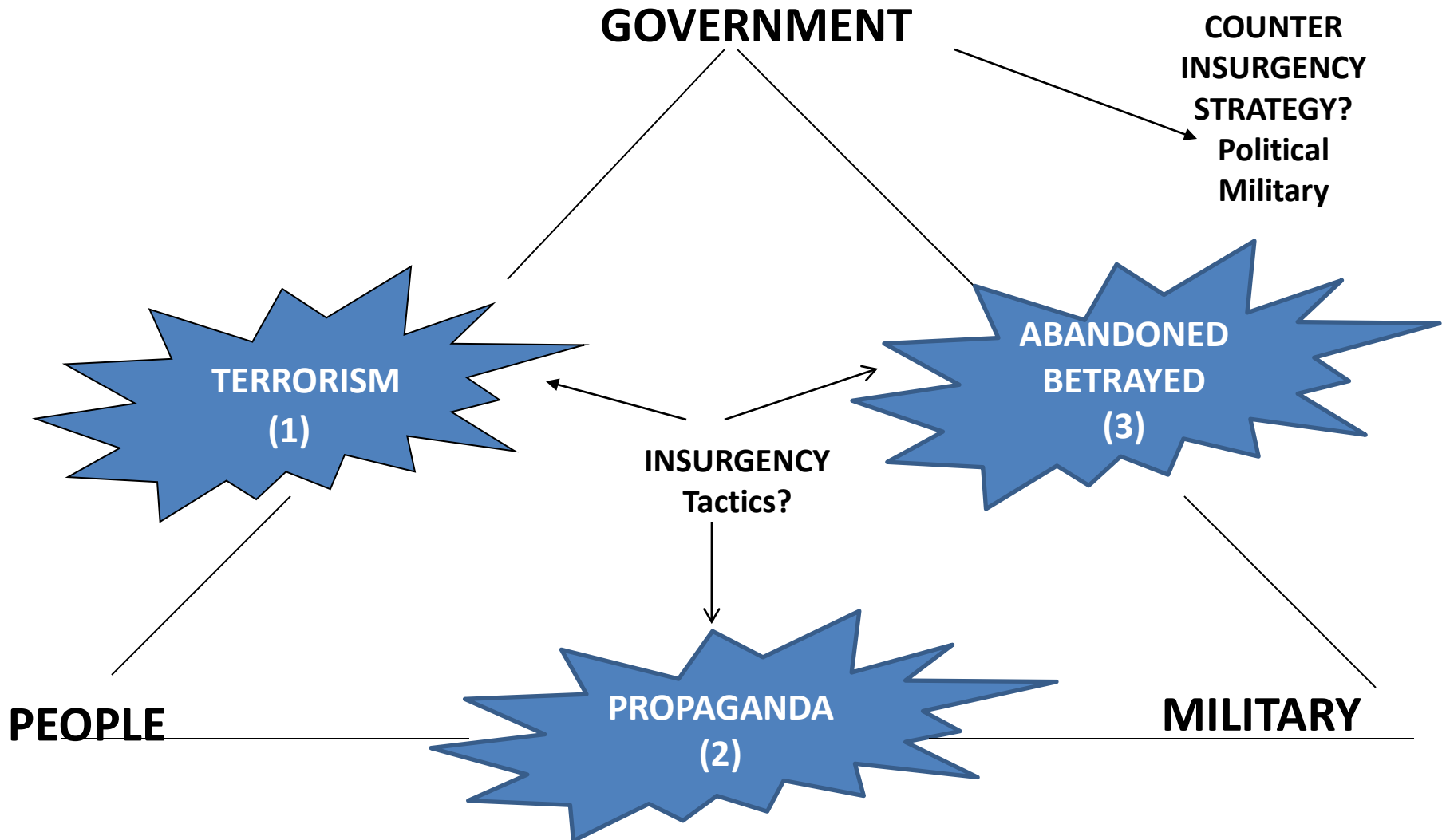
Goal of Revolutionary Warfare: Divide & Conquer



Successful Revolutionary Warfare: Breaking the Connections



Goal of Revolutionary Warfare: Divide & Conquer



TERRORISM

- Any use of force or violence by an illegitimate or non-state actor against a person or property to intimidate or coerce a lawful government or the civilian population in order to achieve a political end.
- Terrorism is designed to hit a target that will “send a message to the wider audience.”
- Terrorism ignores rules to bring down system.
- Terrorism is “Propaganda of the deed.” –Carlos Pisacane 1818-1857, Italian socialist

Use of Terrorism (1) :

Divide People & Government

- SDS (Students for Democratic Society)
- Weather Underground
- William Ayers
- Bernadine Dohrn
- Mark Rudd
- Black Panthers
- Attacks on US Pentagon
- Attack on US Capitol
- Attack on FBI
- Other terrorist groups (e.g., SLA 1973-1975)
- Environmental terrorist groups (ELF, ALF)

Vietnam War Protest 1967

“March on the Pentagon”

<http://www.historyplace.com/unitedstates/vietnam/slideshow/viet-show18.htm>



Weather Underground Students for Democratic Society

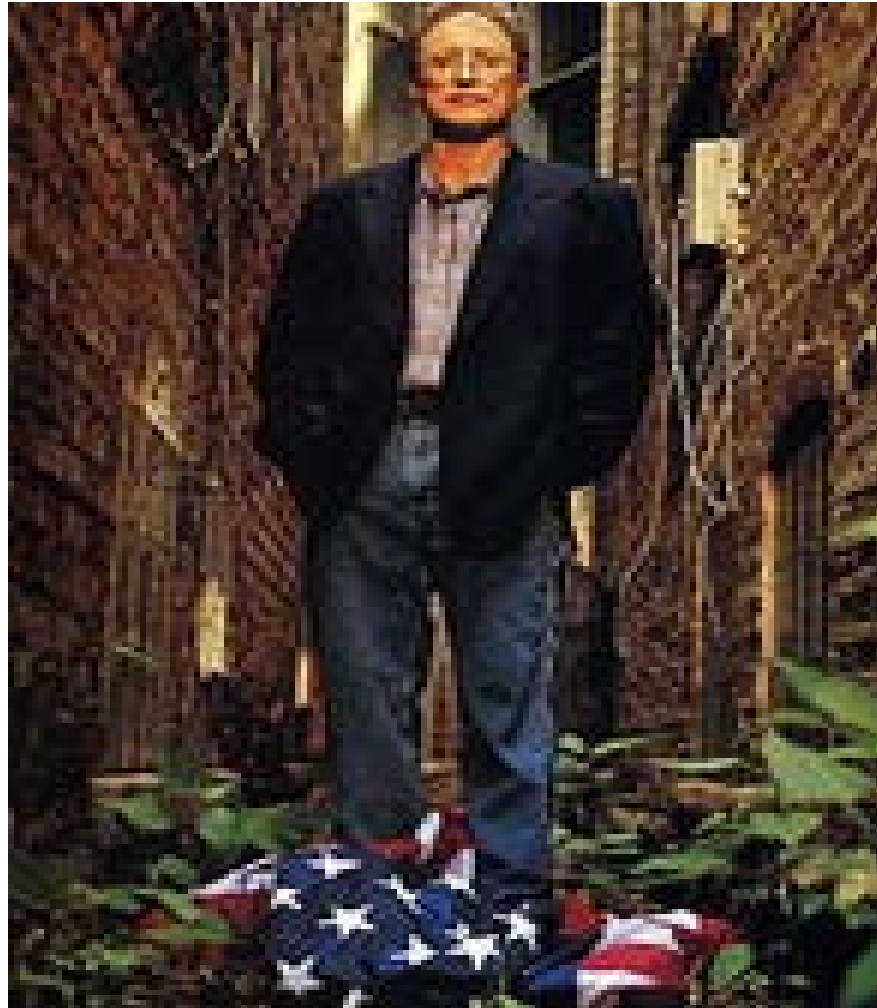


Wm. Ayers & Bernadine Dohrn Terrorists Then: Professors Now



Unrepentant William Ayers 2001

“We didn’t do enough.” Chicago Magazine



Use of Propaganda (2)

Divide People & Military

- Student protesters call Vietnam Veterans “Baby Killers”
- My Lai Massacre
- Kent State
- Jane Fonda /Tom Hayden
- Main stream Media (Walter Cronkite) TET Offensive
- Hollywood movies stereotype Vietnam Veteran as a deranged, pot smoking, violent baby killer
- Academia teaches “America” is a bad, imperialist country and needs a leveling
- Vietnam Veterans, by default, are part of the “enemy”
- Attach the Anti-war Movement to other “Liberation Movements” (e.g., Black Power movement, Women’s Movement, Environmental Movements (Zero Population Growth) implying a “need for reform”

Jane Fonda & NVA



Kent State University 1970



My Lai and Other “Massacres”



Walter Cronkite 1968:

“Most Trusted Name in America”

- “Who won and who lost in the great TET Offensive. I’m not sure. The VC did not win by a knockout, but neither did we. The referees of history may make it a draw. . . The bloody experience of Vietnam is to end in stale mate.”
- “. . . The only rational way out will be to negotiate not as victors, but as honorable people who lived up to their pledge to defend democracy, and did the best they could do

- “Our goal in the '68 offensive was to force them to de-escalate, to *break the American will to remain in the war...*”

--- General Vo Nguyen Giap,
Commander of Viet Minh

- <http://www.pbs.org/wgbh/peoplescentury/episodes/guerrillawars/giaptranscript.html>

How North Vietnam Won The War
The Wall Street Journal, Thursday August 3, 1995
Interview with Gen. Bui Tin, North Vietnamese Army

- **Q: Was the American antiwar movement important to Hanoi's victory?**
- **A:** It was essential to our strategy. Support of the war from our rear was completely secure while the American rear was vulnerable. Every day our leadership would listen to world news over the radio at 9 a.m. to follow the growth of the American antiwar movement. Visits to Hanoi by people like Jane Fonda, and former Attorney General Ramsey Clark and ministers gave us confidence that we should hold on in the face of battlefield reverses. We were elated when Jane Fonda, wearing a red Vietnamese dress, said at a press conference that she was ashamed of American actions in the war and that she would struggle along with us.

How North Vietnam Won The War
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Interview with Gen. Bui Tin, North Vietnamese Army

- **Q: Did the Politburo pay attention to these visits?**
- A: Keenly.
- **Q: Why?**
- A: Those people represented the conscience of America. The conscience of America was part of its war-making capability, and we were turning that power in our favor. *America lost because of its democracy; through dissent and protest it lost the ability to mobilize a will to win. (italics added)*

General Vo Nguyen Giap, the Supreme Commander of the Viet Minh (NVA)

Interview w/CBS Morley Shafer 1989

- “We paid a high price, but so did you...not only in lives and material...After TET the Americans had to back down and come to the negotiating table, because the war was not only moving into...dozens of cities and towns in South Vietnam, but also to the living rooms of Americans back home for some time. The most important result of the TET offensive was it made you de-escalate the bombing, and it brought you to the negotiation table. It was, therefore, a victory...The war was fought on many fronts. *At that time the most important one was American public opinion.*”

Use of Abandonment & Betrayal (3)

Divide Government & Military

- Restrictive “Rules of Engagement” in military
- “Take the hill, lose the hill.”
- Sec Defense McNamara as former CEO Ford Motor
- Government appeases insurgents/protesters leaving many Veterans to feel abandoned
- US Abandons South Vietnam & pulls out
- “Wasted lives”
- Watergate & Pentagon Papers
- VA under recognizes PTSD
- Attorney General, Ramsey Clark
- John Kerry’s 1971 Congressional Testimony
- US Amnesty of draft dodgers (President Carter 1980)
- Sec Defense McNamara “We were wrong . . . Terribly wrong.” *In Retrospect* 1995

John Kerry 1971, Then and Now

www.videosurf.com/john-kerry-15609/photos/137121665_13200



The Use of Overwhelming Force as Strategy to Defeat PTSD



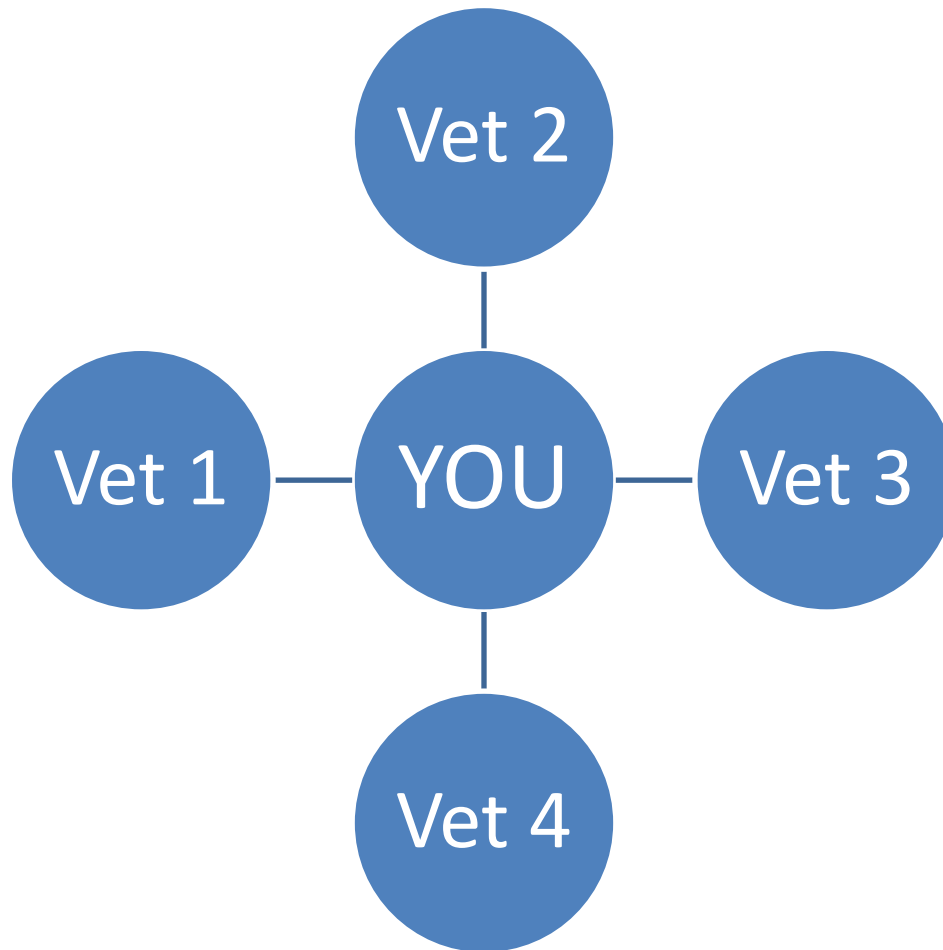
6 Round-Strategy to Treat Post Traumatic Shame Disorder



Knowledge as Overwhelming Force: The Art of Debate

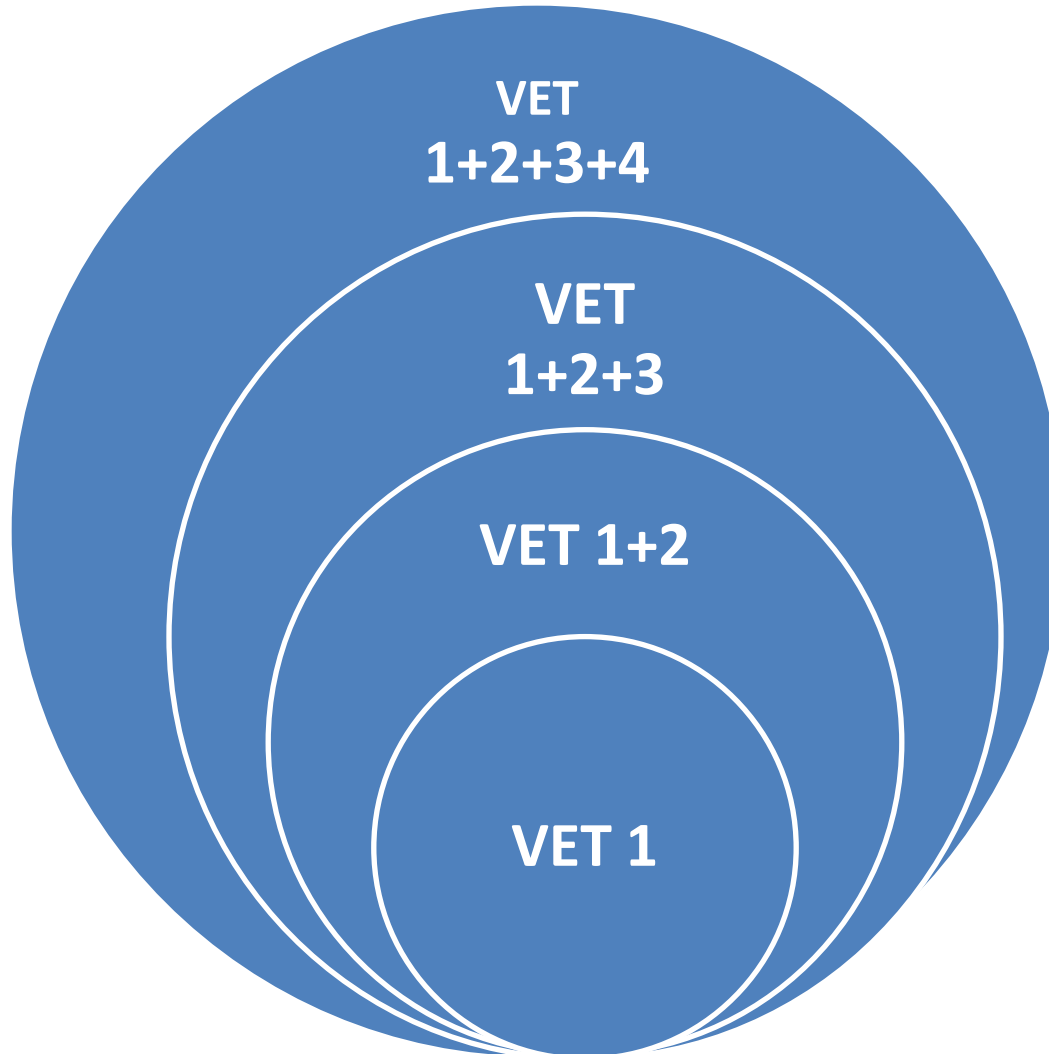
- Rise of German Power 1871
- WW I (1914-1918)
- Treaty of Versailles 1919
- Bolshevik Revolution 1917
- Rise of Communism in Russia, Europe, Asia
- Interwar Years in Germany
- Germany's Invades Poland 1939
- WW II 1939-1945
- Pearl Harbor 1941
- Atomic Bomb 1945
- NSC 68 US Policy of Containment
- Korean War 1950-1953
- Dien Bien Phu 1954
- Cuban Missile Crisis
- Détente
- Khmer Rouge –Killing Fields
- Nuclear Expansion & WMD
- Iranian Revolution 1979
- Fall of Berlin Wall 1989
- Fall of Soviet Union 1991
- New World Order

Social Support: Overwhelming Force

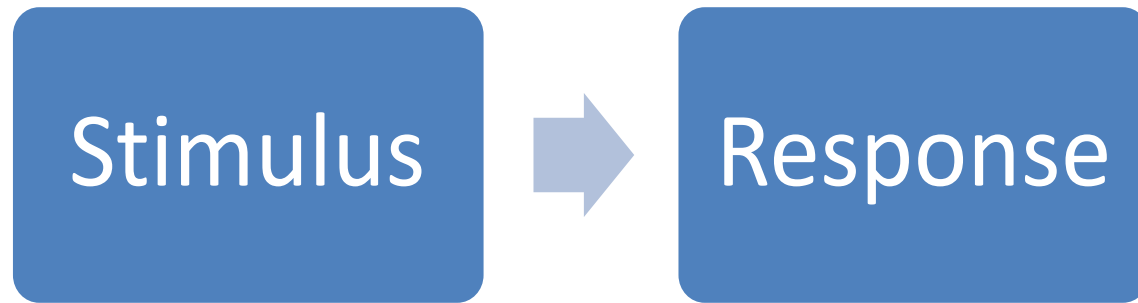


Social Support as a Force Multiplier:

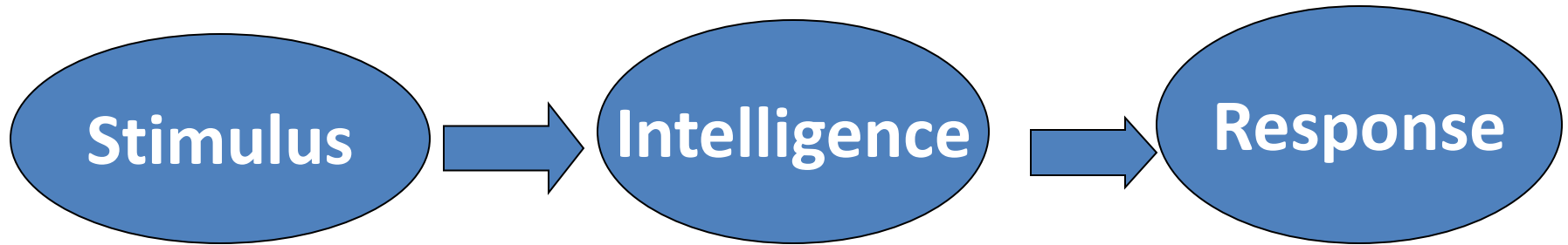
$$2 + 2 = 6$$



Instinctual Behavior: PTSD Vet does not think before acting



Psychology & Self-Regulation: Overwhelming Force



Triggers

S1

S2

S3

S4

Perception

Analysis

Interpretation

Conclusion

Evaluation

Response

Options

R1

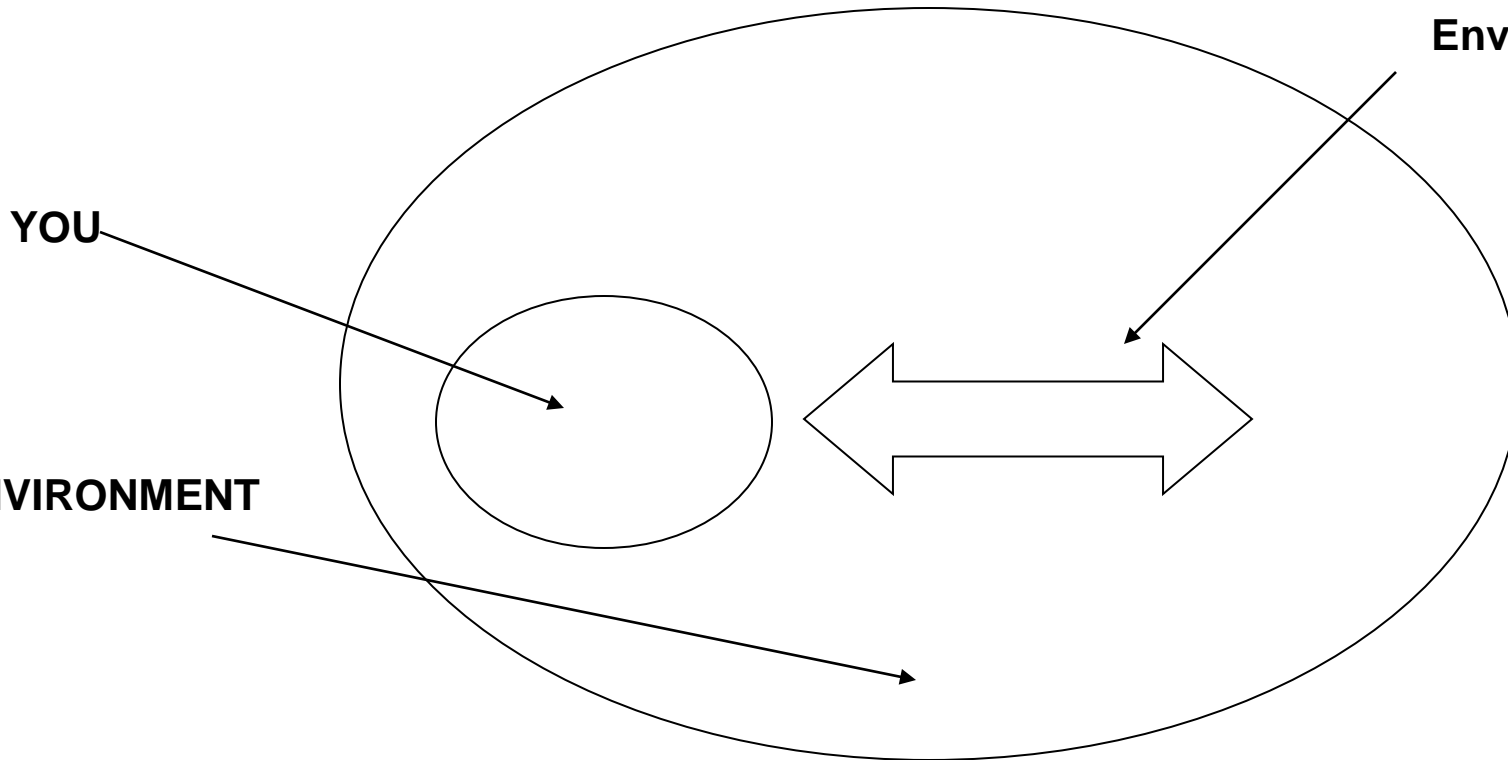
R2

R3

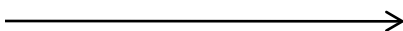
R4

Decision Making Within Strategic Environment

Interaction
Between You &
Environment



Past



Present



Future

RATIONAL DECISION MAKING

- Rational Choice Theory: A person will choose, amongst the options known to him or her, according to what will both:



Maximize
Benefits

+

Minimize
Costs

Sobriety & Medication

Overwhelming Force

Alcohol & Drug Abuse

- 12 Step Program
- Cognitive Behavior Therapy
- Individual Psychotherapy
- Group Psychotherapy
- Relapse Prevention
- Naltrexone
- Campral

Depression & Anxiety

- Individual & Group Psychotherapy
- Support Groups
- Anti-anxiety & Anti-Depressant Medications

Spirituality

Overwhelming Force

- VA does not address this treatment component
- www.MilitaryMinistries.org
- Major General Robert Dees (US Army Ret) & Lt Col. Oliver North are working with Campus Crusade for Christ International. They are calling on all Christian churches to provide a PTSD contact person to help returning soldiers deal with effects of PTSD through developing spiritual strength (i.e., international Christian network)

Politics and Ethics: Overwhelming Force

- Just War Doctrine (St Thomas Aquinas)
- A war must be just
- Proper Authority
- Right Intention
- Probability of Success
- Proportionality
- Last Resort

ATTACHMENT THEORY

John Bowlby 1907-1990

- Bowlby tried to understand the intense distress experienced by infants who were separated from their mothers
- Human infants seek closeness to reliable and consistent caretakers (older & wiser adults) and try to prevent separation by emitting crying & clinging behavior (a cry for help) because of its dependency
- Successful “bonding” with adult caretaker fosters the likelihood that the child will also form successful bonds in adult romantic relationships
- Unsuccessful bonding sets the stage for more troubled adult relationships (e.g., separation anxiety, depression, avoidance, fear of intimacy)

SURVIVAL:

Why Attachment is Important

Child Development

- The infant-mother bond is critical because the child's physical, emotional, and social survival depends on maintaining this connection

Military

- Both in combat and noncombat operations, a soldier's life is often in the hands of others. Successful attachments helps ensure a soldier's survival. ("I've got your back.")

Social Attachment in Military

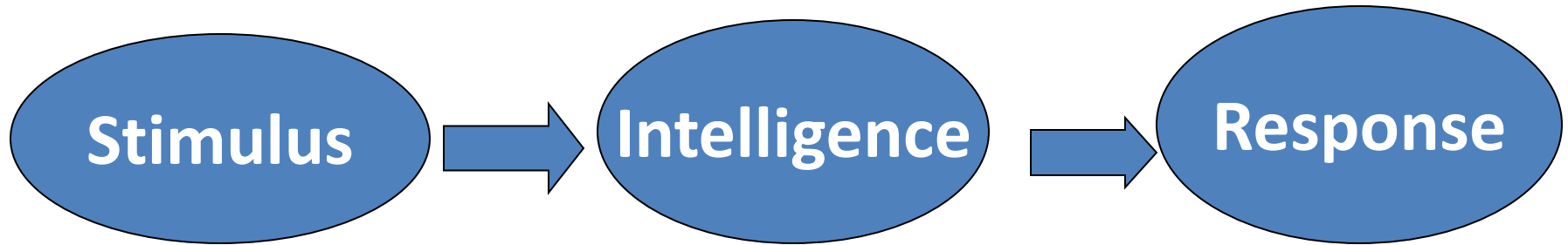
- In the military, close bonds are often formed when the social unit is small (squad, platoon, company).
- War has a way of creating incredibly close interpersonal bonds based on survival.
- Many Vets during their immediate post-deployment have said, “When I got back to the States I still wanted to be with my unit.”
- These bonds are so strong they play a role in the creation of survivor guilt (“Why did I come back alive and not others?”)

Social Acceptance

Benson, E., 2002. Perils of going solo. Amer Psych Assoc.)

- “A great deal of psychological function is predicated on belonging to the group and enjoying the benefits of that belongingness.”
- Pro-social behavior, doing something for the benefit of the group, often requires doing something against immediate self interest (i.e., making a personal sacrifice).

Psychology & Self-Regulation: Overwhelming Force



Triggers

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R4

RATIONAL DECISION MAKING

- Rational Choice Theory: A person will choose, amongst the options known to him or her, according to what will both:



Maximize
Benefits

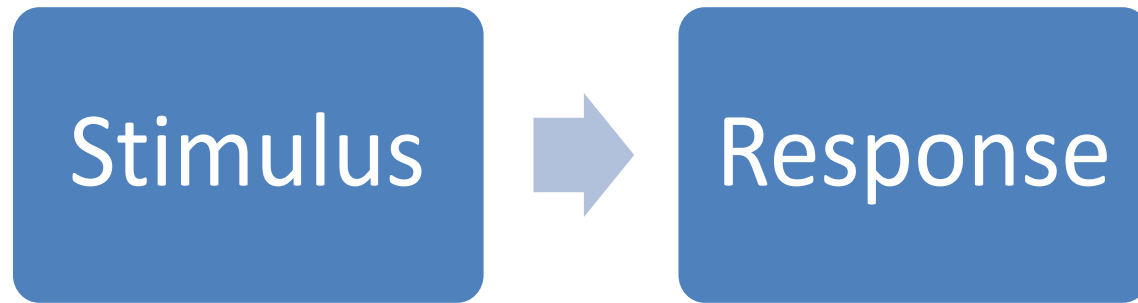
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Minimize
Costs

Social Rejection & Detachment:

- Social rejection has many negative behavioral consequences (antisocial, self destructive or selfish behavior)
- Social exclusion undermines the benefits of self sacrifice and behavior may be impulsive, chaotic, selfish, disorganized, or destructive.
- Social rejection undermines capacity for self-regulation
- Defects in self regulation undermines ability to make rational choices

Instinctual Behavior: PTSD Vet does not think before acting

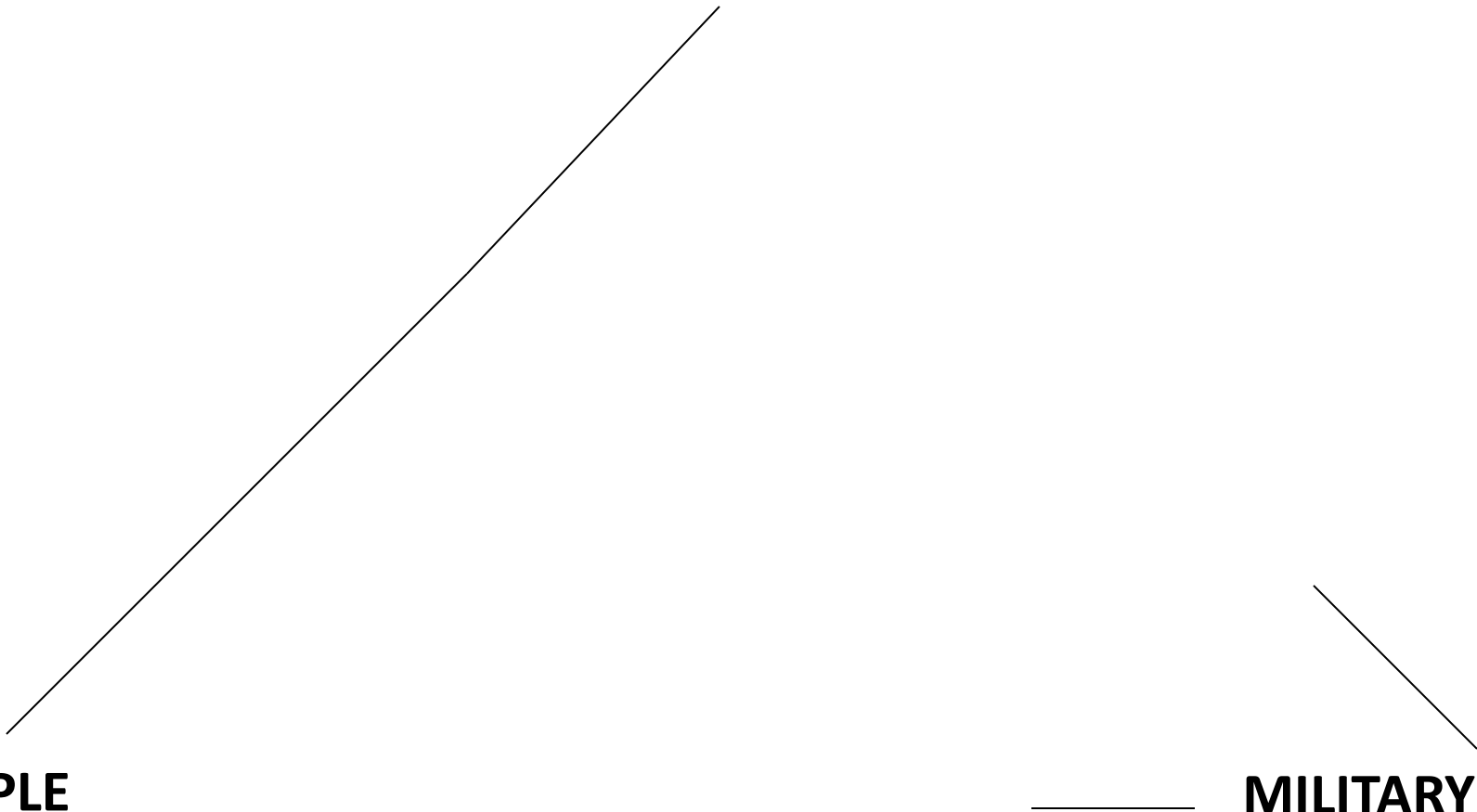


POST TRAUMATIC SHAME DISORDER: Alienation of Military

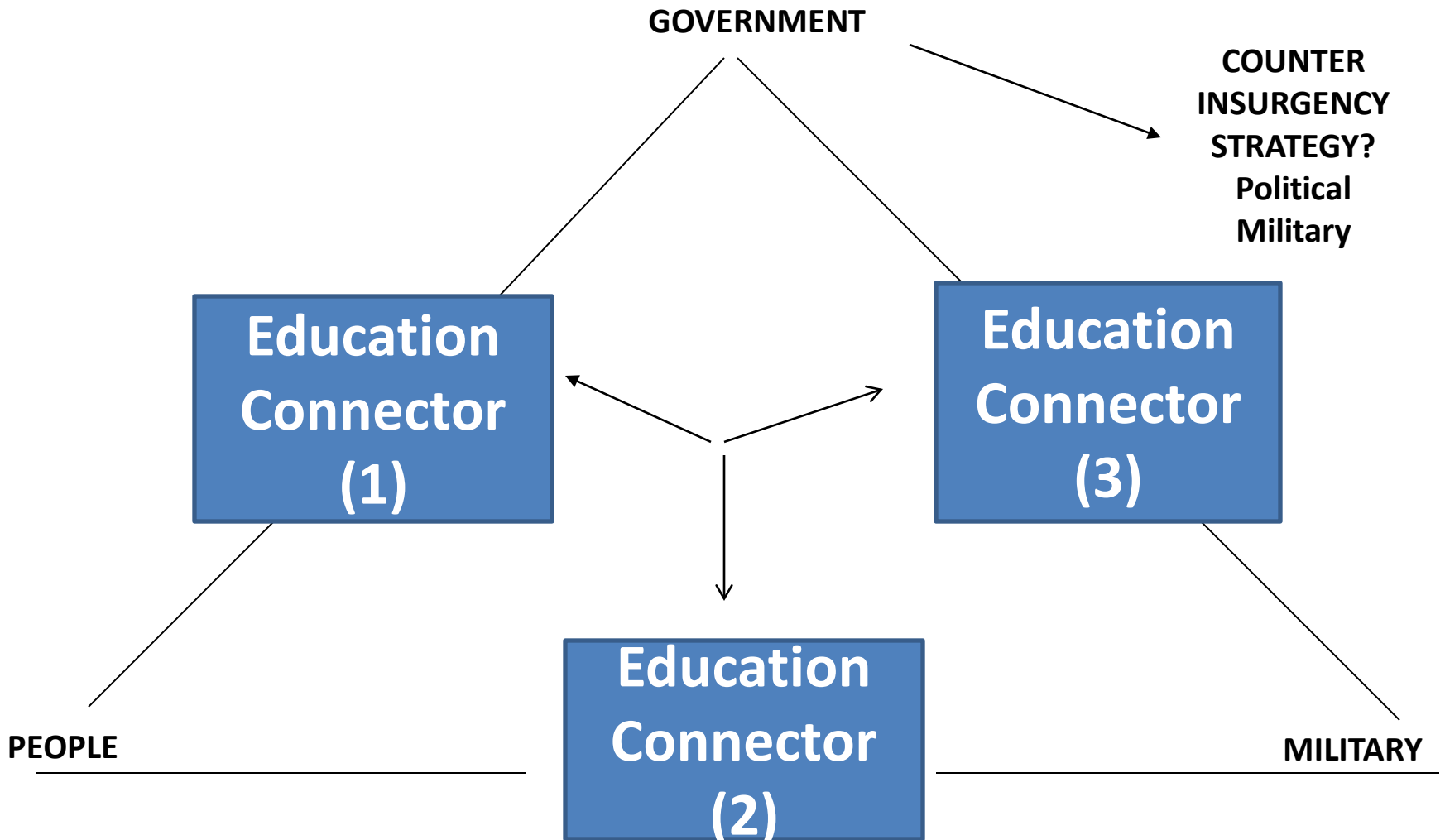
NEW GOVERNMENT

PEOPLE

MILITARY



Education as Attachment: Counter-Insurgency Strategy



Education Connector (1)

People-Government

People

- Citizenry should be become more knowledgeable about how the American political system works, its heritage, and US Constitution
- Civics 101
- “The price of democracy is eternal vigilance.” Thomas Jefferson

Government

- Government must become more responsive to the needs and opinions of the People (Nov 2010 elections were up a wake up call)
- “Government of the People, by the People, and for the People.”

Education Connector (2)

People-Military

People

- Citizens should know about military history and its role in defending America within the international system
- Read, read, read!
- Military history
- American history
- US Government
- Political Science-Economics
- Draft?

Military

- Military leadership education should include study of liberal arts as well as military history.
- Education for lower ranks
- Critical analytic skills
- Reexamine curriculum in NCO academies
- Education improves decision making

The Soldier

It was the soldier, not the reporter, who has given us the freedom of the press.

It is the soldier, not the poet, who has given us freedom of speech.

It is the soldier, not the campus organizer, who has given us the freedom to demonstrate.

It is the soldier, not the lawyer, who has given us the right to a fair trial.

It is the soldier who salutes the flag, serves under the flag, and whose coffin is draped by the flag, who allows the protester to burn the flag.

Education Connector (3)

Government

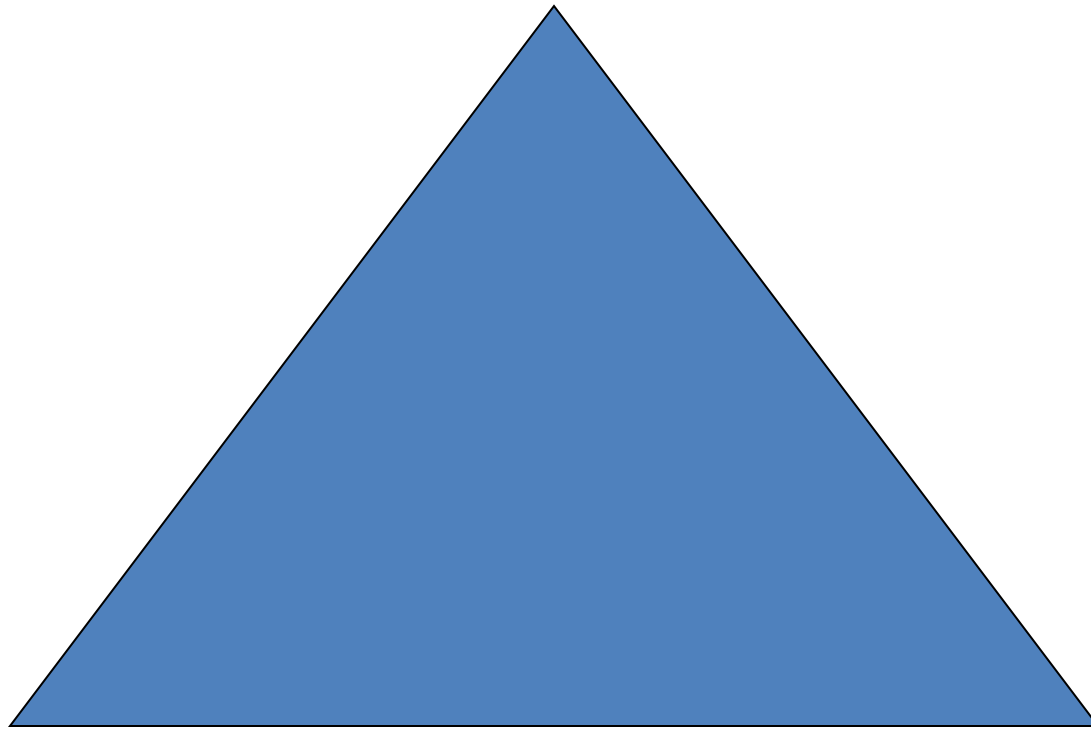
- Government should learn about military affairs
- 78% of Congress have never served in military (2011)
- House & Senate Armed Forces Committees
- Continue VA improvements made since 1995
- Help prevent antagonistic civil-military relations

Military

- US Military Colleges and Academies should train leaders to educate government officials about military affairs
- Ongoing “debriefing” programs for Vets & their families to preempt PTSD
- Strengthen alliance between DOD and VA

Civilian-Military Relations (CMR) in the American Trinity?

GOVERNMENT



PEOPLE

MILITARY?

The Question of CMR: Civilian Backlash?



- How does a liberal democratic society ensure that the military it creates can protect it from foreign enemies but not turn against its own civilian-creator?
- US Framers were leery of military dictatorship.

The Question of CMR: Do We Want an Impotent Military?



Civil-Military Relations: General Consensus

- In US liberal democracy:
- Military is necessary to protect against foreign invaders
- Military is a necessary for a liberal democracy existing within an anarchistic international system
- Military is not used for used for domestic law enforcement (Posse Comitatus Act, 1878)
- Military remains under civilian control
- Civilian & Military cultures are separate but cooperative (mutual respect)
- Military should remain a professional organization

CMR and THREAT ANALYSIS

- THREAT = $p(\text{Intent}) \times p(\text{Capability}) \times p(\text{Vulnerability})$

p=probability

Threat can be eliminated or neutralized by reducing any one or more of the variables.

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PTSD & Civil-Military Relations: Implications for US National Security

- Schism in civil-military relations affect US National Security w/i the International System
- Foreign enemy (e.g., NVA/VC) observe & exploit division between civil-military relations
- Division & Antagonism within CMR will undermine US capabilities, increase vulnerability, and embolden enemy's intent & conviction-(i.e., enemy will smell weakness)
- Divide & Conquer: Classic strategy in The Art of War: (A House Divided Will Not Stand)

Civil-Military Relations: Challenges in New World Order

- In post Cold War era, unipolar moment was short lived
- US may face possibility of total war, limited war, guerrilla war, insurgencies, terrorist organizations, transnational crime
- Schism in CMR can originate from a domestic insurgency, foreign threat, or combination
- Antagonism in CMR will affect US national security

Post Traumatic Shame Disorder: More Than Psychiatric Phenomenon

- PTSD affected an entire cohort of Veterans who fought a foreign war and coped with cultural alienation during post deployment
- PTSD created an antagonistic relation in civil-military relations.
- This type of division in future could undermine US international security

Homeless Vietnam Veteran



Vietnam Veteran Funeral: Honor Guard



Vietnam Medals



Ultimate Therapy

