

"... An important addition to the literature of trauma psychology, shining a beacon of hope for transformation and healing."
From the Foreword by Edward Tick, PhD, author, *War and the Soul*

Thirty Days with My Father

Finding Peace from Wartime PTSD



Christal Presley, PhD

"An incredible memoir . . . an important part of the still unhealed wounds of war."
—Nikki Giovanni, a world-renowned poet, writer, and activist

Thirty Days With My Father Finding Peace From Wartime Ptsd

Marian H. Poeppelmeyer



Thirty Days With My Father Finding Peace From Wartime Ptsd:

Thirty Days with My Father Christal Presley, 2012-11-01 When Christal Presley's father was eighteen he was drafted to Vietnam. Like many men of that era who returned home with post traumatic stress disorder PTSD he was never the same. Christal's father spent much of her childhood locked in his room gravitating between the deepest depression and unspeakable rage unable to participate in holidays or birthdays. At a very young age Christal learned to walk on eggshells doing anything and everything not to provoke him but this dance caused her to become a profoundly disturbed little girl. She acted out at school engaged in self mutilation and couldn't make friends. At the age of eighteen Christal left home and didn't look back. She barely spoke to her father for the next thirteen years. To any outsider Christal appeared to be doing well she earned a BA and a master's got married and traveled to India. But despite all these accomplishments Christal still hadn't faced her biggest challenge her relationship with her father. In 2009 something changed Christal decided it was time to begin the healing process and she extended an olive branch. She came up with what she called The Thirty Day Project a month's worth of conversations during which she would finally ask her father difficult questions about Vietnam. *Thirty Days with My Father* is a gritty yet heartwarming story of those thirty days of a daughter and father reconnecting in a way that will inspire us all to seek the truth even from life's most difficult relationships. This beautifully realized memoir shares how one woman and her father discovered profound lessons about their own strength and will to survive shedding an inspiring light on generational PTSD.

Practicing Oral History with Military and War Veterans Sharon Raynor, 2022-12-30 *Practicing Oral History with Military and War Veterans* focuses predominantly on conducting oral history with men and women of recent wars and military conflicts. The book provides a structured methodology for building interest and trust among veterans to conduct interviews design oral history projects and archive and use these oral history interviews. It includes background on the evolution of veterans oral history the nuts and bolts of interviewing ethical guidelines procedures and the overall value of veterans oral history. The methodology emphasizes how memory evolves over the years when a veteran becomes more distant from the events of war the experiences become individualized and personalized for each veteran based on location time place and purpose of their service. The book also aims to improve understanding of the personal ethical and psychological issues involved in listening compassionately to veterans stories that may contain issues of trauma gender socio economics race disability and ethnicity. *Practicing Oral History with Military and War Veterans* is an invitation to community scholars students oral historians and families of veterans to actively participate in the oral history process and to embrace methodology that may help with designing and conducting oral history projects and interviewing war veterans.

Military Review, 2016
Professional Journal of the United States Army, 2016-11 **Not a Blueprint; It's the Shoeprints That Matter** Nina Norstrom, 2016-04-07 Every journey leaves an imprint make yours count. Allowing us to learn lessons let go of toxicity and gain insight relationship can play a powerful role in our lives. They are formed with people alcohol animals battlefields

diseases drugs environments and even our emotions Whether toxic or nontoxic relationships are an integral component of daily living Author Nina Norstrom lost her child to a disease but that wasn't the only toxic relationship she endured In this book she explores the effects that her relationships with grief pain trauma and forgiveness have had on her life This tale exposes a mother's struggle to escape her world of toxicity her journey out of the clutches of diseased relationships and the shoe prints the experiences have left on her family's history This story in its raw form projects a remarkable voice to the heroic fight courage and bravery gained when striking back to wipe out toxic relationships Its message reveals that life brings many challenges and that each challenge provides lessons to be learned This book is not intended to be a blueprint for dealing with diseased relationships It's about the shoe prints those symbols of life's journey that are left by our experiences Not a Blueprint It's the Shoe Prints that Matter is an insightful and inspiring personal story of one family's journey through toxic relationships

Heard Amid the Guns Jacqueline Larson Carmichael, 2020-11-03 Carmichael captures the anguish and the wonder of war in flashes of colour humour and gems of human detail mined from letters diaries interviews and her own family history Halifax Chronicle Herald A rich and varied tapestry of the First World War highlighting the personal stories of over 150 men and women from across North America who served overseas After receiving a bundle of worn letters written by her late grandfather George Black Jack Vowel during the First World War journalist Jacqueline Carmichael became fascinated with the daily realities and personal stories of those who had lived through that pivotal and harrowing period in history Reaching beyond the battlefield descriptions found in most history books Carmichael presents unforgettable accounts filled with drama hope and heartbreak culled from journals and letters of Allied soldiers and nurses From tales of men shot at dawn under charges of desertion or cowardice to women cross dressing to get into battle to a Canadian Member of Parliament whose PTSD induced death was barely acknowledged by Ottawa for nearly a century Heard Amid the Guns reflects the human face of war Featuring profiles of people from every Canadian province and many American states including soldiers of Indigenous Asian Indo Canadian and African Canadian and American backgrounds this book is a touching tribute illustrated throughout by WWI era photos postcards documents and the author's contemporary photos from battlefield sites and monuments

Vietnam & Beyond Jenny La Sala; Jim Markson, 2014-09-22 Vietnam and Beyond is a collection of wartime letters written home by Jim Markson from March 1967 to March 1968 Jim carried sadness and boxed up memories from Vietnam Perhaps if it were not for the general divided and oppositional public opinion of the Vietnam War at that time the soldiers returning home might have been able to open up and begin the healing process Instead those soldiers returning from Vietnam were afraid to tell their story These fears bound each soldier to the other We are very proud to embrace all veterans and include stories of veterans of all wars including WWII Korea Vietnam Iraq and Afghanistan to show the similarities of war and the soldier from one generation to another

The Vietnam War in American Childhood Joel P. Rhodes, 2019 A sort of nebulous sad thing happening forever and ever childhood socialization to the Vietnam War Why

couldn't I fight in a nice simpler war comic books and Mad magazine Who bombed Santa's workshop militarizing play with commercial war toys One of the most agonizing years of my life knowing someone in Vietnam Mom tried to make it for us like he wasn't even gone father separation and reunion God bless dad wherever you are POW MIA How come the flags around town aren't flying at half mast Gold Star children Yes I am My Lai but My Lai is better than Viet Cong Vietnamese adoptees and Amerasians

Dads, Kids, and Fitness William Marsiglio, 2016-10-31 Now more than ever American dads act as hands on caregivers who are devoted to keeping themselves and their families healthy Yet men are also disproportionately likely to neglect their own health care diets and exercise routines bad habits that they risk passing on to their children In *Dads Kids and Fitness* William Marsiglio challenges dads to become more health conscious in how they live and raise their children His conclusions are drawn not only from his revealing interviews with a diverse sample of dads and pediatric healthcare professionals but also from his own unique personal experiences as a teenage father who thirty one years later became a later life dad to a second son Marsiglio's research highlights the value of treating dads as central players in what he calls the social health matrix which can serve both healthy children and those with special needs He also outlines how schools healthcare facilities religious groups and other organizations can help dads make a positive imprint on their families health fitness and well being Anchored in compelling life stories of joy tragedy and resilience *Dads Kids and Fitness* extends and deepens public conversation about health at a pivotal historical moment Its progressive message breathes new life into discussions about fathering manhood and health

Warrior's Return Edward Tick, Ph.D., 2014-11-01 War touches us all leaving visible and invisible wounds on the warriors who fight disrupting their families and communities and leaving lasting imprints on our national psyche In spite of billions spent on psychological care and reintegration programs we face an epidemic of combat related conditions such as PTSD Post Traumatic Stress Disorder With *Warrior's Return* Dr Edward Tick presents a powerful case for changing the way we welcome our veterans back from service a vision and a path for transforming the wounds of war into sources of wisdom honor and growth After more than 35 years of working with veterans Dr Tick has learned that our conventional ways of addressing the trauma and woundings of war fall far short usually focusing only on symptoms and temporary relief Drawing on lessons from cross cultural wisdom mythical archetypes and proven methods from psychology he offers this book as a valuable resource to help families caregivers and returning veterans understand and cope with the life changing effects of combat including Re examining PTSD why we must expand our understanding of the full psychological and spiritual impact of war's invisible wounds Archetype of the warrior service in combat as a journey to the underworld and why the return home is the most crucial stage The warrior's path timeless wisdom from tradition classical philosophy great leaders and religious and mythological sources How cultures around the world have welcomed home their returning warriors for centuries and what we can learn from them The warrior's initiation how the old self dies on the battlefield and a new more mature self evolves in its place Restoration methods for overcoming

disillusionment and soul fatigue to restore the warrior's sense of purpose, motivation and connection. Coming home specific steps for reintegrating our warriors back into our families and communities. Honor how a warrior can retain personal integrity and self respect even when they have participated in a war they don't believe in. Forgiveness, reconciliation and atonement ways for warriors to close the circle and begin healing what was destroyed. This is not a hopeless situation states Dr. Tick. Lifelong suffering after war is not inevitable if we understand war's impact on the heart and soul both for ourselves and our culture. For veterans and those who wish to support them, Warrior's Return offers step by step guidance for initiating our transformed warriors into valued members of our community with an essential map for the hero's journey home. A portion of the proceeds will be donated to Soldier's Heart. Visit soldiersheart.net **Red, White, and True** TRACY

CROW, 2014-08-15 Even as we celebrate the return of our military from wars in the Middle East we are becoming increasingly aware of the struggles that await veterans on the home front. Red, White and True offers readers a collection of voices that reflect the experiences of those touched by war from the children of veterans who encounter them in their fathers' recollections of past wars to the young men and women who fought in the deserts of Iraq and Afghanistan. The diversity of perspectives collected in this volume validates the experiences of our veterans and their families describing their shared struggles and triumphs while honoring the fact that each person's military experience is different. Leila Levinson's powerful essay recounts her father's experience freeing a POW camp during World War II. Pulitzer Prize winning author Tracy Kidder provides a chilling account of being a new second lieutenant in Vietnam. Army combat veteran Brooke King recounts the anguish of raising her young children by day while trying to distinguish between her horrific memories of IED explosions in Baghdad and terrifying dreams by night. These individual stories of pain and struggle along with twenty nine others illustrate the inescapable damage that war rends in the fabric of society and celebrate our dauntless attempts to repair these holes with compassion and courage. Schuring Donald Owen, Jean Bennett Owen, 2018-11-14 Schuring was a mantra I was given which restored my ability to reconnect with God and find purpose for my life. For many years after my Vietnam war experience I struggled to find peace. I have met other combat vets who also suffer from P T S D and the trauma of their wartime experience. I am sharing my meditations in the hopes that they will be used by other vets and their families who still suffer from the affects of combat. Whether currently in wartime active service or at home I pray these meditations will facilitate bringing vets closer to their estranged families, country and their God or what ever higher power they believe in. I chose the smaller size format to enable the book to be carried in the nap sack like a field journal. I have always believed in God and therefore my meditations address God as my higher power. It is not my intent to impose my personal beliefs upon others but instead to share my experience as a result of using these meditations in my daily life. The meditations can be used in any order. Since the meditations are short and only take up a portion of the page I encourage the person using them to take the extra space on each page to journal or to write thoughts or comments. In this way the meditations can become more alive.

and interactive I believe that the meditations while simple can be profound and encourage healing on many levels I have kept a daily journal and used the 3 x 5 cards I created for each meditation so that I could delve into deeper healing God bless my fellow veterans who have served or are still serving and their families May you find the peace you deserve **Finding**

Peace with PTSD Joanna Nunez,2018-07-26 No one ever has a perfect family life As a licensed clinical social worker Joanna begins working with Operation Enduring Freedom and Operation Iraqi Freedom veterans and learns about the in depth horrors of combat zone traumas and unforgettable memories Working with these men and women she is able to identify parallels in their interactions with their families and her family while growing up From an early age Joanna always wondered why her relationship with her father was so strained Wanting to break down the barriers that have always existed between them she asks her father to help her understand PTSD from the soldiers point of view Their work together soon grows into a memoir of her father s time in Vietnam her clinical viewpoint on how his trauma has affected their family life and a guideline for those that live with a combat veteran **Finding My Father** Marian H. Poeppelmeyer,2019-06-28 On Nov 1 1955 the

bombing of US Air Lines Flight 629 outside Denver Colorado left 44 people instantly killed and a nation stunned How does one family pick up their shattered lives and move on Finding My Father delves into the ripple effect of tragedy and trauma in this family s life who lost a husband and father in this historical event **Living with PTSD** Robert G. Sholten,2022-01-04

LIVING WITH PTSD The Unraveling Of Time is written in a manner that PTSD sufferers will identify with it Hopefully it will bring insight into the ramifications of PTSD for those trying to understand this disorder in the men and women suffering with it **PTSD UNTREATED** Kenny Harrington,2016-10-31 How do you make the transition from bullets and blood on the

battlefield to supermarkets sidewalks and Sunday school Kenny Harrington Within these pages is a very personal story of the face of PTSD as seen in the life of a WWII Marine veteran The book is a sensitive and anguishing unveiling of a soldier returning home from combat and his personal struggle adjusting to the routines of everyday living The writing is an effort to show how PTSD when untreated leaves its indelible mark on one soldier and his family My father was a wounded veteran who encountered an unsuspecting enemy when he arrived back on American soil This was an enemy like none he had confronted on the battlefield an invisible enemy that tore at his soul I hope my experience as the son of that wounded warrior will provide encouragement and direction to those who may be struggling with the very real and painful injury of PTSD

Endorsement As a Viet Nam Veteran who served with 1st Marine Division and suffered the effects of untreated PTSD for over thirty years I found PTSD UNTREATED One Family s Story to be a valuable tool that brings understanding and healing It comes with a fresh perspective that brings clarity to the one suffering with PTSD as well as the effect it has on those in relationship with them Most importantly the book delivers hope and action steps toward healing Phil Carney Senior Pastor Pendleton First Pendleton Oregon **My Father, the Soldier** Pasquale De Marco,2025-04-28 In the aftermath of war a

soldier returns home forever changed by the horrors he has witnessed Haunted by memories of the trenches he struggles to

reconnect with his family and find solace from the relentless pain of PTSD Through the eyes of his son we witness the profound impact of war on a family The boy yearns to understand his father to bridge the chasm created by the war and to find a way to heal the wounds that run deep Together father and son embark on a quest for reconciliation navigating the treacherous terrain of trauma loss and the unspoken wounds of war Their journey is a testament to the enduring power of family the strength of the human spirit and the hope that can emerge from even the darkest of times This book is a tribute to the sacrifices made by soldiers and their families It is a call for compassion understanding and support for those who have borne the burden of war It is a testament to the resilience of the human spirit and the power of hope to heal even the deepest wounds With poignant prose and deep psychological insight Pasquale De Marco delves into the complexities of a soldier's journey He explores the challenges of reintegrating into civilian life the struggles of living with PTSD and the profound impact of war on relationships Through the eyes of the soldier's son we gain a unique perspective on the war's legacy We witness the pain of watching a loved one battle with inner demons the resilience of a family determined to heal and the hope that can emerge from even the darkest of times This book is a must read for anyone who wants to understand the true cost of war and the enduring strength of the human spirit It is a powerful reminder of the importance of family compassion and the healing power of hope If you like this book write a review on google books

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

War Dad Julie Sands, 2010-01-12 Death doesn't always happen in combat it can also happen slowly after the soldier returns Julie Sands writes her first memoir and tells the true story of her father returning from the Vietnam War alive only to die a slow death on the streets of Los Angeles Ca In this book Julie Sands relives her life as a daughter of war and writes about the damage it caused on her father and her childhood as a result of her father's heroin addiction and alcoholism Although Sands recounts a story of a horrific childhood and what could have destroyed her she also brings hope for others who are suffering from the damages of war Emotional and raw War Dad takes you through a journey into the destruction of a spirit the dissolving of a girl's self esteem and the fight to survive as she witnesses her father's addictions life of crime domestic violence and prison Sands vividly describes the events which could have destroyed her but she also teaches how she was able to rise above her situation and live the life of her dreams It is said that over 300 000 soldiers suffer from post traumatic stress disorder War Dad uncovers the harsh after life of many soldiers and sheds light on the damaging effects war has on the families spouses and children of the soldier

For the Love of Jack His War/My Battle Kathie Costos, 2012-11-25 The battle to save the lives of combat veterans is not lost and it is not new 18 veterans and more than one active duty service member take their own lives each day More attempt it Kathie Costos is not just a Chaplain helping veterans and their families not just a researcher she lives with it everyday Combat came home with her Vietnam veteran husband and they have been married for 28 years She remembers what it was like to feel lost and alone Everything you read in the news today about PTSD is in this book originally published in 2002 to serve as a guide

to healing as well as a warning of what was coming for Iraq and Afghanistan veterans

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