



Scenario 8: The Road Back – Beginning the Healing Process

(Time: 1:13:13-1:33:00)

The return from combat is often difficult. Many Soldiers exhibit post--traumatic stress symptoms such as hyper--vigilance, anger, sleeplessness, and intrusion. While most of these symptoms fade over time, some do not. Some may not even arise until many months after returning. The whole reintegration process can be even more challenging than combat itself.

After viewing the entire media clip, process what you saw using the following questions in your small group using the following four--step method beginning with Observation. (You do not need to use all the questions listed for each step so long as the group is satisfied they have completed the step.)

OBSERVATION:

- 1) What did you hear the Soldiers saying?
- 2) What kinds of issues or challenges did they mention?
- 3) How were they dealing with those issues?
- 4) What kind of help did they receive or not receive?
- 5) How were they coping?
- 6) What were their prospects?



CORRELATION:

- 1) In what ways were any of their symptoms similar to what you've experienced or what may have been experienced by others you know?
- 2) In what ways were their coping capabilities comparable to yours or to others that you know?
- 3) In what ways did their stories correspond to yours? How were those stories different?
- 4) In what ways were their prospects similar to yours?

INTERPRETATION:

- 1) What do you know about the reintegration process?
- 2) What do you understand about the symptoms of post--traumatic stress?
- 3) What is your understanding of ongoing grief, guilt, and shame?
- 4) What do you know about the spiritual and moral injuries of war?
- 5) What is your knowledge of TBI?
- 6) What is your knowledge of PTSD?

APPLICATION:

- 1) What can you do about applying your understanding of post--traumatic stress to situations you are familiar with?

- 2) What resources are available to help Soldiers cope with the challenges of returning?

- 3) What can you do to help Soldiers find hope and healing?