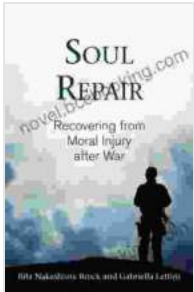


# Soul Repair: Recovering from Moral Injury After War



## Soul Repair: Recovering from Moral Injury after War

by Rita Nakashima Brock

★★★★☆ 4.4 out of 5

Language : English  
File size : 256 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 177 pages



## What is Moral Injury?

Moral injury is a psychological wound that occurs when a person's core moral beliefs and values are violated. This can happen in a variety of ways, such as when a person is forced to commit acts that go against their conscience, or when they witness atrocities that violate their sense of justice and fairness.

Moral injury is a serious problem that can have a profound impact on a person's mental and emotional health. Symptoms of moral injury can include:

\* Guilt and shame \* Anger and rage \* Depression and anxiety \* Loss of meaning and purpose \* Difficulty connecting with others \* Difficulty reintegrating into society

## **Moral Injury in War Veterans**

War veterans are particularly at risk for moral injury. The horrors of war can challenge a person's most deeply held beliefs about the world and their place in it. Veterans who have experienced moral injury may struggle to make sense of their experiences and may feel like they have lost their sense of integrity.

## **The Path to Healing and Recovery**

Healing from moral injury is a complex and challenging process. However, it is possible to recover and rebuild a meaningful life after war. The path to recovery may involve:

- \* Talking about your experiences with a trusted friend, family member, or therapist
- \* Joining a support group for veterans who have experienced moral injury
- \* Participating in activities that help you to connect with your values and purpose
- \* Finding meaning in your life through work, volunteering, or other activities
- \* Seeking professional help from a therapist who specializes in moral injury

## **Soul Repair**

The term "soul repair" refers to the process of healing from moral injury. Soul repair is a gradual process that takes time and effort. However, it is possible to find healing and hope after the trauma of war.

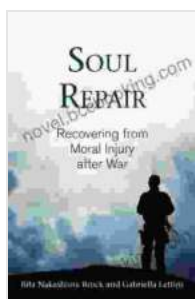
If you are a war veteran who is struggling with moral injury, please know that you are not alone. There is help available, and you can recover and rebuild a meaningful life.

## **About the Author**

Dr. Brett Litz is a leading expert in the field of moral injury. He is the director of the Center for Deployment Psychology at the VA Boston Healthcare System and a professor of psychiatry at the Boston University School of Medicine. Dr. Litz is the author of the book Soul Repair: Recovering from Moral Injury After War.

## Contact Information

If you would like to learn more about moral injury or connect with Dr. Brett Litz, please visit his website at [www.moralinjurycenter.org](http://www.moralinjurycenter.org).



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