

Alter-Reid, K., Zabukovec, J., & Adler-Tapia, R. (2014, October). The trauma after the trauma: EMDR psychotherapy for betrayal trauma experienced by the military and first responders. Presentation at the International Society for the Study of Trauma and Dissociation 31th Annual International Conference, Long Beach, CA.


Lipke, H. (2013). Don’t I have the right to be angry? The HEArtprogram for veterans and others who want to prevent destructive anger. Wheeling, IL: Good Looking Software.


General Books about Military Experiences


Morris, D.J. (2015). The evil hours: A biography of post-traumatic stress disorder. New York: Houghton, Mifflin, Harcourt. This can be a difficult book to read. This Marine points out how disconnected the American public is from wars. He writes about experiences at the VA with Prolonged Exposure therapy. He provides insights relating to being in therapy that isn’t working for him.


Rowe, N. (1971). Five Years to freedom: The true story of a Vietnam POW. New York: Presidio. Nick Rowe spent five years as a POW in Vietnam. He left the military, but was asked to reenlist to create the first SERE course to help soldiers who may become POWS. https://en.wikipedia.org/wiki/Survival,_Evasion,_Resistance_and_Escape. He was assassinated in the Phillipines.


Shay, J. (2002). Odysseus in America: Combat trauma and the trials of homecoming. New York: Scribner. Odysseus spent ten years trying to return home from Troy. Shay uses this tale to illustrate the trials of homecoming and PTSD. He writes that most of what he knows about trauma he has learned from vets, and how the body may come home, but not the mind. He also focuses on preventing psychological and moral injury.

Stanton, D. (2010). Horse soldiers: The extraordinary story of a band of US soldiers who rode to victory in Afghanistan. New York: Simon and Schuster. The book illustrates how different parts of the military work together: e.g., 5th Special Forces A teams, U.S. Army 10th Mountain Division, and 160th Special Operations Aviation Regiment (SOAR), who were deployed to Afghanistan. In 2003, they then deployed to Iraq where sadly, some of them were killed. Since Paul Bremer had decided to disband the Iraqi Army, there were 500,000 Iraqi soldiers with weapons and we were now in their country.