Stoicism

"Showing indifference to joy, grief, pleasure, pain".

(Webster’s Dictionary)

“Stoicism is not strength to overcome, but strength to hide. Stoics develop an attitude of unshakability toward life, a passionless calm attained by an effort of strong will and by a refusal to let one’s self be touched by the ordinary emotions of grief, hardship, and loss of life. You should assert your mastery over outward events, or, if you could not do that, at least you should be unaffected by them.”

- Rollo May

(Love and Will)
Veteran Distinctions

- Stoicism
- Combat Veterans: Traumatic memories or paralyzing guilt
- High incidence of alcohol usage or other "fighting"-type behaviors
- Warrior Wisdom

When the power of love Overcomes the love of power Then, and only then, Shall we have peace.  
-Anonymous
Peace for Veterans

Forgiveness at the Wall
Peace at Last: Stories of Hope and Healing for Veterans and Their Families

We did this TOGETHER!
Dedication
Extrapolated to any traumatized population
Deborah Grassman ARNP
www.OpusPeace.org
www.soulinjury.org

Never too Late to Say, “I’m Sorry.”

“Some Gave All; All Gave Some.”
Peace at Last:
Stories of Hope and Healing for
Veterans and Their Families

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The Guilt of War

We Honor Veterans
Hospice Veteran Partnerships

Ohio State Veterans Home
Georgetown, Ohio
Stein Hospice
Fallen Comrade Ceremonies: Healing a Gaping Wound in our Society

Go Ahead... Open It!!

"May each of us have the Grit, the Grace, the Humility, the Love to heal our war-ravaged soldiers and our broken nation. May we be the link that connects the circle so they feel connected to Humanity once again. May we not miss the opportunity to help these veterans recover their souls from Iraq Desert Storm Vietnam Korea Nazi Germany and various other parts of the world where they served so they can have peace... at last. May we help them know that the circle goes on, joining them to you and to me. Our people, our nation, our God would be ever so grateful."

- Deborah Grassman
Bearing Witness: A Personal Story

- No family in military war zones
- Vietnam: Just a story on the nightly news until...
- Nurse at the VA

Reflecting on a 35-year Career: Lessons Learned
Trauma Morphs at the End of Life.
The avoidance used to evade triggers, the stoicism used to hide emotions, and the numbing behaviors used to disconnect from the part of self carrying the trauma – they ALL start to crumble in the last few months of life. Once they crumble, a deeper level of injury is often revealed – a soul injury.

There are thousands of hospice workers; there are thousands of PTSD counselors, but there are only a handful of professionals who have specialized in taking care of both dying AND traumatized people.

Soul Injury

No profession is systematically assessing or addressing Opus Peace. Soul Injury for ALL people.

9/11: National Soul Injury Awareness day. How would the world be different if we weren’t afraid of our pain?
Stay in Touch!

Leave your business card with me (or write email address on paper)
www.OpusPeace.org or www.Soulinjury.org (Tools, Blogs)