

Jim Vines when he picked me up at the airport in Texas 2014.



Beach at Vung Tau



My shelves that I built.



Me standing and Claire sitting on my footlocker in my room. Big cardboard box that I made into a closet and my big wash basin on top. That basin is how I washed my clothes.



Back of hootch with clothes drying. On the left is out outhouse.



Dustoff  
on our helipad off loading a casualty. Behind you as you look is Triage' and the operating room.



Main  
surgery Quonset hut with five areas for surgeries. The other building not shown could do two simple surgeries and has our lounge.



Looking into surgery. You can see me at the far end and closer to you is one case in progress.



Me shaving the hair off this guy's legs. You can see the pellet wounds I described and the drawers behind that hold suture materials.



The picture from the front cover of the book. This was taken after the first time I worked around the clock and in the morning asked someone to take the picture so I could compare it to what I felt like.



Connie Jean during a chinook with wind blowing the dirt around. You can see our hootch on the left and the B wards headquarters, lab, x-ray, operating rooms, recover, and B6 + B-7 ahead.

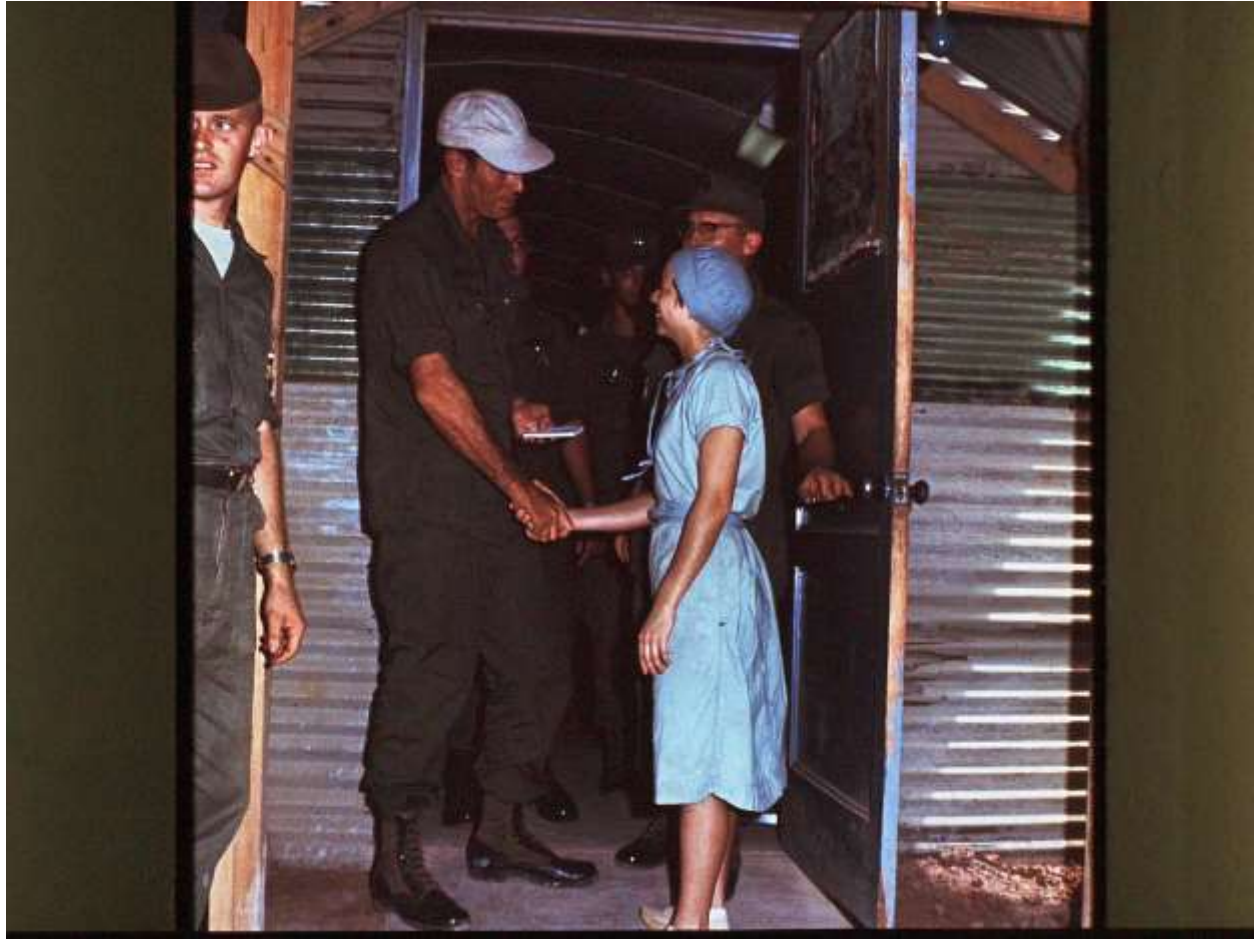


Sitting on five -gallon water cans wearing my fatigues, by operating room. Note the thin metal of the Quonset Huts and the sandbags that will not protect us if we are mortared.



Closing up an incision.

My Favorite picture from my year in Vietnam. Charlton Heston (Moses) He not only visited the wounded soldiers, he took down the names and phone numbers of family members and called them to tell them he saw their loved one in Vietnam.

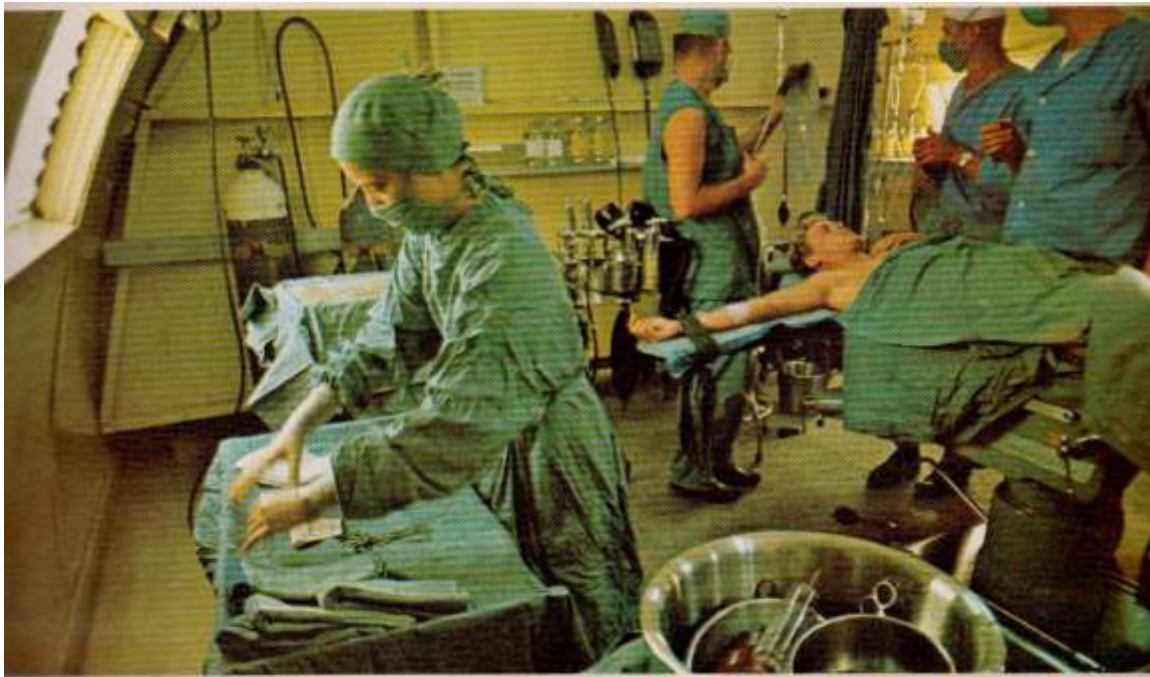


Claire and me in the mess hall.



supply.

Surgical gloves drying outside central



Me

with my surgical table that holds linens and instruments. Note the metal basin with smaller basin inside and bulb syringe. One metal basin receives the shrapnel from wounds and the other holds saline solution that we can suck up with the bulb syringe.



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Liver needle.



Group that built the hospital in fall of 1966. They are standing in front of the holes that the VC put in our new mess hall the night before this celebration. See the glassware and new OR sheets as tablecloths.



The group leaving with the 25<sup>th</sup> Infantry band out to send them home.



The Vietnam Veterans Memorial. The Wall.



Mike Rosenthal on left, me in the middle and Diane Carlson Evans on the right.



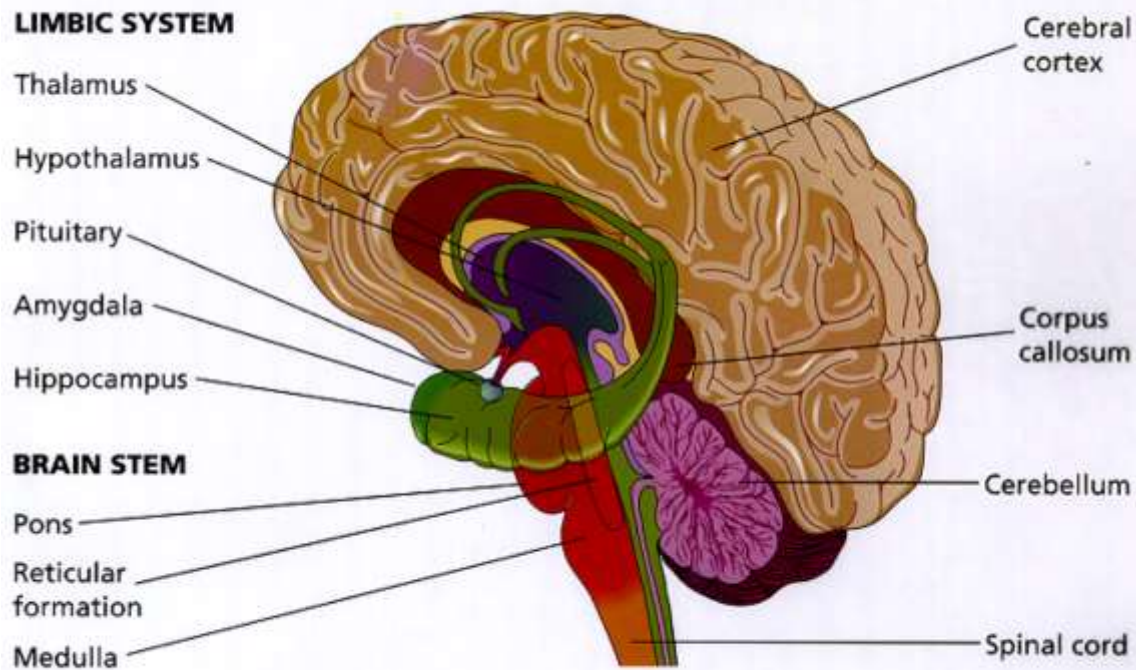
Group of nurses at the Stars and Stripes. Me in the middle with 25<sup>th</sup> Infantry Division cap beside Lynda Van DerVanter.



Me with Joe wearing maroon beret'. Joe was from Seattle Vet Center. Felix from State Department in uniform is to your right talking with women beside me. Getting ready for the big parade.



The LRRP guy who thought I was a nurse who cared for him.



Parts

of the brain described in book.

Here is a link to this guided imagery I made for you. [https://drive.google.com/file/d/134rw\\_CT3AMCASbhe58qlfrSA6aSPXABj/view?usp=sharing](https://drive.google.com/file/d/134rw_CT3AMCASbhe58qlfrSA6aSPXABj/view?usp=sharing)

Here is a link to this one that I made for you. <https://drive.google.com/file/d/1fM1QgR8n-sSFza3okpQVi4FbLbZWC3Nz/view?usp=sharing>

- Here is link to a guided meditation you can use:

<https://www.youtube.com/watch?v=y3TrGysWETw&feature=youtu.be>

<https://www.theredbadgeproject.com>,

<https://usvaa.org/program-the-usvaa-veterans-writing-program/>

<https://www.pathwithart.org>

<https://www.arts.gov/partnerships/creative-forces>

<https://www.healthline.com/health/art-therapy-for-ptsd>

<https://www.percussionplay.com/music-as-medicine-ptsd-music-therapy>

<https://www.veteranrites.org>

## **EFT**

### **EMOTIONAL FREEDOM TECHNIQUE**

The brain and body do not know the difference between past and present. All the wartime memories, including sense stimuli, live in the cells of the body. Anything can trigger the release of the memories with full intensity. Those triggers are unpredictable and catch the veteran off guard. Once triggered, they can relive the trauma as though it is currently happening. They are no longer in current physical reality. Trauma leads to the need to control the environment, yet when there are many unpredictable triggers, it adds to the stress and distress the veteran experiences. When the limbic system is constantly overwhelmed, the veteran does not have access to their ability to think, problem-solve and act rationally.

EFT neutralizes the chemical and physiological reactions in the body to traumatic memories and pain. Trauma and anxiety disrupt the flow of energy through the body and EFT restores the balance. EFT can also reprogram the subconscious beliefs.

EFT can rewire the disturbing memories that recur from trauma and break the connection between the memories and body reactions. Symptoms are caused by a disruption in the energy system and EFT restores balance. EFT can reduce symptoms of anxiety, depression, panic, insomnia, headaches, and feeling out of control. It creates a feeling of calm and restores more normal functioning.

1. When triggered, begin by identifying how intense the symptoms are on a scale of 0 -10.  
0=none and 10=highest level.
2. Tap the points listed while saying what you are thinking and feeling. Keep tapping and moving to the next point.
3. You may also state, "Even though I have this (any symptoms, or issue) I can get through this and feel and function better or I know I am OK and will remain OK. I deeply and completely love and accept myself."
4. Male veterans may resist the last statement but are encouraged to work with it nonetheless. The statement by itself, using the points, is healing and reprograms the subconscious negative self-beliefs.
5. POINTS
  - a. KC - Karate Chop – side of hand between wrist and bottom of little finger.
  - b. EB - Eyebrow – inner corner of both eyebrows.
  - c. SE - Side of Eye – outside groove over bone. Both sides.
  - d. UE - Under the eye at 45° angle in middle of bone. Both.
  - e. UN - Under the nose and between upper lip and nose.
  - f. CH - Chin between the lower lip and chin.
  - g. CB - Collar Bone – Just under the two collarbones slide fingers on diagonal to find little divots or use flat part of fingers with fist over sternum between collarbones.
  - h. UA - Under your arm about where the seam of your shirt is and between your waist and the middle of under your arm. Use all fingers.
  - i. TH - Top of your head slightly back of middle. Use all fingers.

After one round, measure intensity again and keep going until the intensity is at 0. After one or

more rounds if you wish you may change the statement to: “Even though I still have some (issues or symptoms) I know it is not necessary and I deserve to feel better. I deeply and completely love and accept myself.”

### **Phrases to use:**

“Even though I (killed those .....) and was ordered to do so, I violated my own values and have felt the guilt from that. I now release it. I have punished myself enough. I deeply and completely love and accept myself.”

“Even though I could not save (Red’s life/.....) and feel guilty, I am not responsible for the outcome — only my own intention and behavior. I choose to let go of the guilt and the pain I have carried. I deeply and completely love and accept myself.”

“Even though I could not stop the rapist or the rape, I know it is not my fault and I can now live and live fully. I deeply and completely love and accept myself.”

“Even though I participated in that horrific (traumatic, inappropriate, violent, ...) event/experience I can now forgive my younger self for that, and my older self for judging and criticizing myself. I choose life and deeply and completely love and accept myself.”

Film: Operation Emotional Freedom: The Answer: <https://www.imdb.com/title/tt1825096>

## **APPENDIX**

In remembrance of so many of us nurses and what we experienced.

Dedicated to so many of you, soldiers of an unwanted war.

WE DID IT ALL FOR YOU ©

We heard about you on the radio,  
We saw you on the TV.  
We knew you were hurting so,  
We went to the Nam Country.

We took you as you came,  
We felt the mud and dirt.  
We knew we would go insane,  
We knew we couldn't stop the hurt.

We tore off your fatigues and boots,  
We searched your parts and your holes.  
We saw your limbs torn off like roots,  
We suffered with you, for all our souls.

We stood for hours in your lost blood.  
We screamed inside at those awful sights.  
We cursed and raged and slid in the mud.  
We knew the results of your frustrated fights.

We held your hand and said to hang in,  
We prayed in silence for your sweet life.  
We knew full well our country's sin,  
We hoped in vain for an end to strife.

We went to be with you and help you too,  
We weren't prepared and neither were you.

We couldn't believe what we all went through,  
We worked to heal but who ever knew?

We pumped the blood and helped you sleep.  
We changed your dressings and cut the pain.  
We turned you over and scrubbed your feet.  
We talked and listened and went insane.

We couldn't cry - or we couldn't work,  
We tried to be calm to do our job.  
We never knew where the enemy lurked,  
We daren't let out, even one sob.

We sorted you one from another,  
We chose - do you live or die.  
We struggled so much for you our brother,  
We knew in our hearts we needed to cry.

We were beside you in the operating room.  
We cleaned your wounds and put you to sleep.  
We cut and sawed from noon to noon.  
We swallowed and choked and sighed so deep.

We saw you at your very best, proud and smart.  
We saw you at your worst, torn and wounded,  
We held your maimed and mangled parts,  
We lifted, pulled, pushed and turned your head.

We yelled for supplies that we didn't have,

We cringed when we read the media lies.  
We held our breath as we applied the salve,  
We wondered when America would open her eyes.

We hated the mud and rain and dust.  
We hated the protests and lack of support.  
We drank and danced and how we cussed.  
We hoped and prayed for the war to be "short."

We wondered how you did perceive us,  
We worried how well we were really doing.  
We came to help, to heal and not to fuss.  
We couldn't control the ugly war we were viewing.

We felt angry, enraged, sad and sick inside.  
We wanted to protect you from anything more.  
We didn't understand and we wanted to hide.  
We couldn't leave you, we were all in a war.

We were frustrated and mad at all the news.  
We hoped in vain for the telling of the truth.  
We found some solace in beer and 'moody blues,'  
We took pictures of war to record the truth.

We didn't all make it, and neither did you.  
We became numbers, counts and stats!  
We were killed and lost, and wondered who knew?  
We were people - but were counted like rats!

We came home in the dark, broken or boxed.  
We were the shame of this Country we served.  
We were attacked or shunned like we were poked,  
We whores and dykes, names so undeserved.

We loved America and you dear sweet brothers,  
We were nurses true blue and oh so few.  
We cared, we suffered Nam sisters and brothers,  
We want you to know – we did it all for you!

©Written by Sarah Leah Blum, May 1984

Operating Room Nurse

12th Evacuation Hospital

Cu Chi, Vietnam, 1967

## **GROUP THERAPY CONTRACT**

I, \_\_\_\_\_ am making the following agreements with the intention of keeping them. I understand that I will not be perfect and that I am responsible for being accountable to my group and therapists. When I break these agreements, I also understand that if I intentionally and /or repeatedly break these agreements, especially in a serious or dangerous way, or, if I refuse to be accountable for a broken agreement, I may be asked to leave the group.

## I. SELF-CARE CONTRACTS

- A. I will not harm myself, others, or my environment, nor provoke or allow others to harm me accidentally or on purpose no matter what. I WILL BE SAFE AND HONOR THE SAFETY OF OTHERS AND MY ENVIRONMENT.
- B. I will not run away physically or emotionally, I WILL STAY IN THERAPY, BE FULLY PRESENT, AND WORK THROUGH AND SOLVE MY PROBLEMS.
- C. I will not get sick or go crazy. I WILL BE SANE AND HEALTHY.
- D. I will not be sneaky or lie. I WILL BE HONEST WITH MYSELF AND OTHERS BOTH EMOTIONALLY AND INTELLECTUALLY.
- E. I will not be passive. I WILL BE RESPONSIVE AT ALL TIMES AND I WILL CONFRONT PASSIVITY IN OTHERS AND ACCEPT CONFRONTATION FROM OTHERS.
- F. I am accountable for my feelings, thoughts and actions. I understand that if I break any of these self-care contracts, I will be accountable to myself and my group members. I will use the accountability structure and review my thinking with a minimum of two group members.

## II. GROUP ATTENDANCE

- A. I understand that for my therapy to be successful, I must make it my top priority. Therefore, I will be on time and attend every group. The only exceptions are:
  - 1. Scheduled vacations that I write on the “miss list.” Spontaneous vacations are supported when are a healthy self-care measure and checked out in advance of the missed session.

2. Contagious illness.
3. Death or serious illness of someone close to me.
4. Valid other reason I check out in advance with therapist, e.g.
  - a. An occasional required work absence.
  - b. A serious emergency (emergency defined jointly with therapist)

**MISSED GROUPS WITH NO NOTICE MAY BE CONSIDERED RUNNING!**

- B. In case of a planned absence of any kind, I will arrange in advance to attend an alternate group when possible to get support.
- C. If I miss group, I am responsible for contacting group members to get any pertinent information (dates, contracts, changes, etc.) given during the missed session, prior to attending the next group.
- D. I will not attend group after consuming mind-altering substances.

**III. INDIVIDUAL RESPONSIBILITY**

- A. I accept ultimate responsibility for the progress and results of my therapy. I will ask for and get the support and guidance I need from my therapists and group. I understand the philosophy that the more I invest in my group process the more I will benefit.
- B. I accept complete and full responsibility for my own personal safety on the property located at \_\_\_\_\_. I also agree to be responsible for any damage I may cause there.

- C. I understand that when I choose to participate in bodywork, there is strenuous physical activity and risk involved. I will accept coaching and protection from the therapists and myself and act responsibly. I agree to use and honor the “1,2,3, Stop” signal.
- D. I have been informed that touch is an important part of this therapy and it is intended to be therapeutic and protective. At **no time will this touching be abusive or sexual in nature.** I understand and accept that I **retain the ultimate power and responsibility for when and how I am touched and by whom.**
- E. Prior to joining group, I will inform the therapists of any and all known personal addictions or addictive behavior. If I am recovering, I will be clear and share with the group how I am maintaining my sobriety/abstinence, etc. I understand that sobriety is essential to my ability to utilize this process.
- F. I will inform the therapists and group members of any communicable illness that I have and I will be ethical and considerate in my contact with others.
- G. I understand that as I make personal changes the dynamics in many of my relationships will also change. I will get the support and information I need from my therapists to stay clear with the important people in my life.
- H. I will pay each month for group unless I have made other arrangements. Any balance not paid within 90 days will automatically be sent through a computerized collection system.

#### IV. GROUP RULES

**A. I will honor the privacy and confidentiality of the therapists and group members** by not revealing anything that takes place in group, that could in any way identify a person or their therapeutic process. When talking with group members away from the group room, I will not name anyone from group. I know that I may talk about myself, my own experiences in group, but not talk about others or their work in any way which identifies them. I may share announcements with group members who missed group.

If I choose to share my own process with someone outside of group, I am advised that by so doing, I may risk being misunderstood by someone who does not have sufficient information and experiential context for my work. This is brought to my attention not to promote secrecy, but rather to protect me while I am in therapy, so that my group is a safe place for me and communication in group is enhanced.

**B. I will not be violent in any way to a person or thing except in the context of a contract to do so.** I will arrange for the safe expression of my feelings. I will accept responsibility for any damage I cause. I will honor, at all times, without exception, the established signal for immediate termination of any procedure.

## V. TERMINATION

A. Before terminating for any reason, I will give at least three weeks' notice, and follow the accepted "check out" process. The ways of terminating are:

1. Leave of Absence – when it is appropriate for logistical, personal or psychotherapeutic reasons for me to suspend my active participation in

group therapy for a defined period.

2. Graduation – when, to the best of my current knowledge, I have completed my therapy in this form.

B. If I miss group for more than two weeks, without prior agreement, it will be assumed that I am “running” and I will forfeit my place in group. I understand that I am responsible for paying for those two weeks.

C. If I miss **three** consecutive weeks without prior agreement, I understand that my **participation in group is automatically terminated and the door closes behind me so that I may not return.**

**I HAVE READ THE PRECEDING CONTRACT AND I UNDERSTAND THAT MY RESPONSIBILITY IS TO KEEP ALL OF THESE AGREEMENTS TO THE VERY BEST OF MY ABILITY. I AGREE TO ACKNOWLEDGE, DEAL WITH AND LEARN FROM MY MISTAKES WHILE I AM IN THIS PROCESS.**

---

SIGNED

DATE

---

THERAPIST

DATE

## Phantasy Check Out

May I check out a phantasy with you?

My phantasy is that you do not like me. Is there any truth to that?

My phantasy is that when you told me you had other plans for Saturday night that you were not being totally truthful and that you did not want to spend time with me. Is there any truth to that?

### Think Structure

- (1) I am feeling \_\_\_\_\_  
(Mad, Scared, Sad, Glad)
- (2) Because I think if I \_\_\_\_\_  
(Behavior I initiate)
- (3) I will be \_\_\_\_\_  
(Negative response)
- (4) Instead of \_\_\_\_\_  
(Positive response)
- (5) So I \_\_\_\_\_  
(Adaptive behavior)

### Affirmation

(1) I do \_\_\_\_\_

(2) And I am \_\_\_\_\_

## **YOUR RIGHTS AS A CLIENT**

As a member of this group, I have the following rights:

1. To be treated in a manner that promotes dignity and self-respect.
2. To be treated without discrimination regarding race color, age, national origin, religion, gender or sexual preference.
3. To be treated without discrimination for mental or physical disability unless such disability makes participation in the group disadvantageous or detrimental to me.
4. To have all information treated confidentially.

## **CLEARING STRUCTURE**

From time to time, you may find that you need to speak up and be an advocate for yourself or your inner child, or clear something between you and another person so that you can be close. These are times to do a clearing. The structure to use is as follows:

I FEEL \_\_\_\_\_  
Mad, Sad, Scared

BECAUSE I BELIEVE THAT WHEN \_\_\_\_\_  
Behavior, Experience

THAT MEANS TO ME \_\_\_\_\_  
About me/phantasy

WHAT I NEED FROM YOU \_\_\_\_\_

WHAT I NEED FROM MYSELF \_\_\_\_\_

Clearings can also be misused.

In order to be sure you don't misuse it, check in with yourself before doing a clearing by asking these questions:

1. Am I acting as if I am more important than others?
2. Has my nurturing and structuring parent abandoned my kid?
3. Am I operating out of the old belief structure rather than the new one?
4. Am I trying to shift responsibility for action to someone else rather than using the knowledge and skills I have?
5. Am I into a "gotcha" game?
6. Have I been inconsiderate?
7. Am I too unclear to clear?
8. Is the amount of energy I am feeling out of proportion to what I am wanting to clear about?
9. Am I trying to force my beliefs about how to be in the world onto the other person rather than respecting their lifestyle?
10. Have I set this situation up?
11. Am I doing this to provoke or test the other person?
12. Can I do this clearing outside of group?
13. Am I sabotaging or avoiding my work by spending my time clearing?
14. Is this clearing for some purpose other than helping me be fully present?

**IF YOU ANSWERED YES TO ANY OF THESE – DON'T DO A CLEARING!**

## **Types of Work**

Trust fall

Trust lift

"No" saying

Energy Moving

Energy Releasing

Body work

Boundary Work

Breathwork

Break In

Gestalt work

Psychodrama

Trance work

Anger Work

Towel Pull

Sheet Pull

Pushing

Pounding

Tearing

Clay work

Guided Imagery

These were discovered and developed in process by both clients and therapists. This is not an exhaustive list. Be creative and discover what you need and ask for help to manifest how it can work. You are not limited.







