

La Casa

New Phase

Buzz

### Characteristics of P.T.S.D.

- (1) not necessarily a disorder..... but set up this way, clinically, because of court cases.... needed some definition....

The third diagnostic and statistical manual of the American Psychiatric Association has officially identified post-traumatic stress disorder as a valid clinical entity which characterizes behavioral adaptation following profoundly stressful life-events.

- (2) What all forms of PTSD have in common: survivor re-experiences elements of the trauma (in dreams) in emotionally distressing intrusive images, and in unconscious behavioral re-enactments of the traumatic situation

- (3) Why does it happen? because of prolonged immersion in the experience of death.... exposure to profound-life-death threats....

PTSD = behavioral adaptation following profoundly stressful life-events...

- (4) clinical lingo says that PTSD is multidimensional in nature and consists of orthogonal factors....

what is orthogonal? --

- (5) not restricted to behavior following the Vietnam War... e.g. Peter Marin...talking about the holocaust... survivors of the atomic bomb at Hiroshima...

note: Lifton's thesis -- death is usually understood in terms of life....

at Hiroshima, life comprehended in terms of death....

- (6) PTSD directly associated with SURVIVORSHIP.... In PTSD the SURVIVOR reexperiences elements of the trauma....

### THE SEVEN ORTHOGONAL FACTORS IN PTSD:

- (1) depression, search for meaning, identity confusion... DEPRESSION....suicide.....

feeling that individuals are merely victims of fate....pawns of the government

thoughts about suicide: motivation - survivor guilt why me and not others? ending one's life will put a stop to the psychic pain.... also, ending one's life will be a reuniting with those killed

in action

- (2) physical symptoms, memory impairment....

psychic numbing.....

the look in the eye: you can spot it....

nightmares... difficulty sleeping....

student called me at 2:45...

- (3) stigmatization, alienation, cynicism -- always watching:  
hyperalertness, hypervigilance. Buzz's role here...  
CYNICISM: read letter from Duane Samples....  
everyone is seeing me...everyone knows I am different...  
(4) sensation seeking, authority conflict....drinking too much  
driving motorcycles too fast....macho image....  
dangerous, risky, adventuresome, and challenging  
activity  
parachute jumping....flying,...skin-diving...

INTENTION: activity generates an optimal level of  
arousal.... which enhances the personal sense  
of being fully alive.... recreating what it was  
like to "be living on the edge."

IN ADDITION: it is ACTIVITY.... NOT JUST THOUGHTS,  
OR REFLECTIONS, OR MUSING ON THE EX-  
PERIENCE. BUT THE SURVIVOR IS DOING SOME-  
THING....

THE SENSATION RECREATES THE PSYCHOLOGICAL ELEMENTS  
EXPERIENCED IN COMBAT.

LOOKED AT IN ANOTHER WAY: TO CEASE BEHAVING THIS WAY  
MAY MEAN ACTUAL OR SYMBOLIC DEATH....

ANOTHER WAY OF LOOKING AT IT: THE VETERAN IS REPEATING  
LIFE-DEATH ENCOUNTERS AND MASTERING THEM WITH  
SURVIVAL SKILLS....

ANOTHER WAY: victim may want to get caught to get help  
for PTSD symptoms  
deliberately tempting the authorities....

- (5) anger/rage -- Duane Samples....  
the survivor uses survival skills learned in combat in  
Vietnam....

- (6) intrusive imagery of Vietnam  
Buzz and the helicopter...  
CBS television reporter, running for cover in Muir  
Woods MURRAY FROMSEN  
Linda van de Vanter -- crawling over the front lawn  
of her home...

- note: every veteran I have talked with wants to go back/see  
(7) intimacy conflict..... no one will understand....

I am an isolated individual; no one can come close to  
me.... I won't let anyone get close... The only persons  
who can get close are those who have shared the experi-  
ence..... sits in the corner and mopes...into himself

VIETNAM VETERANS HAD DIFFICULTY WITH THE HOMECOMING...  
WHAT IS THE POINT? well, what they did was a kind  
of expedition....and the expedition was  
had its own rhythm and internal sequence...  
Joseph Campbell: initiative, departure and return....  
as in pilgrimage....  
as in heroic activity....  
A FACT VERY WELL DOCUMENTED IN THE  
WORLD OF MYTHOLOGY.....

WHAT HAPPENED TO THE VIETNAM VETERANS? THE SEQUENCE  
WAS NEVER FINISHED...  
THE PLOT WENT UNRESOLVED....  
THE FACT THAT THERE WAS NO HOMECOMING VIOLATED THE VERY  
NATURE OF THE ACTIVITY IN WHICH THEY WERE ENGAGED...

Eliade teaches us to be sensitive to the religious world....  
always all around us....  
we live and breathe in it....  
BUT WE DON'T DISCERN IT...as readily as we  
should....

How would we insure its perpetuation?  
FIRST ANSWER: its perpetuation is not entirely dependent  
upon us.... it has its own power...  
For example, believing harder....  
being more resolutely committed....  
this won't do it necessarily....

SECOND RESPONSE: more and more, one must learn respect  
for it....  
almost like ecological sensitivities: one must  
be on the lookout for factors -- events and  
developments -- that might do it in....

WHAT WOULD THESE BE? well, major real estate  
developments in places that have been sanctified

ANOTHER: the breakdown of respect for DIFFERENCE....  
having everything come out the same way...  
we're also talking about racial and ethnic  
difference.... (like Blacks do not feel at  
home at UCSB) -- a tremendous indictment  
against all of us....

Now, to the point about the Monastic Impulse:

Two things: The Monastic Impulse --- resulted in a monastic  
institution...and this is part of what we  
are studying....

BUT IN A LARGER SENSE: THE MONASTIC IMPULSE = A  
RESPONSE TO THE POWER OF RELIGION = AN EXPRES-  
SION OF THE RELIGIOUS MODE OF CONSCIOUSNESS...