SESSION D2

<table>
<thead>
<tr>
<th>Theme</th>
<th>Insights from Philosophical, Spiritual, and Cultural Analyses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title</td>
<td>Moral Injury: A Soulful Journey for Veterans, Providers, and Community Members</td>
</tr>
</tbody>
</table>
| Speaker(s)             | Chaplain Gregory Widmer, M.Div., C.C.C.  
                          | F. Matthew Schobert, Jr., (Rev.) M.Div, L.C.S.W. |
| Date                   | Friday, April 12, 2019                                       |
| Time                   | 11:00 – 12:10 PM                                             |
| Location               | Directors                                                    |

SESSION D2 OBJECTIVES

- Participants will describe the characteristics and impact of Moral Injury with combat Veterans.
- Participants will recognize the unique role and contribution that Veterans, health care providers, helping professionals, Native American Healers, and community partners bring to addressing combat Veteran’s healing from trauma.
- Participants will understand the tools, techniques, and interventions of the VA Portland Health Care System’s Compassionate Warrior Training & Reintegration program that facilitates the healthy reintegration of combat Veterans into the civilian community.

SESSION D2 SPEAKERS

Matthew Schobert (Rev.) M.Div., LCSW
Matthew is the Director of Chaplain & Social Work Professional Services and the Social Work Executive at the VA Portland Health Care System (VAPORHCS) in Portland, Oregon. Matthew earned a Bachelor of Arts degree (1995) from Union University in Jackson, TN, where he double majored in religion and history and double minored in English and philosophy. He earned a Master of Divinity degree (1999) in theology from Baylor University, completed two units of Clinical Pastoral Education at Hillcrest Baptist Medical Center, and then earned a Master of Social Work degree (2002) in healthcare from Baylor University.

Matthew is administratively responsible for the overall management and operations of staff and programs in two clinical sections – chaplaincy and social work – and their associated graduate and post-graduate training programs. He is also responsible for five Veteran and family lodging programs. He represents and oversees the professional practice of over 200 social workers throughout the health care system. Matthew is an active member of St. James Evangelical Lutheran Church (ELCA) in downtown Portland. He is joyfully married, the very proud parent of three young children, a Big Ten football fan, and a diaspora Texan.

Gregory J. Widmer (Rev.) M.Div., CCC
Greg is an Integrative Health Chaplain for VA Portland Health Care System (VAPORHCS) in Vancouver, WA. Greg earned a Bachelor of Arts degree (2010) from Moody Bible Institute in Chicago, IL, where
he majored in International Ministries. He earned a Master of Divinity degree (2015) from Denver Seminary and completed four units of Clinical Pastoral Education at Sioux Falls VA Medical Center in Sioux Falls, SD. Greg is a Certified Clinical Chaplain through the National Association of Veterans Affairs Chaplains (NAVAC), certified Whole Health Coach, and an endorsed Interfaith member of the Federation of Christian Ministries.

Greg is a two-tour Iraq War Veteran serving there from 2006-2007 and 2009-2010. He supervised and managed 18 soldiers as a Squad Leader. Greg was awarded the Army Commendation Medal for exceptional interpersonal skills with Iraqi Correctional Officers. Greg is married to his partner Tami and has two young girls at home.
Moral Injury: A Soulful Journey for Veterans, Providers, and Community Members

Rebecca M. Morris, (Rev.), MDiv
F. Matthew Schobert, Jr., (Rev.), MDiv, LCSW
Gregory J. Widmer, (Rev.), MDiv, CCC

Moral Injury
The Impact of Moral Injury

- Greg Widmer
  Staff Sergeant

- Saddam Hussein’s Throne
  Baghdad, Iraq

- 2007

How are Moral Injury and PTSD Related?

- Sleep problems
- Nightmares/Flashbacks
- Hypervigilance
- Driving/Road Anxiety/Rage
- Anxiety in crowds
- Trust issues
- Withdrawn/Isolates
- General anxiety/worry
- Racing thoughts
- Impatience
- Low tolerance level

- Irritable
- Mood swings
- Cognitive distortions and changes
- Feelings of worthlessness
- Avoidance/Numbing
- Recklessness, adrenaline rush
- Surreal feeling
- Guilt
- Remorse
- Shame
- Euphoria
- Risk taking
- Anger & Rage

- Increased substance use/abuse
- Physical pain & ailments
- Loss of time
- Auditory hallucinations
- Denial
- Loss of sense of meaning
- Poor memory/forgetful
- Easily frustrated
- Panic attacks
- Obsessive checking
- Hopeless, thoughts of suicide
Faces of Moral Injury

“I am not the person I used to be.”

“No one can understand.”

“Meds can’t take away this kind of pain.”

“I used to have a purpose... who am I now?”

“God can never forgive me...”

“I can’t trust anyone.”

Compassionate Warrior Training & Reintegration (CWTR)
Clinical Healthcare Chaplaincy  
Ancient & Innovative

VA Portland Health Care System  
- Level 1a Tertiary Care Facility  
- 95,000+ Unique Veterans  
- 950,000+ Outpatient Visits  
- 12 Sites of Care  
- 4,000+ Employees  
- 1,500+ Trainees  
- Integrated Health Care System  
- Whole Health Flagship Site

From Complementary & Integrative Health to  
Compassionate Warrior Training & Reintegration

2015-2016  
- Clinical Pastoral Education (CPE) CIH Mental Health Fellowship  
- ACT for Moral Injury

2016-2017  
- Compassionate Warrior Training Reintegration (CWTR) Program  
- Blanketing Ceremony - May 2017

2017-2018  
- Compassionate Warrior Training Reintegration (CWTR) Program  
- 1.0 CIH MH Chaplain FTEE - Rev. Morris

2018-2019  
- Compassionate Warrior Training Reintegration (CWTR) Program  
- 2nd CIH MH Chaplain FTEE - Rev. Widmer
Voices from Our Healers

Compassionate Warrior Training & Reintegration

Engagement & Stabilization

Phase 1: Purification & Story Telling
- PTSD & Spirituality; Women’s Council; Grief & Loss; Inpatient, Residential, & Outpatient Spiritual Skills Groups

Phase 1: Death Lodge & Grieving
- Veterans consolidate work they have done in mental health and chaplaincy services, revisiting what they have lost, grieving, and making room for new beginnings.

Trauma Processing

Phase 2: Story Telling & Restitution
- ACT for Moral Injury; Perpetration & Betrayal

Phase 2: Whole Health Programming
- Veterans work on a progression from grief to healing using a whole-health coaching framework.

Reintegration

Phase 3: Initiation
- Compassionate Warrior Training for Reintegration (CWTR)

Phase 3: Self-Designed Ceremony/Self-Project
- Self-designed ceremony and welcome home ritual with community support.
- Through ceremony and ritual, Veterans intentionally reintegrate into communities and offer their gifts to others.
1. Exploring Types of Meditation
2. Engaging Woundedness
3. Finding Mission & Purpose
4. Developing Agency & Efficacy
5. Performing Ceremony & Ritual

Areas of Growth

Compassionate Warrior Training & Reintegration

Voices from Our Veterans

Compassionate Warrior Training for Reintegration (CWTR) & Whole Health

This 6-month training includes 9-weeks of whole-health coaching, Peer Support Specialists and is an integral program for well-being and Whole-Health Flagship Implementation

Please Contact Chaplain Rebecca Morris at the Portland VA Medical Center for inquiries.

We are currently looking to train other clinicians in this 6-month modality, November 2018-May 2019.

Rebecca.morris5@va.gov
Conversation & Discussion

Contact Us!
Rebecca.Morris5@va.gov  Matthew.Schobert@va.gov  Gregory.Widmer@va.gov