



A Documentary about
YOUR role in transforming
the soul wounds of
veterans with PTSD
www.GoinPeaceFilm.org

Go in Peace! is an educational documentary to make visible the invisible wounds of veterans with PTSD. The goal of this film is to provide YOU, the family member, caregiver/clinician, with some basic and (some not so basic steps) to help our veterans open the can of worms inside them and resolve their relationship to the past before they die.

This film is based on the wisdom of Dr. Ed Tick of *Soldier's Heart*, author of *War and the Soul*, and Deborah Grassman, advanced registered nurse practitioner, founder of *Opus Peace* and author of *Peace at Last*.

In these 7 Steps of the *Go in Peace!* Process (all of which are covered in the documentary, *Go in Peace!*) there is something WE ALL can do.

1. Recognize the veteran (the soldier in the person, forever changed by military experience).
2. Understand the symptoms of PTSD, (renamed Post Terror Soul Distress by Dr. Ed Tick in the film).
3. Create safe physical and emotional space (removing triggers, creating an environment in which the veteran feels able to open to the listener).
4. Prepare yourself and find the courage to ask the difficult questions to open the can of worms inside the veteran.
5. Listen and validate. Without judgment, avoiding belittling or dismissing what the veteran shares.
6. Create opportunities for ritual for acknowledgement of grief and loss, purification, and forgiveness.
7. Create opportunities for atonement (action after forgiveness to make the world "whole" again).

The *Go in Peace!* project plans to produce a detailed question guide to accompany the documentary and for use during educational sessions. This will be available at a future date at www.goinpeacefilm.org. Contact Karen van Vuuren, karenvanvu@gmail.com with any questions.