



GET SUPPORT NOW

Resources

For Immediate Help

If you are in crisis and in need urgent of help, reach out to these organizations:

National Suicide Prevention Lifeline

Call: [1-800-273-8255](tel:1-800-273-8255)

Text Crisis Text Line: [Text HELLO](text:HELLO) to [741741](text:741741)

Crisis counselors are available 24 hours a day, 7 days a week. If the situation is potentially life-threatening, call 911 or go to a hospital emergency room immediately.

Befrienders: www.befrienders.org

Other Useful Resources

Videos

- [William Nash Discusses Moral Injury Beyond the Military Context](#)
- [Introducing The Shay Moral Injury Center at Volunteers of America](#)
- [Extending the Concept of Moral Injury Beyond a Military Setting](#)
- [Volunteers of America CEO Speaks to the Personal Side of Moral Injury](#)
- [Paula Hart Discusses Recent Moral Injury Convening](#)
- [Abiathar Carroll Discusses the Concept of Moral Injury](#)
- [John Thomason Provides Thoughts on Moral Injury Event](#)
- [Gayle Robertson Discusses the Benefits of a Moral Injury Event](#)
- [Dr. Jonathan Shay on Moral Injury](#)
- [Dr. Rita Brock on Soul Repair](#)

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Websites

- [Soul Console: Healing from Moral Injury at *Psychology Today*](#)
- [Shay Moral Injury Center](#)
- [The Moral Injury Project](#)
- [Soul Repair Center](#)
- [VA PTSD Website Article on Moral Injury](#)

Books

- Boulanger, Ghislaine (2007). *Wounded by Reality: Understanding and Treating Adult-Onset Trauma*. Mahwah, Analytic Press.
- Brock, Rita Nakashima & Lettini, Gabriella (2012). *Soul Repair: Recovering from Moral Injury After War*. Beacon Press.
- Courtois, Christine & Ford, Julian D. (2013). *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach*. Guilford.
- DeMarco, M. (2024). *Holding Onto Air: The Art and Science of Building a Resilient Spirit*. Berrett-Koehler.
- Doerries, Bryan (2015). *All That You've Seen Here is God: New Versions of Four Greek Tragedies – Sophocles' Ajax, Philoctetes, Women of Trachis; Aeschylus' Prometheus Bound*. Random House.
- Doerries, Bryan (2015). *The Theater of War: What Ancient Greek Tragedies Can Teach Us Today*. Knopf.
- Edmonds, Bill (2015). *God Is Not Here: A Soldier's Struggle with Torture, Trauma, and the Moral Injuries of War*. Pegasus.
- Epstein, Mark (2013). *The Trauma of Everyday Life*. Penguin.
- Evans, W., Walser, R., Drescher, K., & Farnsworth, J. (2020). *The Moral Injury Workbook: Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values*. New Harbinger Publications.
- Frankl, Viktor E. (1959/2006). *Man's Search for Meaning*. Beacon Press.



Books (cont.)

- Graham, L. (2017). *Moral Injury: Restoring Wounded Souls*. Abingdon Press.
- Herman, Judith (1997). *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror*. Basic Books.
- Janoff-Bulman, Ronnie (1992). *Shattered Assumptions: Towards a New Psychology of Trauma*. Free Press.
- Klay, Phil (2014). *Redeployment*. Penguin Books.
- Lifton, Robert Jay (1973). *Home From the War: Learning from Vietnam Veterans*. Other Press.
- Litz, Brett T.; Lebowitz, Leslie; Gray, Matt J.; & Nash, William P. (2015). *Adaptive Disclosure: A New Treatment for Military Trauma, Loss, and Moral Injury*. Guilford.
- Marlantes, Karl (2011). *What It Is Like to Go to War*. Atlantic Monthly Press.
- McClelland, Mac (2015). *Irritable Hearts: A PTSD Love Story*. Flatiron Books.
- Miller, Ronald B. (2004). *Facing Human Suffering: Psychology and Psychotherapy as Moral Engagement*. American Psychological Association.
- Morris, David J. (2015). *The Evil Hours: A Biography of Post-Traumatic Stress Disorder*. Houghton Mifflin Harcourt.
- O'Brian, T. (2009). *The Things they Carried*. Mariner's.
- Schauer, M.; Neuner, F.; & Elbert, T. (2011). *Narrative Exposure Therapy: A Short-Term Treatment for Traumatic Stress Disorders*. Hogrefe.
- Shay, Jonathan (1995). *Achilles in Vietnam: Combat Trauma and The Undoing of Character*. Simon and Schuster.
- Shay, Jonathan (2002). *Odysseus in America: Combat Trauma and The Trials of Homecoming*. Scribner.
- Sherman, Nancy (2015). *Afterwar: Healing the Moral Wounds of Our Soldiers*. Oxford University Press.



Books (cont.)

- Sherman, Nancy (2011). *The Untold War: Inside the Hearts, Minds, and Souls of Our Soldiers*. W. W. Norton & Company.
- Sites, Kevin (2013). *The Things They Cannot Say: Stories Soldiers Won't Tell You About What They've Seen, Done, or Failed to Do in War*. Harper Perennial.
- Stolorow, Robert (2007). *Trauma and Human Existence: Autobiographical, Psychoanalytic, and Philosophical Reflections*. Routledge.
- Tick, Edward (2005). *War and The Soul: Healing Our Nation's Veterans from Post-Traumatic Stress Disorder*. Quest Books.
- Tick, Edward (2014). *Warrior's Return: Restoring the Soul After War*. Sounds True.
- Van Der Kolk, Bessel (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Viking.
- Wood, David (2016). *What Have We Done? The Moral Injury of Our Longest Wars*. Little, Brown, & Co.

Movies

- *Almost Sunrise* (2016) – Combat trauma and moral injury, documentary
- *The Best Years of Our Lives* (1946) – Combat trauma and moral injury in WWII veterans
- *Coming Home* (1978) – Combat trauma and moral injury in Vietnam veterans
- *The Deerhunter* (1978) – Combat trauma and moral injury in Vietnam veterans
- *The Accused* (1988) – Noncombat PTSD and moral injury from sexual assault
- *Born on the Fourth of July* (1989) – Combat trauma and moral injury in Vietnam veterans
- *Jackknife* (1989) – Combat trauma and moral injury in Vietnam veterans
- *The Fisher King* (1991) – Noncombat PTSD
- *The Prince of Tides* (1991) – Adult effects of childhood trauma, moral injury (suicidality)



Movies (cont.)

- *Brothers* (2009) – Combat trauma and moral injury in OED/OIF/OND veterans
- *Manchester by the Sea* (2016) – Noncombat moral injury
- *Three Billboards Outside Ebbing, Missouri* (2017) – Noncombat moral injury
- *Schindler's List* (1993) – Noncombat moral injury
- *The War at Home* (1996) – Combat trauma and moral injury in Vietnam veterans
- *Missing in America* (2005) – Combat trauma and moral injury in Vietnam veterans
- *Gran Torino* (2008) – Combat trauma and moral injury in Korean War veterans
- *In the Valley of Elah* (2008) – Combat trauma and moral injury in OED/OIF/OND veterans

**Adapted from [Volunteers of America website](#).*