

Spiritual Care of the Morally Injured

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MENTAL HEALTH CHAPLAIN

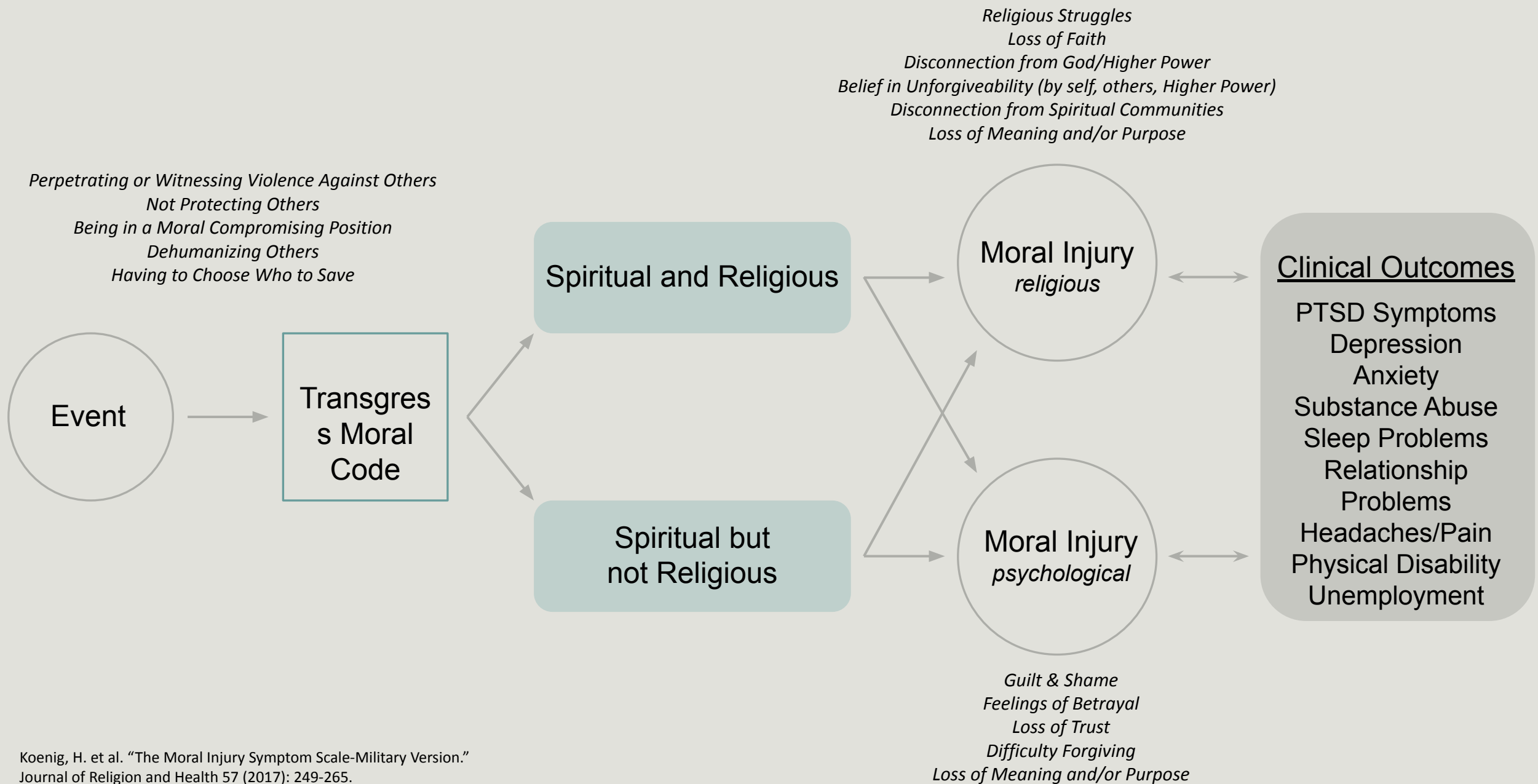
ST. CLOUD VA HEALTH CARE SYSTEM

Moral Injury

When there has been a betrayal of what's right
By someone who holds legitimate authority
In a high-stakes situation

OR

When there has been a betrayal of what's right
Perpetrated by the morally injured person
In a high-stakes situation



The world is benevolent and good

The life has meaning and is not just chaos

I am worthy of dignity and respect

vs.

The world is harsh and untrustworthy

Life has no meaning

I am worthless and deserve to be punished

Moral Injury Symptoms

Violation of core moral beliefs

Spiritual/Religious focus

Conscience Violated

Identity/Existentially focused

“I’m not worthy”

“I’m not good.”

Grief, Sorrow, Regret

Shame, Guilt, Self-Blame

Self-Condernation

Self Sabotage

Alienation/Isolation from

Others

“I’m unforgiveable.”

Overlapping Symptoms

Anger

Depression

Anxiety

Self-Medication with

Substances

Distrust of self and others

Social Issues/Withdrawal

Negative View of Self

Suicidality

Disgust

Nightmares/Disturbed

Sleep/Insomnia

PTSD Symptoms

Violation of Personhood

Flashbacks

Hyperarousal

Hypervigilance

Fear Responses

“Startle” Reflex

Avoidance of Re-Injury

Memory Loss

Paranoia

Lament & Grief

Confession, Repentance, & Renewal

Forgiveness

Community

Meaning and Purpose

Spiritual Practices & Participation