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 killleDd
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 SOM-
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 PROMSEN
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 EXPRESSION OF THE RELIGIOUS MODE OF CONSCIOUSNESS...