

Soldier's Heart: Retreat for Veterans Uses Storytelling and Other Experiential Therapies to Heal Lingering Traumas

by Maureen Daly

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ALBANY, N.Y., USA -- On the first weekend after the New Year, Soldier's Heart held its first Veterans' Return Retreat. Soldier's Heart, a term for post-traumatic stress disorder (PTSD) coined during the the Civil War, is a healing project for veterans with emotional and spiritual trauma when they return home from war -- any war. Our recent retreat included veterans from six wars, World War II to Operation Iraqi Freedom. The retreat was an experiential intensive -- with veterans and some of their wives, along with clergy, healers and therapists -- based on the healing strategies described in *War and the Soul*, a book by Ed Tick, Ph.D.

[SNIP – End of preview.]