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2024

Statewide Symposium in Support of Service Members, Veterans & Their Families

April 17-18 | Phoenix, Arizona

arizona coalition
for military families





Faith & Spirituality

Session 2

A Therapeutic Intervention to
Address PTSD
and Moral Trauma



Facilitators



Mike Wold

ARIZONA COORDINATOR

Institute for Healing of Memories North America



Heidi Lyndsay

SYMPOSIUM PROGRAM COORDINATOR

Arizona Coalition for Military Families





Session Goals

- 1. Session Presentations & Group Discussion**
- 2. Questions?**
- 3. Session Evaluation before leaving**



The Be Connected Faith Network



Heidi Lindsay

SYMPOSIUM PROGRAM COORDINATOR

Be Connected Faith Network

- ✓ Partnering with members of the faith community around the state.
- ✓ Resources to share and no-cost training so you can be an effective helper.
- ✓ Ensure that every faith group becomes a source of support for Arizona's service members, veterans, and family members.

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- *Faith can serve as a vehicle to help service members and veterans feel more connected to mainstream society.*
 - *A study found that veterans with depression and PTSD are open to being helped by spiritual counseling, but few take the first step to reach out.*
 - *Spiritual connection gained through discussion, activities, and events can provide hope, lessen feelings of isolation, and be a springboard to promote other healthy behaviors.*

<https://connectveterans.org/faith/>



Faith and Spirituality Track

Session 2



Charles (Chuck) Swedrock MBA, MSW

Consultant, Volunteer

International Association For Near-Death Studies (IANDS)

A Life Guided by Experiences

AND

Some “Silently” Arriving

SCIENCE!

Wednesday, April 17, 2024



**Plus... an opportunity to look beyond
the clouds**

Agenda

- A personal event ... with an experience.
- IADC by Allan L. Botkin, Psy.D.
- Who is listening and where are they listening from?
- Is there an example that resembles your journey!?
- Breakout Groups and Feedback

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August 15, 1985



Your dad, it's for
you...

Hello...





David
killed
himself.



Goodbye, David





He's not here

Twenty years later at my mother's church, I described returning home, meditating, and saying 'goodbye, David'. Then mentally being taken inside his coffin and hearing a voice say, "**He's not here.**"

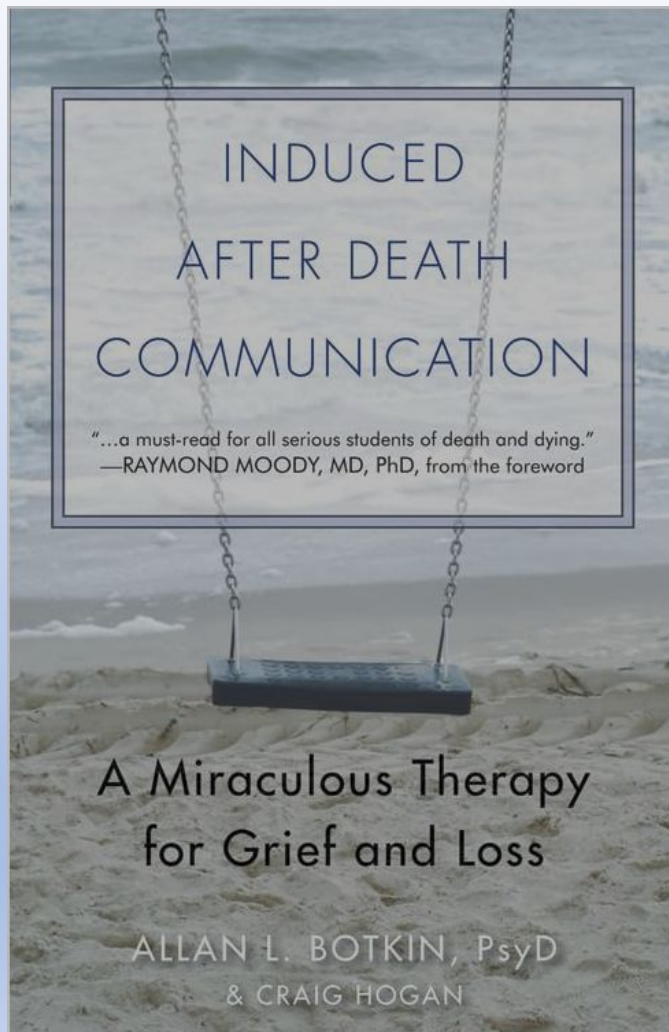
My mother then stood up in the congregation and described that in the weeks following his suicide, while waking up one morning she saw David and Jesus at the foot of her bed. David was trying to come to her and she saw Jesus put his hand on David's shoulder and say "**Not now, David.**"

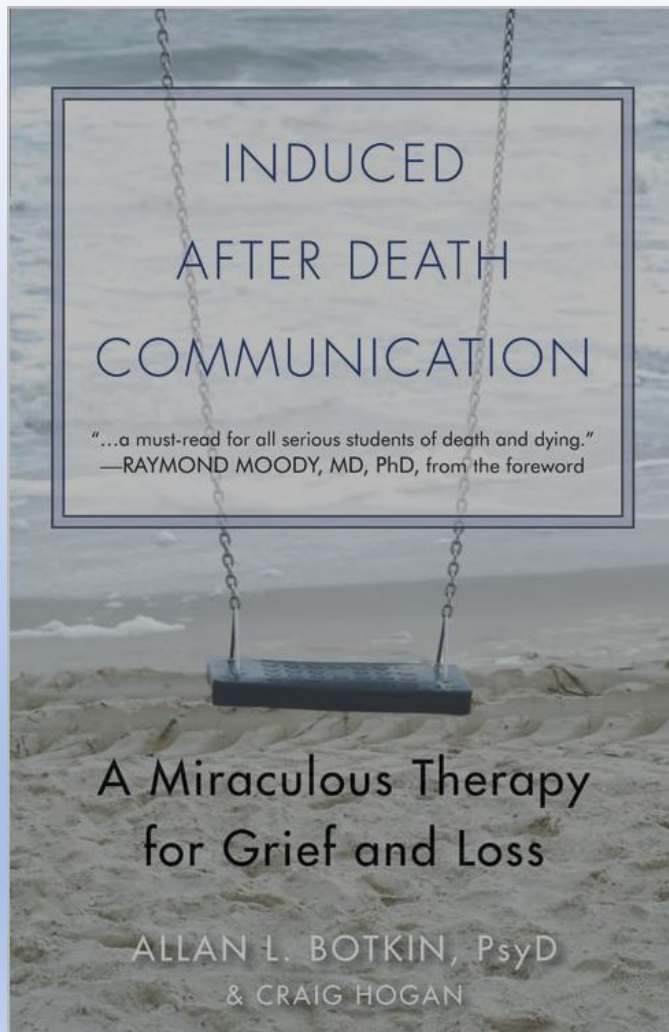


My mother also said that **she had never shared that experience with anyone before.**

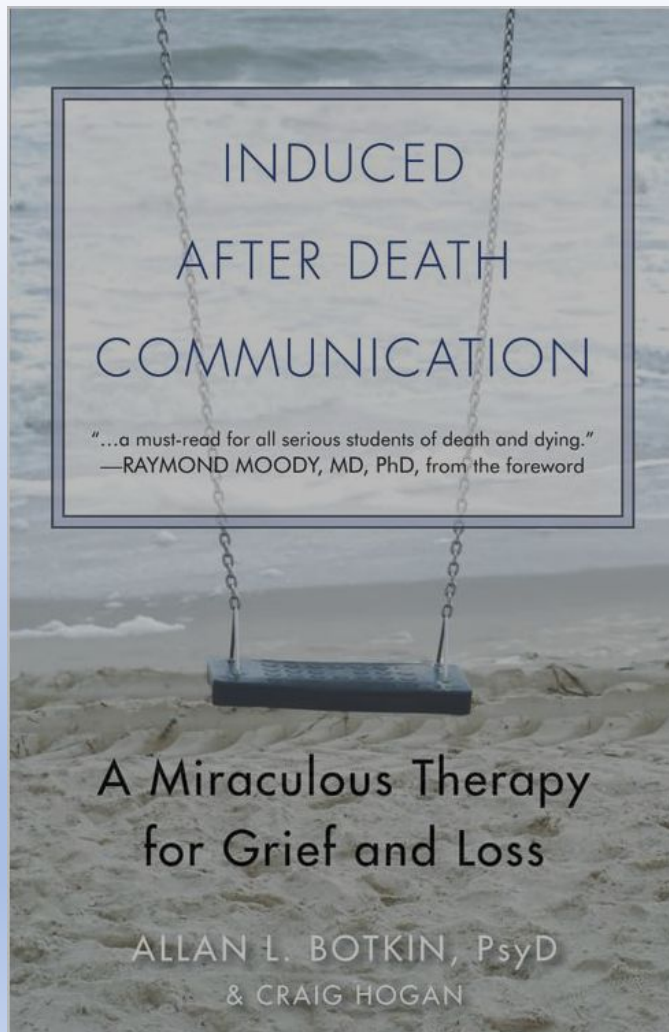
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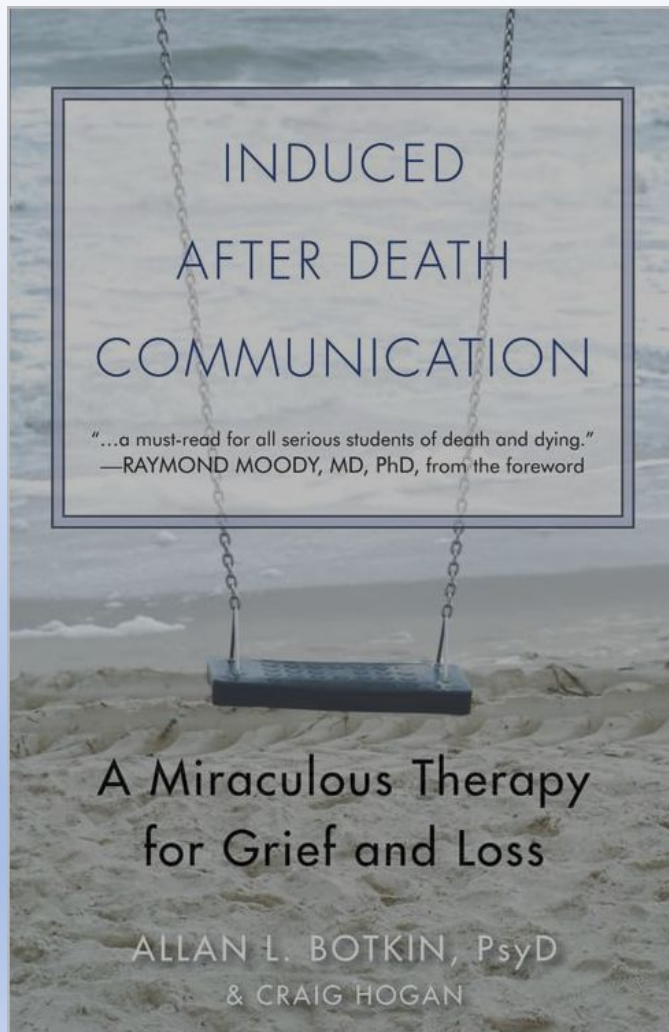




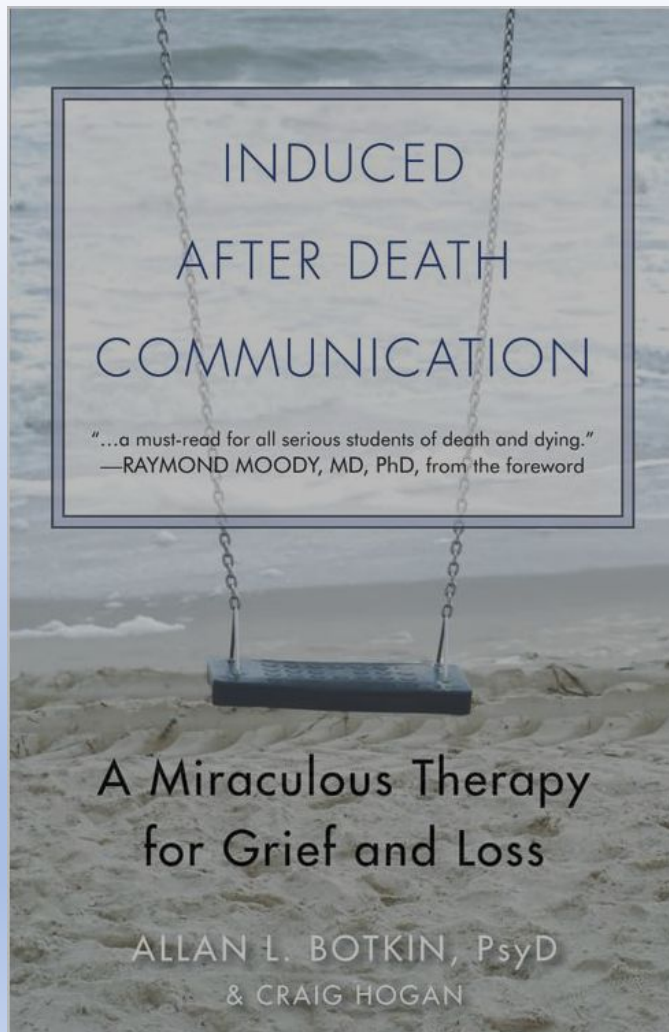
- In 1995, Dr. Allan Botkin was working with Sam, a Vietnam vet suffering from trauma still lingering for 28 years after the death of an orphan 10-year-old Vietnamese girl, Sam had committed to adopt, was killed nearby while the kids were being moved to safety to avoid incoming rocket fire.
- Allan was trying an enhanced EMDR technique that unexpectedly resulted in Sam achieving a remarkable, spontaneous apparently full remission of the previously unresolved trauma.



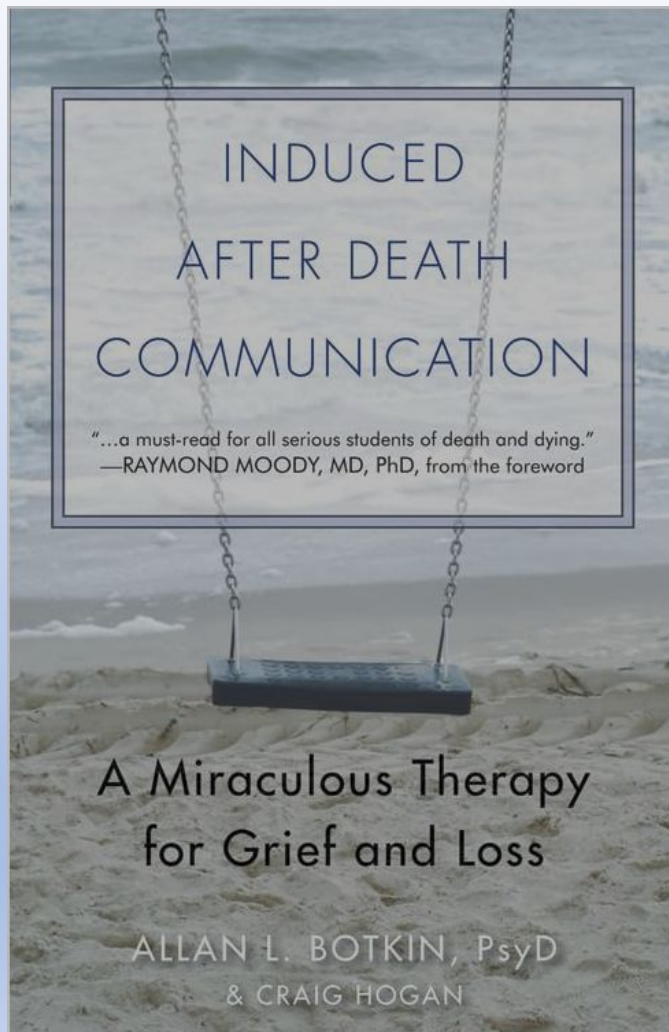
- Sam stated, “When I closed my eyes, I saw **Le as a beautiful grown woman** with long black hair in a white gown surrounded by a radiant light”.
- “She thanked me for taking care of her before she died” and we exchanged hugs.
- “I could actually feel her arms around me”.
- After Sam left my office, the image of his smile showing through his tears, I assumed that he had somehow produced a hallucination based on fantasy.



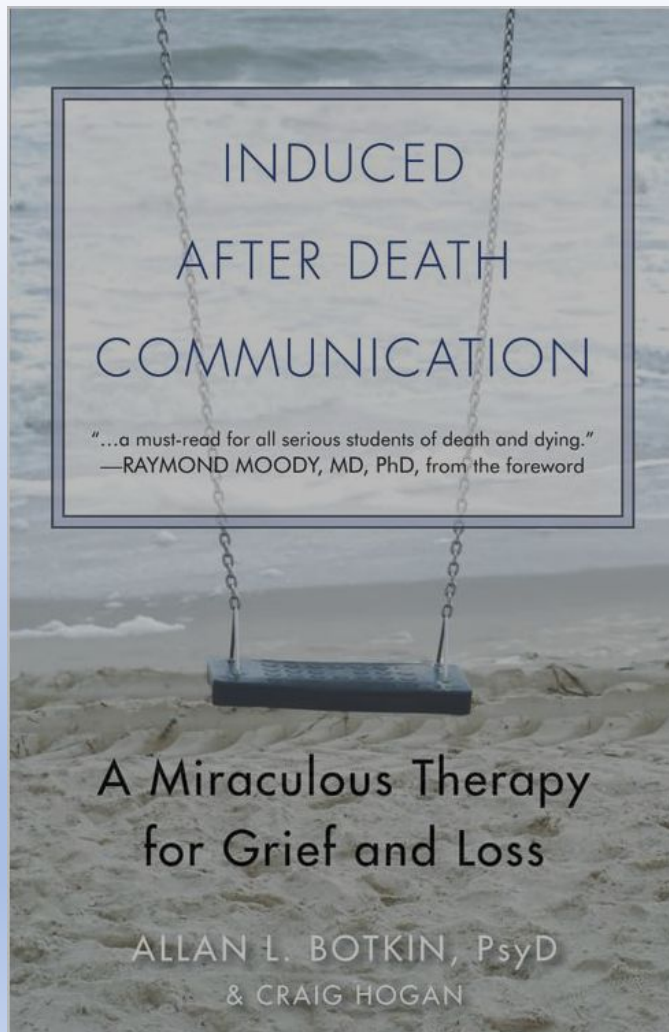
- I had not seen that kind of a spontaneous result in any patient previously and had never read of a similar case.
- “If that was a hallucination, then his mind had miraculously created an experience that was completely healing. During my clinical rotations on wards with chronic and severely mentally ill, no patient ever reported a hallucination that was so positive and healing.”



- “Something in Sam flowered in an instant, without direction from me, reversed the sadness in which he was immersed, and brought him ... a release from intrusive images, anxiety, and depression that had consumed him for twenty-eight years.”
- “I thought I would never see such a remarkable scene again... but the following day, that ‘one-time occurrence’ with Sam happened again with a Korean War veteran named Victor.”



- “During my eight years on the unit, I had never seen one of these ‘imaginative hallucinations’ that resolved the patient’s traumatic losses immediately and decisively; now I had seen two in two days. A week later it happened again.”
- “Within three weeks, I had witnessed six of these remarkable occurrences...”
- Allan rigorously examined these six clients and discovered a commonality in the ‘core-focused EMDR’ steps used.



- The new approach included using EMDR to directly address the underlying sadness that was buried beneath the avoidance pattern of using grief, anger, and guilt to not feel the core sadness involved.
- The new approach required first bringing down the intensity of the sadness by focusing on it directly and the resolution process could then occur spontaneously.
- IADC was thus established and is felt to be similar in nature to NDEs and ADCs.

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Sharing a few significant examples
from case history files...



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We will now have breakout groups for you to share?

- This will be an opportunity to ...
- Share experiences and to listen to those from others.

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Breakout Group Focus Questions

- Have you ever had a near death experience?
- If so, what impact did it have on you?
- Have you ever felt that you have communicated with someone who has passed away?
- What do you think of the Induced After Death Communication therapy?

**... an opportunity taken to look
beyond the clouds**



Addendum

- A formal study comparing the IADC (**Induced After Death Communication**) versus TGC (**Traditional Grief Counseling**) approaches to grief reduction/relief has demonstrated a clear superiority for the IADC approach [based on a preliminary study with 41 participants randomly assigned to one of these approaches].
- IANDS (**International Association for Near-Death Studies**) has provided a formal source for sharing academic and related information on near-death and similar experiences in the ***Journal of Near-Death Studies***, published quarterly since **1981**.
- For those interested in learning more or participating in sharing groups on these topics, go to IANDS Groups and Events – We Understand You on the IANDS website (go to <https://isgo.iands.org/>). For example, there is a **veterans/military oriented sharing group** that meets online monthly on second Sundays!
- Also, the annual IANDS Conference this year is being held in the **Phoenix area over Labor Day** weekend (go to <https://conference.iands.org/>).



Questions?





Session 2: Evaluation

We want to hear from you!

