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THE DIFFERENCE BETWEEN MORAL INJURY & PTSD

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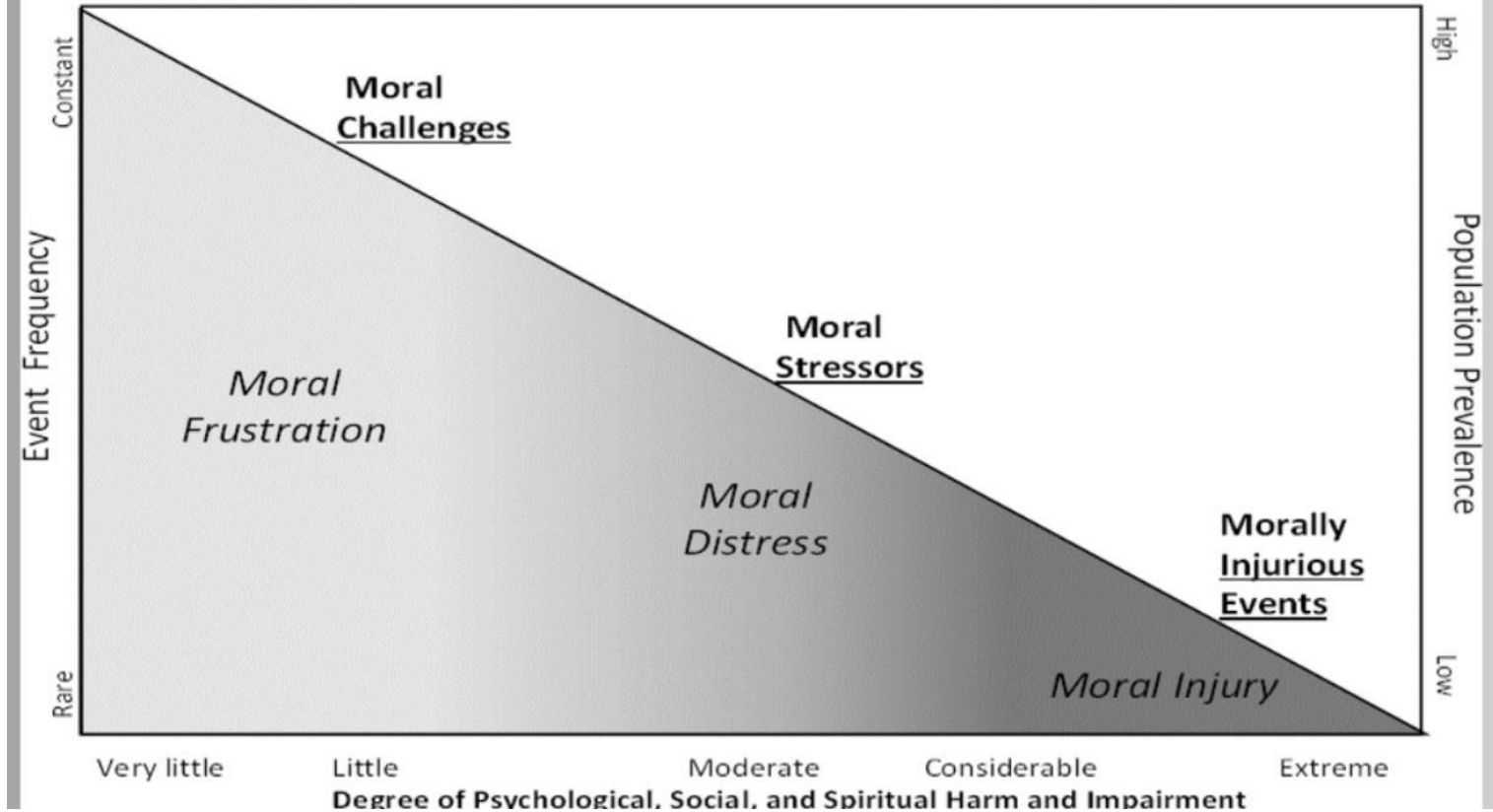


Agenda

- What is moral distress or injury?
- How is moral injury different from PTSD?
- How can we support people with a moral injury?

What is moral distress or injury?

Moral Stressors and Outcomes



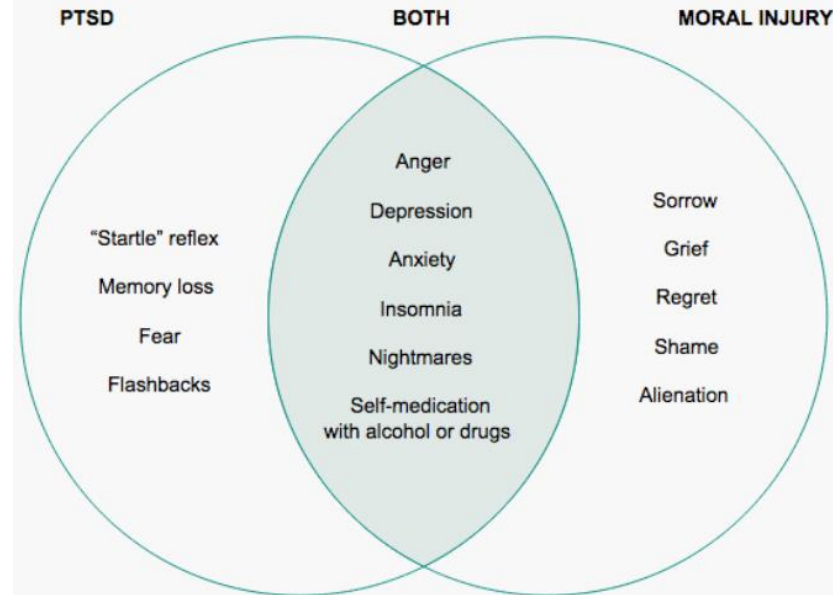
What does the research tell us about moral distress/injury?



How is moral injury different than PTSD?

WAR TRAUMA SYMPTOMS

The definition of Post-Traumatic Stress Disorder doesn't cover all the symptoms of moral injury, the lasting wounds to the soul caused by participation in morally ambiguous combat events. Here are the symptoms of each, and those that overlap.



Source: The Huffington Post

How can we support someone with a moral injury?

- Treatment approaches
- Individual strategies
- Organizational factors

QUESTIONS?

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Resources

- Centre for Excellence – PTSD. A Guide to Moral Injury. <https://www.moralinjuryguide.ca/Documents/Moral-Injury-Guide.pdf>
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