

Controversial historical
"...CLEARLY ONE OF THE MOST ORIGINAL AND MOST IMPORTANT SCHOLARLY
WORKS TO HAVE EMERGED FROM THE VIETNAM WAR. BEYOND THAT,
IT IS ALSO AN INTENSELY MOVING WORK, INTENSELY PASSIONATE, REACHING
BACK THROUGH THE CENTURIES TO TOUCH AND HEAL."¹

—TIM O'BRIEN, AUTHOR OF *Going After Cacciato* AND
The English Boy (Cannon)

ACHILLES IN VIETNAM

COMBAT TRAUMA AND
THE UNDOING OF CHARACTER



JONATHAN SHAY, M.D., PH.D.
Controversial historical

Jonathan Shay

Achilles in Vietnam: Combat Trauma and the Undoing of Character



[continue reading](#)

A genuine and groundbreaking publication that examines the psychological devastation of war by comparing the soldiers of Homer' (Tim O'In this moving, dazzlingly creative publication, Dr. (THE BRAND NEW York Moments) and "transcendent literary adventure" A traditional of war literature which has as very much relevance as ever in the wake of the wars in Iraq and Afghanistan, it is a "s Iliad with Vietnam veterans suffering from post-traumatic tension disorder. Shay examines the emotional devastation of battle by comparing the soldiers of Homer'clearly probably the most original and most important scholarly works to have emerged from the Vietnam War"s Iliad with Vietnam veterans experiencing post-traumatic stress disorder.Brien, author of THE ITEMS They Carried).



[continue reading](#)

This book changes you. I think his recommendations make a whole lot of feeling. We don't always start to see the damage immediately. Quite contrary. What produced PTSD so very bad for Vietnam was the individual rotation policy. Not really a big offer but I am seeing them about one every five web pages. And they were higher warriors than the Americans--but not really Achilles--because they honored and respected the enemy; Shay opens with a long quotation from a PTSD patient who describes some of his complications. Shay gives an estimate from a Vietnam veterinarian who was raised in a good and honorable family, but he did awful and (I guess) dishonorable points in Vietnam. Before Achilles experienced the violation of *th?mis*, he was a model of very good soldier character. When he goes to the guys's room, he must check all the stalls, make sure there is no one there who could perform him harm. All? He can't spend a complete night during intercourse with his wife because he gets restless as soon as he woke up with his hands around her throat. He has to get right up and walk the perimeter. Shay's book 1st which could have helped me to filter all the different circumstances that I had read about in all the other 27 books. The estimate can be laced with coarse language. That is how the veteran talks about his complications. Shay recommends formally allowing for grief of the survivors and honoring the dead at the company level, and rotating complete devices "back again to the world" instead of person soldiers as a means of minimizing PTSD. The dead bodies were cleaned and looked after by their closest comrades, then cremated. It leaves me feeling that "Homer" had resided the Trojan War. The 1st event he handles goes on the Greek term *th?mis*. program for clinical social work- i thought i'd hate it given the content- its a painful read but ." A commander violates "what's right. Shay has written an important book that plays a part in our understanding of PTSD that simultaneously examines Homer's epic work with a new perspective. The Greeks understand the tragedy and the irony of Hector's death. In those times, a hero was rewarded with a lovely woman who was extracted from the conquered town. Achilles' commander, Agamemnon, violated *th?mis* by firmly taking the woman from Achilles. Shay cites several examples of *th?mis*. Some soldiers observed men unloading weapons from their boats at night. Sometimes, dead American bodies were booby trapped. 13 And Moses, and Eleazar the priest, and all of the princes of the congregation, went forth to meet up them without the camp. The commander applauded the soldiers, offered them medals, counted the dead within their enemy body count reports. Patroklos was raised as Achilles' used, or foster, brother, plus they were close friends in a particular way that's common to combat soldiers. If you want to comprehend Vietnam veterans (really, any veterans) who have problems with PTSD, read this publication. Anti-war people called all of them baby killers. and have only browse the incorrect assumptions we make about war and teaching and the changes Shay believes need to be made. Maybe they would taunt one another on the battlefield for an objective, but inside that they had respect. Another example – in comparison to W/WII, there had been lots more full colonels in Vietnam. But the colonels didn't lead from the front. They flew over the battlefield in a helicopter, safely out of selection of the enemy, and directed the captains and lieutenants over a radio. Shay explores the relationship between Achilles and Patroklos. Shay undergoes specific symptoms of PTSD. Area 541. Another example – the Army replaced the soldiers' M-14 rifle with the M-16. The M-16 is very deadly and able to close range when it works, but those early models just failed too often. When they go to a restaurant, he has to sit at a corner table so that he doesn't have anyone behind him. (From my reading of Lewis Sorley's book, I learned that whenever the U. Fascinating Study of PTSD and the Illiad I thought that was very fascinating study of how PTSD develops in fight veterans. He's lucky, his wife tries to greatly help him cope along

with his problems. Shay argues that many, or most, of us would have performed the same if we'd experienced heavy combat in Vietnam. There is always deception in warfare. A small force attacks in a single place, to deceive the enemy, then your main force attacks from a different direction. I don't learn how to find out if they have already been set. Eleven percent of American deaths and 17 percent of American accidents were from booby traps, which certainly are a type of deception. (page 34) There have been lots of shock ambushes. One affected individual of mine was a paralegal and can't tolerate loud sounds and certainly could not go to a fireworks display or be within hearing range. In battle, a soldier feels as though a prisoner. If he movements toward the enemy, the enemy may catch or eliminate him. If he deserts, his commander may imprison him or have got him shot. So the exposure to risk was not the same for the top ranks as it was for the lower ranks. Shay examines the various sufferings of soldiers and civilians in Greece and Vietnam. He doesn't understand males who don't do this. Previously, Shay says that the Greeks and Trojans were respectful of each other. For all who deal with combat vets and various other trauma victims, but not for everybody

Three caveats: 1) This is simply not a straightforward read. Another example – when soldiers came back to America, these were not really treated as heroes. This would have already been better for unit cohesion. Achilles and Patroklos were such close friends, these were bonded so tightly, that one was incomplete without the other. In Achilles' time, the events following a death of a soldier were very much different than they were in Vietnam. Patroklos is killed in battle when Achilles isn't present. There isn't only the extreme grief for Patroklos' loss of life, but there is also guilt – it will have been me, it could not have happened easily have been there as I should have been. Vietnam soldiers experienced the same grief and the same guilt. The same was true of several combat soldiers in Vietnam. Frequently, there is a truce that allowed the assortment of the lifeless. Shay lists the events that result in PTSD and the phases the soldier goes through. The pyre was doused with wine, and the closest comrades sifted through the ashes to gather the rest of the bones. KJV Shay spent some time working with therefore many Vietnam veterans who are suffering from PTST, that he'd like to start to see the end of most wars, so that you will see forget about soldiers with PTSD. 2) This book isn't for everyone. In Vietnam, lifeless bodies were very quickly transported from the fight field to Grave Sign up in a rear area, where they were looked after by strangers who experienced no personal attachment to the soldier's device. Almost immediately, the lifeless were flown back again to the U. Among my patients told me of a Vietnam vet who went into a full blown panic attack and was on the verge of being hauled out by security because of his extreme reaction before my patient figured it out and could calm him. There is no time when it was secure for ceremony, and weeping was shunned and viewed as weakness. Generally, they arrived and were delivered to a unit that were there for a long time, then they would return to the U. So how does anyone know how common it happened? The commander told them to open up fire on them, and they did. Visiting Walter Reed exposes one to bandaged and bloodless wounds, even with traumatic amputations. There is almost never a truce for the collection of dead bodies. Thank you, Dr. at the end of a year. Mostly, whole units didn't deploy as a unit and redeploy as a unit. He cared about all the men under his control, he honored the lifeless, even the enemy dead, after battle, and he treated prisoners of war honorably. S. started withdrawing troops from Vietnam in 1969-1973, General Abrams wanted to redeploy whole systems. Shay gives rates from Vietnam veterans who experienced a best friend who was killed in action. At that time, General Westmoreland was Army Chief of Staff, back in the Pentagon, and he insisted that the soldiers who was simply in-country the longest must be the

first types to go back home. So one-by-one the soldiers would leave their device, leaving it under power. It was terrible for unit cohesion.. The Army attempted to put soldiers right into a safe rear area a couple of weeks before he went home. American soldiers in Vietnam had been disrespectful of the enemy, calling them brands like "gooks. Some of these experienced an aversion to suicide, so they did very dangerous, risky things, maybe wishing that the enemy would eliminate them. Shay gets it correct and picks the very best passage out of Tim O'Brien's "The Things We Carried". It will be the same for veterans of Iraq and Afghanistan. He factors that Homer wrote a couple hundred years after the event and he wrote for patrons of both Trojan and Greek descent. He went on to a fine career and retired as a complete colonel. Shay documents the way the Greeks and Trojans were respectful of their enemy." At some point, you can't really tell a difference. It helped, Perhaps, that these were the same competition and adhered to the same religion. Some soldiers became suicidal while they were in Vietnam." Shay attributes this, at least in part, to Biblical accounts like David and Goliath, who are disrespectful of each other. He cites the way Us citizens disrespected the enemy in WW I and WW II. I am never convinced that the Bible could be blamed for this. It usually had not been reported or prosecuted, he says. American soldiers disrespected German soldiers somewhat, but they disrespected Japanese soldiers a lot more. In general, devices were not deployed to Vietnam as devices. He wanted to fly on the very next mission into the same place. The soon after the war, the popular therapy was "getting it all out" which was disastrous. He didn't reveal the privation or the long painful deaths, for instance. As I read prior chapters, I wondered if Homer told the complete story on other topics.) scholars state that these were lovers – that that they had a sexual relationship. Yet every Vietnam veterinarian knew that he previously won every fight he previously been in. 2) Although some vets with PTSD may experience significant improvement in understanding and coping with symptoms and also overcoming some, there's always the potential for some sight, sound, smell, or event to reach back and draw forth a traumatic memory and a reaction to that storage. Many (most? He points out that the rape of ladies was widespread in ancient situations and he alleges that lots of women were raped, plus some were then killed, in Vietnam. I think some of it is race. Occasionally, communist soldiers would mark lifeless American bodies with white lime so they could be noticed from the air flow and collected. probably Tony Dorsett and various other NFL players from two or three 3 decades back will show us some items. Shay offers treated a whole lot of Vietnam veterans, therefore he has a few data points on the topic. Part 3, starting with Chapter 10, is a bit more clinical, although there are still quotations from Homer, and today Shakespeare – Harry Hotspur is diagnosed with PTSD predicated on Shakespeare's script. Just 8 colonels were killed doing his thing in Vietnam. Persistence of the traumatic second (flashback), not trusting the senses, memory loss, continuous watchfulness and readiness for risk, persistence of survival abilities learned in combat, emotions of betrayal, isolation, suicidal tendencies, meaninglessness, inability to participate in the democratic political process. Chapter 11 examines from what level the veteran can be healed. even those who "tour" the war zone get a sanitized watch (by necessity to protect their lives). Therapies are examined. Therefore he didn't need to offend anyone. Sometimes I say to somebody who says something like this, "Would you'd like to get strike in the top by a 6 pound sledge hammer or a 9 pound sledge hammer? It might help to understand why therefore many veterans commit suicide every day. In Chapter 7 Shay assumes the possibility, the chance, that Homer still left some things out, didn't admit that they happened. People were deployed and delivered to join a device that had been there. There is no opportunity to debrief with his

comrades. He did not redeploy with his unit. When a soldier's 365 days in nation were complete, the person redeployed. I would like a course upon this reserve with comparisons to the Iliad and additional books and info Fair reading Fair reading Two Stars returned due to bad description Some leaders in Vietnam utilized the berserk condition of a man with PTSD to motivate his rage, to do something it out by eliminating the enemy. In addition they use humiliation and unjust treatment to enrage recruits, to make them intense. This is not healthy or required or beneficial. There are good, effective armies that don't perform it. The REMFs still don't possess a clue; When daylight came, it turned out these were fishermen unloading their fishing boats, no weapons. 14 And Moses was wroth with the officers of the sponsor, with the captains over thousands, and captains over hundreds, which came from the battle. 15 And Moses stated unto them, Possess ye saved all of the women alive? 16 Behold, these triggered the kids of Israel, through the counsel of Balaam, to commit trespass against god, the father in the matter of Peor, and there was a plague among the congregation of the Lord. 17 Now therefore kill every man among the little types, and kill every girl that hath known guy by lying with him. 18 But all of the women children, which have not known a man by lying with him, keep alive for yourselves.. 20 And purify all of your raiment, and all that is made of skins, and all work of goats' hair, and all things manufactured from timber. 21 And Eleazar the priest stated unto the guys of war which visited the fight, This is actually the ordinance of the law which the Lord commanded Moses; 22 Only the gold, and the silver, the brass, the iron, the tin, and the lead, 23 Every thing that may abide the fire, ye shall make it go through the fire, and it shall be clean: even so it will be purified with the water of separation: and all that abideth not the fire ye shall make feel the water. 24 And ye shall wash your clothes on the seventh day time, and ye shall be clean, and afterward ye shall enter into the camp. The bones had been preserved and cared for before end of the advertising campaign, and went home to the soldier's family. He's practical, understanding that this is not going to happen anytime soon, so he searches for ways to minimize the regularity and intensity of PTSD. Read it! A dynamite book that's somber and will make you think about warfare and injustice and trauma for a long time. Shay makes the very important point that one's experience can't be compared with another's by stating, "What he went through was so much worse than what I went through. The paragraphs are supposed to be indented to show that they are estimates, but only the initial quoted paragraph is usually indented. And that means you get to the second paragraph and it is not really indented, so you may believe that the quote has ended, but after you browse a few words it really is apparent that it's still Homer, or it is still the Vietnam veterinarian. Jonathan Shay." The types I saw, I highlighted and reported to Amazon. In Vietnam the enemy did a lot of deception. Most of these errors certainly are a letter lacking in a word or a wrong letter. If armed service leaders understood PTSD better, a few of it could be avoided. After Achilles is normally dishonored, he flips and kills dishonorably. The writer presents his arguments by monitoring the similarities (and differences) between Achilles descent right into a berserk state in the Illiad and Vietnam veterans suffering from debilitating PTSD. There are about 3/4 million heavy combat Vietnam veterans alive today, and 1/4 million have PTSD such as this. In nov 2017, I became thinking about the Vietnam War and its own vets after watching documentaries on the war. Nevertheless, Dr." Achilles fought heroically in a battle, and all of the soldiers voted to reward him. Shay does not find proof that in the Illiad. There was ceremony as soon as the fighting ceased for some time and the surviving soldiers wept openly and without shame. I often refer to PTSD as "the present that keeps on providing", because I believe that: 1) No one returns from war unchanged, actually if he/she does not

experience direct fight or come back with the complete selection of PTSD symptoms. Somewhat, vets of all the wars since Vietnam can be viewed as combat vets, even if not directly involved in the field as "grunts", because there are no totally safe places. Any one in any place could be struck lifeless (or lose a pal) by a mortar circular or rocket. 3) My rating and comments may be biased because so a lot of what Shay must say mirrors what I've encountered in my experience with combat vets. Soldiers lost confidence in their mental features, from the continual deception. Perhaps they did, especially in comparison to how American soldiers felt about North Vietnamese soldiers. S. The trigger was an image of a green snake on the cover of a magazine. Nearly 50 years back, he adopted his buddy (a fellow "tunnel rat") right into a tunnel where his friend was struck and very quickly killed by a deadly Mamba planted by the VC; the snake struck at him, but missed as he supported out. Two engines were knocked out, his airline flight engineer was killed, and his navigator and loadmaster had been wounded or harmed. Shay speaks of secondary prevention, planning the soldier before deployment through training and education, for what he's about to knowledge. While that may have some benefit, there is absolutely no way to prepare a medic for needing to attend to his greatest buddy after viewing him stage on a mine and eliminate 3 of 4 limbs and bleed out as he retains his friends mind. The carnage (and I have not seen it, but just heard it described) isn't something one can be ready for. The Kindle version is pretty good, but there are longer quotes of Vietnam vets or Homer, extending several paragraphs. " There is absolutely no real comfort for the reason that comparison no real truth. Ways to prevent PTSD or to make it less common or less extreme are discussed. Sometimes they taunted their enemy, however in private conversation these were respectful. I have Odysseus..) Near the end of a soldier's twelve month tour, he would obtain superstitious, fearful that he would become wounded or killed just before he returned to the world. The WWII vets at the American Legion and VFW known as them losers. We have deployed units collectively and returned them collectively, but deployed them way too many times. THEREFORE I began searching the web for anyone who offered with him in Vietnam. We have not begun to understand the depth and breadth of damage that is done to our soldiers, their families, friends, and communities. We count costs in "treasure", destroyed devices, killed and wounded and don't differentiate between wounded and maimed forever. Shay touches on most of these and also the profits created by some who highly support the war (maybe to a lesser and less explicit degree). Shay mentions the Bible in several areas, but he could have mentioned Quantities 31:19 and 24, which show the soldiers, who've killed, to be purified for seven days before getting into camp. He can't ever return to the individual he was, but symptoms can improve. In Vietnam, the soldiers served a twelve month tour. We haven't begun to understand blast induced TBIs; It will be terribly counter-successful to the mission, therefore i do not believe it was ever encouraged or condoned by the leaders, since it was in ancient times. This is a significant book. I don't think I ever witnessed this, but there was a pilot in my own squadron who flew a dangerous mission. He also has a passage on trust that I intend to share in the future with most of my trauma sufferers. S. About a third of just how through the reserve I started seeing a number of errors – "typos. ... It means "what's right. Deep connections Probably the most effective book I'll ever read connecting fiction/mythology to real life experience.. i had to learn this book simply because an assignment in my own doctoral program for clinical social work- i thought i'd hate it given the content material- its a painful read but has remained one of my favorites for several years now as it offers so very much insight to the human being dependence on connectedness across the board. we have

to know very well what we are doing has purpose- recommend. How PTSD evolved inside our Vietnam vets ..That said, the book is not for everyone as the anecdotes are pretty gruesome. My youthful brother was a Marine in the Vietnam War and was wounded only two months after arriving "in country" and returned to the States. Since my brother passed on in 1989, I did so not have any information regarding his war services. We might have learned some more things about schooling, especially for Unique Forces, but we have not learned to charge into countries and cultures we don't realize. Although unsuccessful to a degree in finding a person who actually served beside him and would speak to me about it, I have now go through 28 books on the Vietnam War, its veterans while these were in combat and what happened to them after they returned home. After having examine "Achilles in Vietnam ...," the questions I have had because the starting of my search have now been answered. Being just a layperson in the hows and whys of psychology and psychiatry, I could understand how the battle affected the authors (the majority of whom were Marine Vietnam vets) of the books written by these vets. I nearly wish I had go through Dr. When he switches into city, he can't check his mailbox while he is there due to a specific letter he got in Vietnam. Strange title, distressing read but valuable for understanding right now Somethings never change, unfortunately. It is the exploitation of the grunt that basically makes me sad A dynamite book that is somber and will make you . 19 And perform ye abide without the camp seven days: whosoever hath killed any person, and whosoever hath touched any slain, purify both yourselves as well as your captives on the third day time, and on the seventh time.. I would like to observe this book widely go through, by officers and politicians and everybody else. Others experienced for our sins as Us citizens. Consider that. The Greeks got all of the wisdom about the individual experience. It is brutally honest, and Shay warns veterans to be mindful when reading it, and put it down for a while if it brings up too many unpleasant remembrances. they didn't dehumanize him. Hector is far greater than Achilles, even though he was defeated. Today heroes are rewarded with the Congressional Medal of Honor or some lesser medal.. In the remainder of the book he'll focus on these one at a time, compare it with Achilles in Homer's Illiad, and illustrate it with a meeting in Vietnam. Four Stars A useful perspective on Post-Traumatic Tension Disorder. An excellent book for Vietnam vets A great reserve for Vietnam vets, their family and their physicians. Therefore PTSD can be lessened by deploying systems and redeploying units.



[continue reading](#)

download free Achilles in Vietnam: Combat Trauma and the Undoing of Character epub

download Achilles in Vietnam: Combat Trauma and the Undoing of Character fb2

[download Why Marriages Succeed or Fail: And How You Can Make Yours Last ebook](#)

[download Exorcising Your Ex: How to Get Rid of the Demons of Relationships Past ebook](#)

[download free Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed djvu](#)