

Morally singed....



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... barely survive, badly scorched, belligerently hopeful.

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ARE the various traumatic effects upon veterans and families adequately described and/or classified under PTSD?



What of people's values, ethical/bioethical principles?

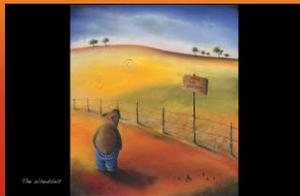
What of the damage to personal and social morality?

Not just a bio-psycho injury but also morality / issues of the soul a "Moral Injury"
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Scope of Presentation
Defining Moral Injury



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What is moral injury? Google definitions....

- "Moral injury is the damage done to one's conscience... the damage to one's moral compass when that person perpetuates or fails to prevent acts that transgress morals, ethical values or codes of conduct".
- "Moral injury refers to an injury to the individual's moral conscience resulting from an act of perceived moral transgression which produces profound emotional shame"

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What is Moral Injury?

"Moral injury is present when:

- (1) there has been a betrayal of what is morally right,
- (2) by someone who holds legitimate authority and
- (3) in a high-stakes situation." (Jonathan Shay, 1999/2002)



"Moral Injury is the lasting psychological, biological, spiritual, behavioral and social impact of perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations." (Brett Litz et al 2009).



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What is Moral Injury?

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(Most frequently misquoted definition)

Moral injury is the...

... perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations." (*abbreviation of Brett Litz et al 2009)



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Table 1 Examples of moral injury definitions in chronological order^{a,b}

Author/s	Definition
Shay (2002)	'...a betrayal of what's right, by someone who holds legitimate authority, in a high-stakes situation' (p. 240)
Litz et al. (2009)	'...the lasting psychological, biological, spiritual, behavioral and social impact of perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations' (p. 695)
US Department Veteran Affairs (2009) * "Moral Distress"	'...perpetuating failing to prevent bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations. This may entail participating in or witnessing inhumane or cruel actions, failing to prevent the immoral acts of others as well as engaging in subtle acts or experiencing reactions that, upon reflection, transgress a moral code' (p. 1)
Nash et al. (2010)	'...changes in biological, psychological, social, or spiritual functioning resulting from witnessing or perpetrating acts or failures to act that transgress deeply held, communally shared moral beliefs and expectations' (p. 1677)
Boudreau (2010)	'Moral injury is...the damage done to our moral fiber when transgressions occur by our hands, through our orders, or with our complicity. When we accept these transgressions, however pragmatically (for survival, for instance), we sacrifice a piece of our moral integrity' (p. 749)
Brock and Lettini (2011)	'...moral injury is a wound in the soul, an inner conflict based on a moral evaluation of having inflicted or witnessed harm ...moral injury can result not only from active behavior, such as torturing or killing, but also from passive behavior, such as failing to prevent harm or witnessing a close friend be slain ...it can (also) involve feeling betrayed by persons in authority' (p. 1)
Brock and Lettini (2011)	'...moral injury is a wound in the soul, an inner conflict based on a moral evaluation of having inflicted or witnessed harm ...moral injury can result not only from active behavior, such as torturing or killing, but also from passive behavior, such as failing to prevent harm or witnessing a close friend be slain ...it can (also) involve feeling betrayed by persons in authority' (p. 1)
Drescher et al. (2011)	'...a disruption in an individual's confidence and expectations about one's own or others' motivations or capacity to behave in a just and ethical manner. This injury is brought about by bearing witness to perceived immoral acts, failure to stop such actions, or perpetration of immoral acts, in particular actions that are inhumane, cruel, deprived, or violent, bringing about pain, suffering, or death of others' (p. 9)
Brock et al. (2012)	'Moral injury is a negative self-judgement (due to) having transgressed core moral beliefs and values or feeling betrayed by authorities. It is reflected in the destruction of moral identity and loss of meaning. Its symptoms include shame, survivor guilt, depression, despair, addiction, distrust, anger, a need to make amends and the loss of a desire to live' (p. 1)
Kinghorn (2012)	'...the experience of having acted (or consented to others acting) incommensurably with one's most deeply held moral conceptions' (p. 57)
Beard (2015)	'Moral injury involves the difficulties an individual faces when forced to integrate the wrongdoing of a moral authority into their broader conception of the world as a morally reliable place' (p. 175)
Sherman (2015)	'...the experiences of serious inner conflict arising from what one takes to be grievous moral transgression that can overwhelm one's sense of goodness and humanity' (p. 8)
Zust (2015)	'... a complex "soul" wound that results from soldiers' conscientious inability to reconcile the moral dissonance between their idealized values and their perceived experiences. This wound produces a continuum of exiting behaviors that damage soldiers' ability to reconnect with their lives' (p. 2) ^c

What is Moral Injury?

A definitional collation/compromise
Carey & Hodgson (2016)



Moral injury can originate at one or two levels

- (1) at an **individual level** when a person perpetuates, fails to prevent or bears witness to a serious act that transgresses deeply held moral beliefs and expectations which leads to inner conflict because the experience is at odds with their personal core ethical and moral beliefs, and/or
- (2) at an **organisational level**, when serious acts of transgression have been caused by or resulted in a betrayal of what is culturally held to be morally right in a 'high-stakes' situation by those who hold legitimate authority."

(Refer: Carey, Hodgson et al 2016)

'Community is critical for moral injury repair ...veteran associations, churches, social, sport groups, other supportive community groups ...' (Shay, 2016).



Protecting future generations (Shay, 2016: Moral wounds)	
'Shay's Mantra: <i>'Quality leadership, training and cohesion'</i>	
Leadership	Ensure expert, competent, ethical and properly supportive leadership that ensures good policy, practice and culture that is sensitive to moral injury and supportive of members <u>and</u> their families.
Training	Prolonged, cumulative and highly realistic training for what personnel actually have to do and face. Education also needs to be for employers and families about moral injury and its effects. Education retreats are ideal for serving and veteran members and their families (not just information sessions but quality time of communication and sharing).
Cohesion	Promote positive qualities of community – keep people together/maintain stability: train together, work together, play together, stay together



Scope of Presentation

- Future direction



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- Completion of ADF Exploratory Moral Injury Research (November 2018)
- Release of results/publication (January 2019)
- Completion of Review of Moral Injury Repair Programs (January 2019)
- Completion of International Military Moral Injury Research (AU, CAN, FR, UK, US, NZ: 2020)
- Commencement of large AU military population study (Est. November 2018)

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