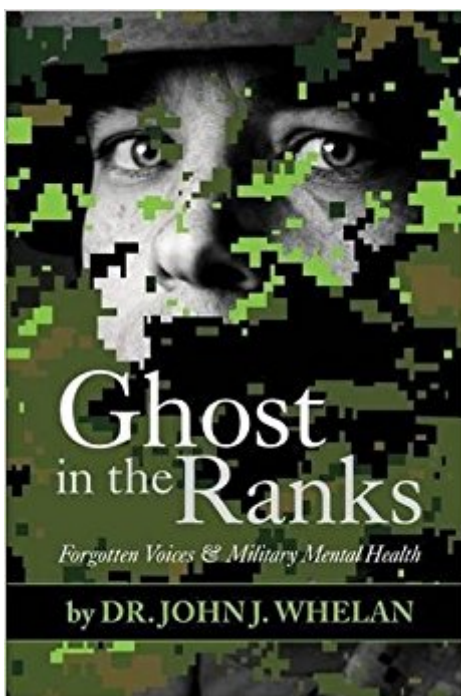


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# Ghost In The Ranks: Forgotten Voices & Military Mental Health



## Synopsis

Operational Stress Injuries and Post-Traumatic Stress Disorder (PTSD) are among the possible consequences facing members of the Canadian military. Unlike the potential physical consequences of dangerous deployments, psychological injuries are not always apparent. Military members are taught a mental skillset to help them manage their internal emotional worlds allowing them to do extraordinary things. Unfortunately, while ingrained military training prepares our men and women for action as capable soldiers, this same training may also require them to trade aspects of their humanness-sowing the seeds for lingering mental distress. As a result, those most affected are left in a limbo, disconnected from their military roles and yet unable to relate to their former civilian lives. They become ghosts of their former selves, haunting the ranks until, more often than not, they find themselves on the outside looking in, with unacknowledged scars, anger, and regret. We ask a great deal of our men and women in uniform; if a shift in culture can help members of our military with mental distress, we owe it to them to make that shift possible.

## Book Information

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## Customer Reviews

"This is a vital, compelling call to better understand, protect, and care for veterans and military service people." - Foreword [Â Clarion Review](#)"A valuable work for anyone interested in gaining insights into the inner lives of troubled veterans." - [Â KIRKUS](#)

John Whelan, PhD, is a clinical psychologist who has spent a 20-year career working with serving

and retired members of the Canadian Armed Forces and first responders. He served in the RCN for nearly nine years during the Cold War years before leaving to attend university. Dr. Whelan completed his dissertation on treatment outcomes for military members with substance abuse and mental health issues and he went on to serve as clinical director for the CAF addiction treatment programs. In 2004, he established a private clinic for the treatment of complex military PTSD and developed a group therapy program for veterans to help foster peer support networks. John is Adjunct Professor at Mount St. Vincent University where he continues outcome-focused clinical research, advocacy and outreach work. He is an active member of several veterans organizations.

I would hope this will get some traction in the mental health community when dealing with veterans. Transition programs in the military are not addressing some of the key issues faced when returning to society after we serve. I really enjoyed the writing style of the author.

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