



## Veterans

A four-four week course that helps veterans understand the human spirit and then nurture and protect it amidst life's traumas.

### How Do I Enroll?

Contact your VA primary care provider for a referral or through either Whole Health or the Chapel.

Whole Health:  
717.272.6621 x4325  
Chapel:  
717.272.6621 x5085

### Chaplain Services

Lebanon VA Medical Center  
Building 106  
1700 South Lincoln Ave.  
Lebanon, PA 17042

<b>Chaplain</b> <b>Christopher Lehr</b> Phone: 717.272.6621x4881 christopher.lehr@va.gov	<b>Vincent Zvorsky</b> <b>Chapel Secretary</b> Phone: 717.272.6621x5085 vincent.zvorsky@va.gov
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### Whole Health

**Stephany Carrero Silva**  
*Advanced Medical Support Assistant*  
stephany.carrerosilva@va.gov



# Moral Injury Group

*Finding Spiritual Resiliency*

VA Lebanon  
1700 South Lincoln Ave.  
Lebanon, PA 17042

717-272-6621 | [va.gov/lebanon-health-care](http://va.gov/lebanon-health-care)  
VHEC Approval of updates/February 2023/JFP



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Lebanon VA Medical Center



# Moral Injury Group

Moral Injury (MI) is a wound received when one's belief system or expectations about right or wrong have been violated. It is the spiritual shock of a traumatic experience, which is first and foremost a spiritual wound.

Symptoms of MI can be guilt, shame, and alienation.

MI is not PTSD, but MI can complicate PTSD and other Mental Health treatments as sufferer may be seeking penance by not accepting care.

Some causes of Moral Injury can be:

- Acts of betrayal by peers, leaders, or self
- Death or harm to civilians
- Violence within military ranks
- Concealed acts of cowardice, failure to do duty
- Exposed to body parts
- Inability to prevent death or suffering.

## What to Expect

**Week 1: Human Spirit**—Understanding the intangible portion of ones being and how to nurture inner spiritual wellness.

**Week 2: Spiritual Awareness**—Discovering life's meaning through a change in how to interpret and live out your life

**Week 3: Moral Code**—Everyone has guiding principles and beliefs they live by. Understanding your own code and how it can be protective or violated is the starting point of healing.

**Week 4: Forgiveness**—The peace you learn to feel when you allow grievances to leave.

### Four Classes

**Day:** Tuesdays

**Time:** 2:00 pm

**Location:** Building 37, Classroom B  
*VVC Option Available!*

**Call the Chapel or Whole Health at the Lebanon VA Medical Center to enroll.**

Chapel: 717.272.6621 x5085 or

Whole Health: 717.272.6621 x4325

