Chris Kyle from American Sniper

Chris Kyle from American Sniper suffered from a mental disorder. He did not develop a civil life. After his discharge from service, the Marine never got a permanent job, worked as a carpenter, and at least once he was arrested for drunk driving. It is worth noting that after the slaughter in Newtown Elementary School, Kyle gave an interview in which he called for the arming of school teachers and objected to restrictions on weapons owners. However, he stated the need for thorough training of its owners. In America, meanwhile, an epidemic of suicide war veterans is rampant. Recently published data made many Yankees grab their heads. In the past, the number of suicides in the army exceeded the losses in hostilities in hot spots: 177 vs. 176. An alarming trend appeared not only in the army, but also in all types of US forces. In total, 349 soldiers committed suicide in the Armed Forces last year, while only 295 were killed on the battlefields.

As for Chris Kyle, his war is over. “It was my duty to shoot at the enemy, and I don’t regret it,” he told the Texas Monthly. “My regrets are for people I could not save: marines, soldiers, friends. I'm not naive, and I'm not going to romanticize the war. The worst moments in my life fell just at war. But I can stand before God with a clear conscience, as I did my job.” The film "American Sniper" refers to the category of films that inevitably attract general attention and cause a lot of controversy. This film, shot by Clint Eastwood, is based on the life story of Chris Kyle, a marine and a sniper, who became the record for the number of enemies he killed. Kyle was in Iraq four times, and during his service there he killed more than 160 enemies. Then he returned to the United States, retired from the army and founded a company engaged in training and self-defense. He also assisted other veterans who went through the war. It was one of these veterans who, according to rumors, suffered from post-traumatic stress disorder, and killed Kyle when they went to the training ground together.

The main symptoms of post-traumatic stress disorder are obsessive thoughts about the injury, hyper-arousal, and sometimes shame, guilt. Sometimes people can not experience emotions and behave like robots in everyday life. In other words, people do not have any emotions or do not have any particular emotions like pleasure. In addition, they constantly feel that they must defend themselves, they are in a state of anxiety, they have some symptoms of depression. These are the main groups of symptoms of post-traumatic stress disorder.

It would be nice if there was some kind of biological test that would tell us if a person has PTSD, without checking the symptoms. But in general, PTSD is diagnosed by obtaining from the patient all the details of the story that happened to him, and then examining the history of each symptom. (Yehuda, 2002).

According to the most important theorist of this paradigm of psychology (Sigmund Freud, 1856-1939).The most common type of treatment for PTSD is, on the one hand, either psychotherapy or psychological counseling, on the other hand, the use of special drugs. Today, no one else forces people who are upset and preoccupied with trauma to tell a traumatic story again and again immediately after a traumatic experience. Previously, however, this was practiced: the “traumatic debriefing” technique was used, because it was believed that if it was possible to make people tell their story, the latter would feel better. But later it was discovered that too much insistence and pushing towards storytelling, as a rule, only intensified memories and negative reactions to trauma. Nowadays, there are a number of techniques that are used to very carefully guide people to their memories and talk about them - advisory or psychotherapeutic techniques that are very useful.

The relations between the concepts of nature and nurture have undergone, in the twentieth century, profound upheavals, even questioning or reversals of value, which are fairly representative of the general state of contemporary thought. Traditionally, indeed ("traditionally" refers to the period before the transformations of thought, in the field of physics but also anthropology, occurred in the early years of the twentieth century), the relationship between nature and culture were characterized by the difference, even the opposition, between these two concepts. (Helzer, et.al. 1987).

The first step of treatment is to talk to a health care provider to do an evaluation. Biochemical recovery: on the basis of complex laboratory tests, we determine the chemical deficiency. We restore the neuro-and biochemical balance of the brain through an individually selected complex of trace elements and amino acids. In most cases, it helps to alleviate the symptoms of PTSD or even forget about it, since proper functioning of brain biochemistry is of paramount importance for emotional health. A healthy diet and lifestyle advice will help restore biochemistry for the long term.

Intensive psychotherapy: we use a range of psychotherapy methods to combat PTSD. We are also working with the method of DPDG (desensitization and processing by the movement of the eyes) - a method that has proven itself in the treatment of negative emotional experiences associated with injuries. We also use cognitive behavioral psychotherapy. We teach our clients relaxation techniques, including self-hypnosis, a suitable fitness training program, biofeedback, yoga, Tai Chi and meditation. Due to the fact that PTSD affects not only the individual, but also those close to him, family therapy is very effective, and we strongly recommend spending several days of intensive family therapy as part of a treatment plan (Davidson, et.al 1991).

There are several diagnostic criteria, and if you observe enough symptoms, then you can diagnose PTSD. However, there are people whose disorders do not meet the criteria for diagnosis, because they do not have all the symptoms, but nevertheless there are symptoms associated with PTSD. Sometimes, even if a person do not fully meet the criteria for diagnosis, you still need help to deal with the symptoms.

To conclude, when there are difficulties with people after painful experiences, we talk about post-traumatic stress disorder (PTSD) . Sometimes this re-experiencing is called psychopathic reproving. This is another fascinating area where medicines are developed not only on the basis of the visible symptoms of the disease, but also in the context of the work of the brain circuits. This is a rational, scientific approach.

Thus, from the point of view of biology, a lot of interesting research is now being conducted, work is underway to study and disseminate psychotherapy, research on genetics is continuing, and attempts are being made to develop medicines. Much of what happens has the potential to change our understanding of things about PTSD..

References

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