

## Part I: Introduction

**Chaplain:** Caucasian male, 45

**Careseeker:** Caucasian female, early 20's, A1C

Careseeker = Can use initials

CH = Chaplain

() =nonverbals and personal self-talk

C1: Good morning, come on in and please have a seat. It's good to see you again(I remembered we met and talked while visiting her flight the previous week) How are you today?

A1: Good morning, Chaplain. I'm having a hard time.

C2: I'm sorry to hear that. What's on your heart?

A2: I'm having a hard time getting up in the morning and I feel sad so often. I don't enjoy coming into work and I feel alone much of the time.

C3: I hear that you're sad and feeling alone often. That sounds draining.

A3: Yeah, when I joined the AF, a few years ago, I thought I would find a more welcoming community and find a purpose to drive me. I come from a military family, and I grew up moving around to different bases often, but I didn't expect that it would be so hard to adjust or enjoy life. I'm thinking of getting out at the end of my tour.

C4: My heart goes out to you, and I'm so glad you've come to talk to me. Military life can be challenging, and it sounds like you're looking for a purpose to drive you. You've also mentioned being sad often. Tell me more about that.

A4: Yeah, I am. My mother left my dad when I was 12 years old and being raised by my dad was so hard. He was very harsh with my brother and me. Sometimes, when we made him mad, he would lock my brother and I in our room and close the outside shutters, so it felt like we were in jail. He made it impossible to see my mom, and whenever we would ask to see her, he said no and would change the subject.

C5: You've endured significant pain, especially at a point of your life when you needed to feel loved, safe and provided for.

A5: Yeah, I don't talk about that time, it hurts a lot. My brother and I tried to talk about it but he would get angry quickly. He and I lost touch for a while but reconnected a couple of years ago.

C6: I hear you. Seems like you and your brother endured a lot. It's natural to feel hurt. How have you processed that hurt?

A6: (Starts crying and I hand her a box of tissues) I don't like thinking about that time and sharing that part of my life feels painful and scary. My brother has been there for me, and we've become quite close recently, but thinking and talking about that time in my life is so hard.

C7: Yeah, it takes courage to face pain and fear. I'm so proud of you for choosing to talk about it though and sounds like being close to your brother is helpful.

A7: (Continues sobbing and after a few moments breathes deeply) It's so hard to mention that time in my life. I try not to think about it, but when I am alone trying to fall asleep, those memories are so vivid, and I get so angry. My brother is helpful, but he has his own issues to deal with.

C8: B, my heart goes out to you. You've been through so much. I hear you sharing sadness, fear and anger and it's evident that your early childhood trauma is affecting your daily life. It's normal and human to feel lack of joy and purpose without processing what happened. It is scary to be vulnerable but can also be so healing. The good thing about the military is that it has abundant resources that can help you process that pain. You don't have to live with this acute pain for the rest of your life, and if you're open there is a path towards healing. (I mention to her available resources like mental health counselors, complimentary One Source counseling etc.). As chaplains, we are glad to listen and help, but licensed counselors are trained and willing to help you with some of the traumatic events you've mentioned. How open are you to talking to a counselor?

A8: I'd like to think I am willing. I know that I can't go on like this.

C9: I am so glad to hear that you're willing to consider getting help B. I went through a season of deep sadness in my life and though it was so hard to face some painful memories, working with a gifted counselor helped me so much. You've also mentioned that you're lonely often. Is there anyone in your flight that you're close to?

A9: Most people in my flight keep to themselves. M, the girl that came with me here, is becoming a good friend and it's nice to have someone to hang out with after work, but I have not shared a lot with her.

C10: Sounds like your connection with her is helping some in the meantime. How about your spiritual experience?

A10: I didn't grow up religious and we never went to church.

C11: I hear you and I respect your freedom to choose what to believe. I only ask because my spiritual journey has been a significant source of hope, and I've known many others who have found purpose and meaning in spiritual community.

A11: I do believe there is a God, I've just never been to church, and I don't know too much about religion.

C12: Would you like to?

A12: I don't know yet.

C13: That's fair. If you have any questions or find yourself open to explore, we would be happy to talk and help.

A13: Thank you chaplain. Thank you for listening to me. It was helpful to talk with you, and I will follow-up with a counselor soon. I think I'm ready to go back to work.

C14: So glad you came by B. You have survived so much, which tells me you're a fighter. But you don't have to fight alone. I hope to see you again soon, and though I am not here often since I am a reservist, you can find welcoming and confidential chaplains to talk to here. If you're having a hard time after work hours, there is always a chaplain on call, so feel free to call the command post and they will transfer you to the chaplain on duty. I hope to see you around soon.

A14. Thank you, chaplain. And thank you for stopping by our flight to bring goodies.

C15: I'll see you again soon then.

## Part II: Analysis

**What was the main Spiritual need of the Careseeker?**

**(Hint: where did the Careseeker place blame?)**

**Meaning and Direction**  
**Self-Worth/Belonging**  
**Reconciliation/To love and be loved**

**What Spiritual AIM concepts did the chaplain embody?**

**Guide, Valuer, Truth-teller**



