



SCARS

Journal entry from 4/13/2020

Today I am thinking about scars.... None of us can escape this world without them. Some of us bear the visible scars, the result of some injury or the reminder of a previous medical procedure. Many of us wear the scars the result of some childhood cut or scrape. But many, many scars are invisible. As we fight our way through this pandemic most all of us will wear new scars, invisible but powerful. Some bear the scars of a broken heart, following the loss of a loved one. Some will have the scars of traumatic events of long ago, reopened, triggering the same haunting fear with a new face. Others will carry the scars of trauma caused from fighting battles lost, lost from struggling with the invisible enemy only to lose the lives of patients and colleagues in heroic efforts to save them. And the same warriors carry the scars born of the battles won, where lives are saved.

In many of my presentations I talk about Post-traumatic growth. Researchers have found that many people, following traumatic events are stronger in some ways than they were prior to the traumatic event. I do not wish pain, heartbreak, or suffering on anyone, but I think it is hope-giving to know that we can learn and grow from the experiences we now go through.

In talking about post-traumatic growth, I often bring up the Japanese art form of Kintsugi. Are you familiar with it? The many who have had trainings with me or heard me speak will recall that I talk about this art-form. Here in my country, if you break a piece of pottery or a vessel that is breakable you might throw it away, or if you have sentimental attachment to it, glue it back

together again, which is what I did with a coffee mug given to me as a gift I once broke. It now sits on my workbench, and hold pencils...But in Japan, they will take a broken vessel and using gold dust mixed with a lacquer, will glue the vessel back together. What is left after the repair is a work of incredible beauty. Ironically the repair makes the vessel's scars more visible, and the resulting vessel more beautiful and far more valuable than prior to the breakage. The scars make it more beautiful. The scars give it character. And so it is with us. I know it is little consolation right now to know that the character forged in you in the midst of this battle is forging a spirit of beauty and strength deep within you, but it is true. So don't give up. Carry on. So my brothers and sisters, take heart and be of good courage for we will endure, and in the end we will stand tall bearing scars, the brilliant and beautiful scars of daring to love, to care, scars, the result of answering the call to sacrifice and service. Be courageous in love. God will give us the faith to carry on.

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