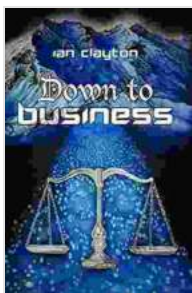


Down To Business Moral Injury Support Network: A Beacon of Hope for Servicewomen

In the aftermath of military service, some women grapple with a profound wound that defies easy categorization: moral injury. This invisible scar stems from experiences that violate deeply held beliefs and values, leaving servicewomen struggling with feelings of guilt, shame, and betrayal.



Down to Business by Moral Injury Support Network for Servicewomen Inc.

★★★★☆ 4.8 out of 5

Language : English
File size : 484 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 227 pages
Lending : Enabled
Screen Reader : Supported



Recognizing the urgent need to address this hidden epidemic, Down To Business Moral Injury Support Network emerged as a lifeline for servicewomen facing this complex challenge. Founded by Navy veteran and moral injury survivor Lisa Rasmussen, the organization is dedicated to providing a safe and supportive environment where women can heal, connect, and regain their sense of purpose.

Understanding Moral Injury: A Hidden Wound

Moral injury is a type of psychological injury that occurs when individuals perceive themselves or others as having violated their moral beliefs or values. It can result from a wide range of experiences, including combat exposure, witnessing atrocities, and betrayal by superiors or comrades.

Unlike physical injuries, moral injury is often invisible, making it difficult for servicewomen to seek help. They may feel isolated, ashamed, or unworthy of support. Down To Business Moral Injury Support Network seeks to break down these barriers by raising awareness, providing education, and offering a judgment-free space for women to share their experiences.

A Comprehensive Approach to Healing

Down To Business Moral Injury Support Network takes a holistic approach to healing, addressing the physical, emotional, and spiritual needs of servicewomen. The organization offers a range of programs and services, including:

- **Support groups:** Facilitated by experienced clinicians, support groups provide a safe and confidential space for women to connect with others who understand their experiences.
- **Peer mentoring:** Servicewomen are paired with trained mentors who have successfully navigated moral injury, offering support and guidance.
- **Workshops and retreats:** Educational workshops and retreats focus on topics such as moral injury, trauma recovery, and self-care.
- **Art and music therapy:** Creative therapies provide an alternative outlet for expression and healing.

- **Outreach and advocacy:** Down To Business Moral Injury Support Network works to raise awareness about moral injury and advocate for increased resources and support for servicewomen.

Empowering Servicewomen to Reclaim Their Strength

Down To Business Moral Injury Support Network is more than just a support group; it's a community of women who have experienced the profound impact of moral injury. Through their shared experiences, they find strength, resilience, and a renewed sense of purpose.

The organization empowers servicewomen to:

- Acknowledge and grieve their moral wounds.
- Understand the complexities of moral injury and its impact on their lives.
- Develop coping mechanisms and strategies for healing.
- Forge meaningful connections with other survivors.
- Rediscover their sense of worth and purpose.

A Transformative Journey of Recovery

The stories of Down To Business Moral Injury Support Network members are a testament to the transformative power of healing. Here's a glimpse into their journeys:



“After years of struggling with guilt and shame, I finally found a safe place to share my story. The support I received from

other women who understood what I had been through was life-changing."

Sarah, Army veteran"



"The workshops and retreats helped me to process my experiences and develop tools for coping. I've regained a sense of control and purpose in my life."

Maria, Marine Corps veteran"



"Through the peer mentoring program, I found a role model who showed me that it's possible to heal from moral injury and live a fulfilling life."

Emily, Air Force veteran"

Join the Network and Make a Difference

Down To Business Moral Injury Support Network relies on the support of compassionate individuals and organizations to continue its mission of empowering servicewomen. There are several ways to get involved:

- **Become a member:** Membership provides access to support groups, workshops, retreats, and other resources.

- **Donate:**Financial contributions help sustain the organization's programs and services.
- **Volunteer:**Volunteers provide valuable support by facilitating groups, mentoring servicewomen, and assisting with outreach efforts.
- **Spread the word:**Raise awareness about Down To Business Moral Injury Support Network and the importance of supporting servicewomen.

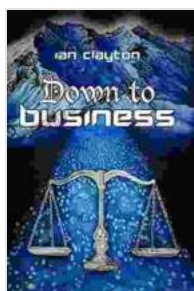
Together, we can create a world where servicewomen who have experienced moral injury have the support, resources, and community they need to heal and thrive. Join Down To Business Moral Injury Support Network today and be a part of making a difference in the lives of these courageous women.

Contact Information:

Down To Business Moral Injury Support Network

info@dtbmilitary.org

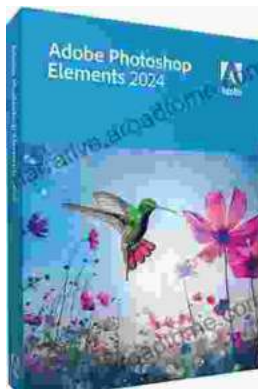
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