



Traumatized: The Story of a State Trooper

John G. Patterson, James R. Benn, Deborah L. Mandel LPC

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Traumatized: The Story of a State Trooper John G. Patterson, James R. Benn, Deborah L. Mandel LPC
Traumatized takes the reader into the mind and soul of Connecticut State Trooper John Patterson, who, within the first six years of his career, shot and killed two armed felons in the line of duty. It is the story of his decline into major depression and Post Traumatic Stress Disorder, leading to nightmare filled nights, addiction and family discord. With treatment, John began a long, slow journey out of the darkness and into the light. Traumatized is a courageous story, pushing against the unwritten code in law enforcement to be a man, tough it out, no feelings allowed. The story of John's journey is critical to understanding the psychological damage police officers, fire-fighters, soldiers, and others on the frontlines continue to endure in our name. Traumatized captures the impasse faced by individuals who face life and death situations on a daily basis, yet are not fully supported in dealing with the tremendous emotional toll.

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