

# False Nostalgia Through Veterans' wartime experiences

By: Yahli Kotler



(Buford 2019)



("Support for Veterans | Newport Mental Health" 2024)

**People longing for the past, when in reality, the past was not as great as remembered (Norberg 2022).**

**18 Million** living veterans in the United states  
(Schaeffer 2023).

Approximately **6%** of the population (Schaeffer 2023).



(Bynum 2024)



("GVDA, Inc." 2024)

**How do veterans'  
wartime experiences  
impact them by  
causing false  
nostalgia?**

# Table of Contents

**Memory**

**PTSD**

**Injuries**

**Counter-Argument**

**Solutions**

**Limitations**

# Memory

**“It was an emotional moment for me”  
(Powell 2004).**

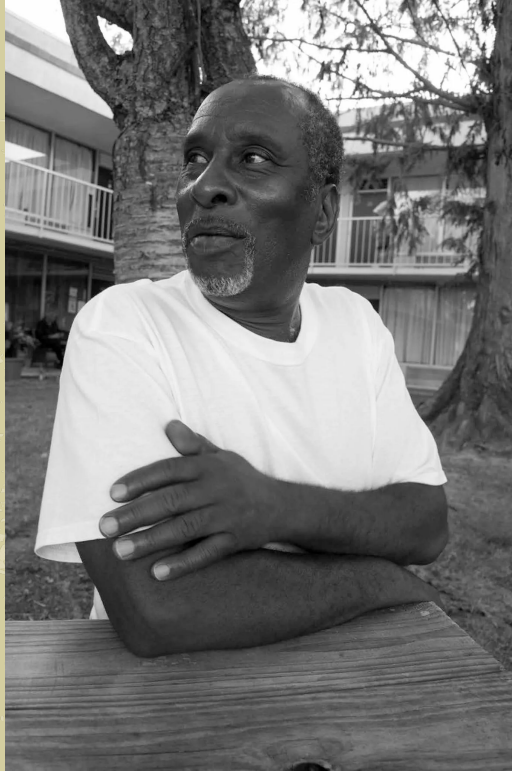


(Burns et al. 2021)



(“Honoring General Colin Powell” 2025)

# Memory



(Hill 2020)

“I saw so many awful things I **can't forget**”  
(Hill 2020).



(Hill 2020)

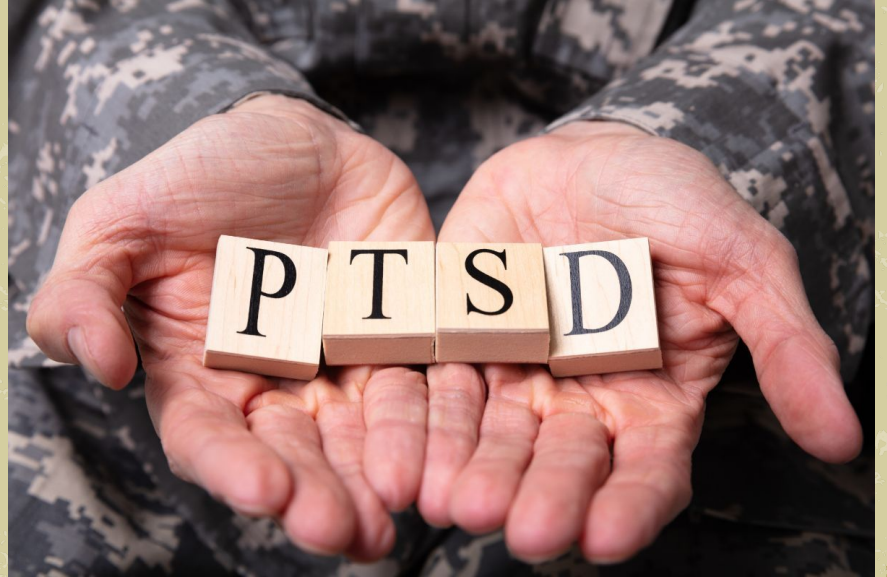
# PTSD

# 7%

# 1.2 Million Veterans



(Denis 2024)



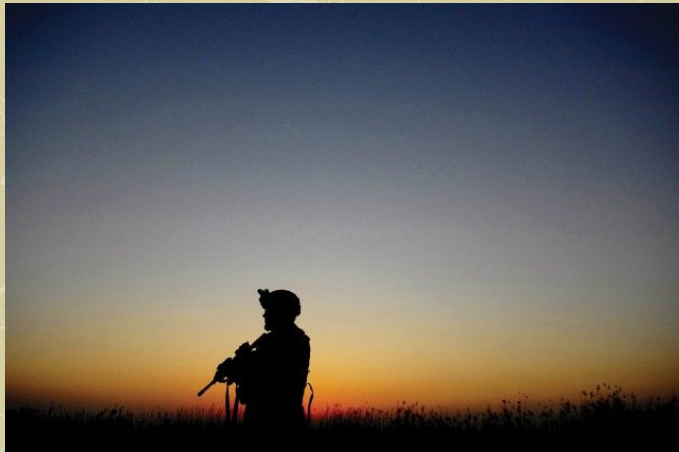
(Robert 2019)

# PTSD

**“I refused to talk to anyone about it even when Army health professionals told me I needed to (Huerta 2012).**



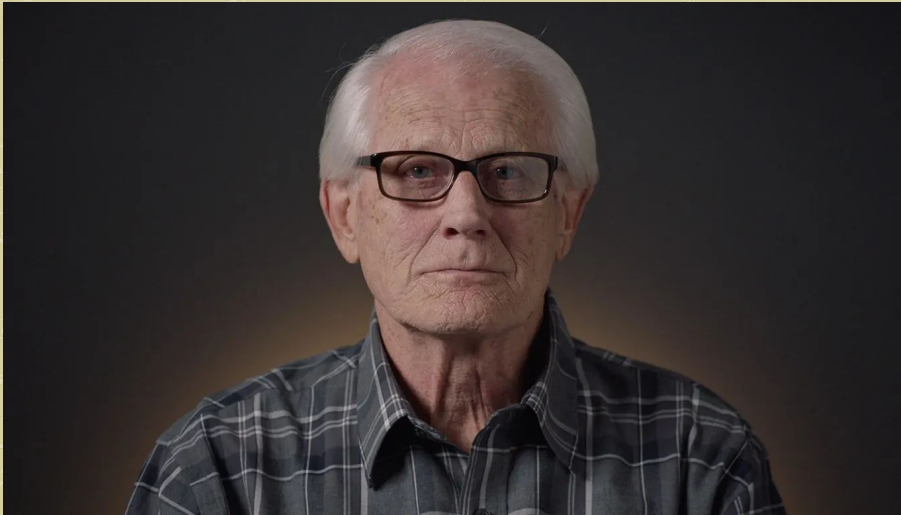
(Mosel 2023)



(Huerta 2012)

# PTSD

**“I had a secret that I kept from everyone. As I aged, my PTSD turned into ‘flashbacks,’ nightmares, and three suicide attempts” (Hansen 2019).**



(Hanson 2019)



(Bergland 2025)

# Injuries

## One Out Of Every Ten Soldiers

## PTSD, Health Issues, Job Security



(Hartley 2024)



("Combat-Wounded Veterans | Forwardfree.org" 2017)

# Injuries

**"But still they wish the old dad was here, which I understand. I wish he was here, too" (Gildea 2008).**



(James 2021)



(Grobar 2021)

# Counter Argument

“A sense of **belonging**, a sense of **community**, camaraderie and esprit de corps” (Menestrel and Kizer 2019).



(“Army Reserve” 2025)



(“Veteran Benefits” 2025)

# Counter Argument

**“The experiences that you go through together out in an environment like this, [they make] you grow closer together” (Reed 2024).**



(“The Brotherhood” 2021)



(“Premium Photo” 2022)

# **Solutions**

- **Therapists**
- **Support Groups**
- **Prevention of Suffering**

# Limitations

- Overcrowding

**“The facility is so overcrowded that unused wheelchairs are being stored in the hall, and nurses are stationed in what used to be a corridor” (Siner 2016).**

# **Conclusion**

**It is essential to ensure that veterans' well-being is kept in mind when going to war, as so many soldiers risk their lives for the safety and freedom of the citizens of the United States.**

## Works Cited

- "Army Reserve." *Goarmy.com*, [www.goarmy.com/explore-the-army/army-structure/reserve](http://www.goarmy.com/explore-the-army/army-structure/reserve). Accessed 10 Mar. 2025.
- Bergland, Christopher. "Two New PTSD Treatments Offer Hope for Veterans." *Psychology Today*, 2025, [www.psychologytoday.com/us/blog/the-athletes-way/201311/two-new-ptsd-treatments-offer-hope-for-veterans](http://www.psychologytoday.com/us/blog/the-athletes-way/201311/two-new-ptsd-treatments-offer-hope-for-veterans). Accessed 10 Mar. 2025.
- Buford, Stephen. "Veterans Benefits - Kentucky Department of Veterans Affairs." *Ky.gov*, 2019, [veterans.ky.gov/Benefits/Pages/default.aspx](http://veterans.ky.gov/Benefits/Pages/default.aspx). Accessed 3 Mar. 2025.
- Burns, Robert, et al. "Colin Powell Dies, Exemplary General Stained by Iraq Claims." *AP NEWS*, 18 Oct. 2021, [apnews.com/article/colin-powell-dead-covid-9c918dc1c137ebf368f2cbb461e4fad4](https://apnews.com/article/colin-powell-dead-covid-9c918dc1c137ebf368f2cbb461e4fad4). Accessed 9 Mar. 2025.
- Bynum, Russ. "Why the US Celebrates Veterans Day and How the Holiday Has Changed over Time." *AP News*, 11 Nov. 2024, [apnews.com/article/veterans-day-history-9bfd119f5b4b74770d0d1da0f6d96707](https://apnews.com/article/veterans-day-history-9bfd119f5b4b74770d0d1da0f6d96707). Accessed 3 Mar. 2025.
- "Combat-Wounded Veterans | Forwardfree.org." *Forwardfree.org*, 2017, [forwardfree.org/2017/03/06/combat-wounded-veterans/](http://forwardfree.org/2017/03/06/combat-wounded-veterans/). Accessed 9 Mar. 2025.
- Gildea, Terry. "Burned Soldier Continues Long Road to Recovery." *NPR*, 20 Aug. 2008, [www.npr.org/2008/08/20/93755873/burned-soldier-continues-long-road-to-recovery?](http://www.npr.org/2008/08/20/93755873/burned-soldier-continues-long-road-to-recovery?) Accessed 6 Feb. 2025.
- Grobar, Matt. "'Live Well Done': Nony Geffen to Direct Bobby Henline Doc." *Deadline*, 19 Aug. 2021, [deadline.com/2021/08/live-well-done-nony-geffen-to-direct-bobby-henline-doc-1234817517/](https://deadline.com/2021/08/live-well-done-nony-geffen-to-direct-bobby-henline-doc-1234817517/). Accessed 9 Mar. 2025.
- "GVDA, Inc." *GVDA, Inc.*, 2024, [www.georgiaveteransday.org/](http://www.georgiaveteransday.org/). Accessed 7 Mar. 2025.
- Hanson, Dave. "How a Vietnam Veteran Overcame PTSD and Survivor's Guilt - va News." *News.va.gov*, 27 June 2019, [news.va.gov/62341/air-force-veteran-david-hanson-get-help-need/](https://news.va.gov/62341/air-force-veteran-david-hanson-get-help-need/). Accessed 6 Feb. 2025.
- Hartley, Heather. "Is PTSD a Disability?" *VetLaw*, 29 May 2024, [vet.law/blog/is-ptsd-a-disability/](https://vet.law/blog/is-ptsd-a-disability/). Accessed 9 Mar. 2025.
- Hill, Nancy. "Photo Essay | Combat Veterans Tell Us What We Need to Know about War." *YES! Magazine*, 8 Jan. 2020, [www.yesmagazine.org/social-justice/2020/01/08/war-veterans-military](http://www.yesmagazine.org/social-justice/2020/01/08/war-veterans-military). Accessed 17 Feb. 2025.
- "Honoring General Colin Powell." *National Museum of African American History and Culture*, [nmaahc.si.edu/explore/stories/honoring-general-colin-powell](https://nmaahc.si.edu/explore/stories/honoring-general-colin-powell). Accessed 9 Mar. 2025.
- "How Common Is PTSD in Veterans?" *Va.gov*, U.S. Department of Veteran Affairs, 3 Feb. 2023, [www.ptsd.va.gov/understand/common/common\\_veterans.asp](http://www.ptsd.va.gov/understand/common/common_veterans.asp). Accessed 6 Feb. 2025.
- Huerta, Carlos. "Leaving the Battlefield: Soldier Shares Story of PTSD." *Www.army.mil*, 25 Apr. 2012, [www.army.mil/article/78562/leaving\\_the\\_battlefield\\_soldier\\_shares\\_story\\_of\\_ptsd](http://www.army.mil/article/78562/leaving_the_battlefield_soldier_shares_story_of_ptsd). Accessed 6 Feb. 2025.
- James, Andrew. "'I Thought My Life Was Over:' Iraq Attack Survivor Expands Foundation for SC Veterans." *WTGS*, 2021, [fox28savannah.com/news/local/i-thought-my-life-was-over-iraq-attack-survivor-expands-foundation-for-sc-veterans](https://fox28savannah.com/news/local/i-thought-my-life-was-over-iraq-attack-survivor-expands-foundation-for-sc-veterans). Accessed 9 Mar. 2025.
- Menestrel, Suzanne Le, and Kenneth W. Kizer. *Military Life Opportunities and Challenges*. *Www.ncbi.nlm.nih.gov*, National Academies Press (US), 19 July 2019, [www.ncbi.nlm.nih.gov/books/NBK547604/](http://www.ncbi.nlm.nih.gov/books/NBK547604/). Accessed 6 Feb. 2025.
- Morin, Rich. "For Many Injured Veterans, a Lifetime of Consequences." *Pew Research Center's Social & Demographic Trends Project*, 8 Nov. 2011, [www.pewresearch.org/social-trends/2011/11/08/for-many-injured-veterans-a-lifetime-of-consequences/](http://www.pewresearch.org/social-trends/2011/11/08/for-many-injured-veterans-a-lifetime-of-consequences/). Accessed 6 Feb. 2025.
- Mosel, Stacy. "PTSD in Combat Veterans - Post Traumatic Stress Disorder in the Military." *American Addiction Centers*, 6 Feb. 2023, [americanaddictioncenters.org/veterans/ptsd-combat-veterans](https://americanaddictioncenters.org/veterans/ptsd-combat-veterans). Accessed 9 Mar. 2025.
- Norberg, Johan. "False Nostalgia." *Reason.com*, Jan. 2022, [reason.com/2021/12/05/false-nostalgia/](https://reason.com/2021/12/05/false-nostalgia/). Accessed 6 Feb. 2025.
- "Post-Traumatic Stress Disorder (PTSD)." *Cleveland Clinic*, 6 Oct. 2023, [my.clevelandclinic.org/health/diseases/9545-post-traumatic-stress-disorder-ptsd](https://my.clevelandclinic.org/health/diseases/9545-post-traumatic-stress-disorder-ptsd). Accessed 6 Feb. 2025.
- Powell, Colin. "Of Memory and Our Democracy." *State.gov*, 2 May 2004, 2001-2009, [state.gov/secretary/former/powell/remarks/32053.htm](https://state.gov/secretary/former/powell/remarks/32053.htm).
- "Premium Photo | US Ranger, Modern Infantryman, Special Reconnaissance Team Member or Military Scout in Ammunition, Armed with Service Rifle Helping Brother in Arms to Climb on Sand Dune. Army Brotherhood and Teamwork." *Freepik*, 2022, [www.freepik.com/premium-photo/us-ranger-modern-infantryman-special-reconnaissance-team-member-military-scout-ammunition-armed-with-service-rifle-helping-brother-arms-climb-sand-dune-army-brotherhood-teamwork\\_22055471.htm](https://www.freepik.com/premium-photo/us-ranger-modern-infantryman-special-reconnaissance-team-member-military-scout-ammunition-armed-with-service-rifle-helping-brother-arms-climb-sand-dune-army-brotherhood-teamwork_22055471.htm). Accessed 10 Mar. 2025.
- Reed, Ryan. "Boots and Forever Bonds: Why Friendships in the Military Last." *Www.army.mil*, 25 July 2024, [www.army.mil/article/278359/boots\\_and\\_forever\\_bonds\\_why\\_friendships\\_in\\_the\\_military\\_last](https://www.army.mil/article/278359/boots_and_forever_bonds_why_friendships_in_the_military_last). Accessed 6 Feb. 2025.
- Robert. "PTSD Symptoms and Treatment for Veterans - San Antonio Behavioral Healthcare Hospital." *San Antonio Behavioral Healthcare Hospital*, 13 Dec. 2019, [www.sanantoniobebehavioral.com/news/ptsd-symptoms/](http://www.sanantoniobebehavioral.com/news/ptsd-symptoms/). Accessed 9 Mar. 2025.
- Schaeffer, Katherine. "The Changing Face of America's Veteran Population." *Pew Research Center*, 8 Nov. 2023, [www.pewresearch.org/short-reads/2023/11/08/the-changing-face-of-americas-veteran-population/](https://www.pewresearch.org/short-reads/2023/11/08/the-changing-face-of-americas-veteran-population/). Accessed 11 Feb. 2025.
- Siner, Emily. "Overcrowding Forces Tennessee va Clinic to Stop Accepting New Patients." *WABE*, 22 Apr. 2016, [www.wabe.org/overcrowding-forces-tennessee-va-clinic-stop-accepting-new-patients/](http://www.wabe.org/overcrowding-forces-tennessee-va-clinic-stop-accepting-new-patients/). Accessed 6 Mar. 2025.
- Storey, Denis. "Study Highlights the Role of Direct Trauma in PTSD." *Psychiatrist.com*, 3 Sept. 2024, [www.psychiatrist.com/news/study-highlights-the-role-of-direct-trauma-in-ptsd/](https://www.psychiatrist.com/news/study-highlights-the-role-of-direct-trauma-in-ptsd/). Accessed 9 Mar. 2025.
- "Support for Veterans | Newport Mental Health." *Newport Mental Health*, 2 Apr. 2024, [www.newportmentalhealth.org/services-and-care-for-veterans/](http://www.newportmentalhealth.org/services-and-care-for-veterans/). Accessed 3 Mar. 2025.
- "The Brotherhood." *DVIDS*, 2021, [www.dvidshub.net/image/6604980/brotherhood](https://www.dvidshub.net/image/6604980/brotherhood). Accessed 10 Mar. 2025.
- "Veteran Benefits." *Goarmy.com*, [www.goarmy.com/benefits/veterans](http://www.goarmy.com/benefits/veterans). Accessed 10 Mar. 2025.