

# PTSD

## *The BEAST Within*



**DR. RUSSELL KIDMAN, PH.D.**  
**Desert Storm Combat Veteran**

**PTSD**

**THE BEAST**

**WITHIN**

Russell Kidman, Ph.D.

*PTSD The Beast Within*  
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# DEDICATION

This book is dedicated to the Men and Women of the United States Armed Services. Those who have put their lives on the line for the freedoms we hold dear as Americans.

## ACKNOWLEDGMENTS

This book was reviewed by five people for feedback.

Three Veterans, two were in combat

Three Pastors, one was a Veteran

Three Civilians, two were Pastors

They were asked to answer the following questions:

Does the cover draw your attention to the book or subject? **100% Yes**

While reading did the subject matter keep your attention? **100% Yes**

Several said they were not readers but this book kept pulling them in.

While reading did the subject matter in each chapter match the chapter head? **100% Yes**

Was this book informative on the issue of PTSD? **100% Yes**

What did you learn about PTSD from this book that

you did not know before?

Pastor: How to help a Veteran with PTSD.

Veteran: We are not alone in this struggle.

Combat Veteran: It shows me how to react when I see a Veteran in distress.

Combat Veteran: Although triggers are different the outcome of what we feel and go through is the same. We are not alone!

Civilian: I never understood what PTSD was until I read this book; it makes me have a deeper respect for all those who have served our Country.

Would you recommend this book to a Veteran dealing with PTSD?**100% Yes**

Did this book help you understand how to help a Veteran with PTSD?**100% Yes**

(Veterans Only)

Did this book help you understand PTSD better?**100% Yes**

Korean War Veteran: Very much, before I read this book, I thought PTSD was only a war time result, but now I realize it can be caused by other traumatic events as well.

Did this book help you personally?**100% Yes**

# FOREWORD

One Pastor said this:

“As the pastor of New Life Independent Baptist Church I want to say that I am privileged and honored to have known and worked alongside Brother Kidman. He is truly a man with many titles such as Preacher Kidman, Sgt Kidman, Missionary Russell Kidman, Dr. Kidman and most of all my friend and brother in Christ.

I was privileged to be one of the first to proof read this book on PTSD. I want to say that before reading this book I had very little knowledge on the subject, but as I read it I found myself weeping on numerous occasions, realizing the extent of what our men and women go through after their time of serving. I have experienced firsthand in our church the effects of PTSD with Brother Kidman and now I sympathize with him and others like him with full respect of what it takes to get through these difficult times.

I want to say that I Highly recommend this book to all Veterans and those that are family, friends or caregivers for them. It will change your life and your perspective on PTSD.”

Pastor Mike Whitt  
New Life Ind. Baptist Church

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# INTRODUCTION

No matter how you look at it, Life is made up of three main parts:

*PAST*

*PRESENT*

*FUTURE*

Although some would consider each of these three as separate and individual parts of one's life, the reality is that they are all connected. For instance, one's future is determined by the decisions and actions that are made in the present as the present is determined by the decisions and actions which were made in the past. To fully understand PTSD we must look at where it begins and that is in our past. Regardless of how distant and painful the past may be it is what has molded and influenced our lives; it is why we are, what we are, today. While the past may hold traumatic events from our lives, we must remember that there is both good and bad there also. We can learn how to use those experiences to better our life in the present which in turn will directly affect our future.

During basic training I had to work extra hard conditioning my body to meet the required Army physical fitness standards. I was so out of shape that I experienced pain in places I didn't even know I had places. Some days I was in so much pain that I wondered how I could go on, but as time went on the

## INTRODUCTION

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pain grew less and less until I noticed that physically I had grown stronger. What once was painful became tolerable and eventually enjoyable. The pains of our past must be exercised in the same way, like our bodies during PT, until what once hurt us, actually helps us through our daily lives.

Yes, PTSD can actually become an asset instead of the burden of depression that has caused so many of our fellow Veterans to take their own life. First of all understand that EVERYONE has a past and not everything in that past was harmful, but too often we focus on one part of our past instead of the whole picture.

It was a happy day when we arrived back in Baumholder Germany from Desert Storm, but the carnage of our lives and marriages had yet to come. In the Army, we had trained and prepared for WAR however we were given no training or preparation for what would lay ahead after we came home. I had always been a happy go lucky type of person that some considered a clown, but all of a sudden I regularly faced depression, and extreme hardships dealing with sights and sounds that reminded me of the war. After leaving the Military things only digressed to the point that I had difficulty working with others and keeping a steady job. I hated being around large groups of people, especially if I didn't know them. Some accused me of being extremely paranoid because I was always checking my six or I would get anxious around strangers and foreigners.

Every aspect of this effected those around me, especially my family who experienced my distancing and rage but did not understand why I wanted to be alone or why I had such a “short fuse” or why I was just staring into nothing. In 1995 I met a Korean War Veteran who took an interest in helping me and my family because he understood what was going on. His intervention definitely changed my outlook on life and probably saved our marriage as he helped me focus on my family instead of my pain. Although our lives have since taken us in different directions, I am forever in his debt for his friendship and compassion. Several years later the LORD called us to travel and Minister to our Troops with the same compassion and friendship once shown to us. Since 2006 I have been helping others the way that Korean War Veteran helped me. This booklet was written so that this knowledge can reach thousands of souls that I may never meet.

There are some things that we must know from our past that are directly affecting our present and will eventually affect our future. The term Post Traumatic Stress Disorder (PTSD) has been widely used, and in some cases misused for an advantage. We desire to look into the things that have occurred in one’s life that could have influenced the current issues and help that individual learn these “triggers” to better lead a more normal life.

Dr. Russell Kidman Ph.D



**Dr. Russell Kidman and  
his wife, Cathy, Founders  
of Operation Liberty.  
Missionaries to our Military**

**"As the pastor of New Life Independent Baptist Church I want to say that I am privileged and honored to have known and worked alongside Brother Kidman. He is truly a man with many titles such as Preacher Kidman, Sgt Kidman, Missionary Russell Kidman, Dr. Kidman and most of all my friend and brother in Christ.**

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