

Unchained Eagle



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From Prison to Freedom

Robert G. Certain

Capt., USAF, FR429887448,

12 Dec 1947

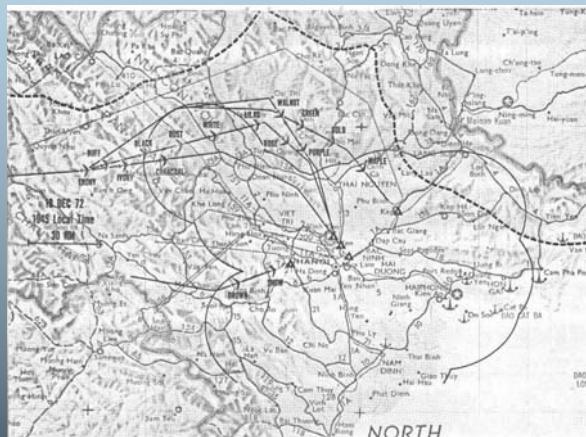


Arclight, Bullet Shot

B-52G Stratforress



Linebacker II



Met SAM @ 1313



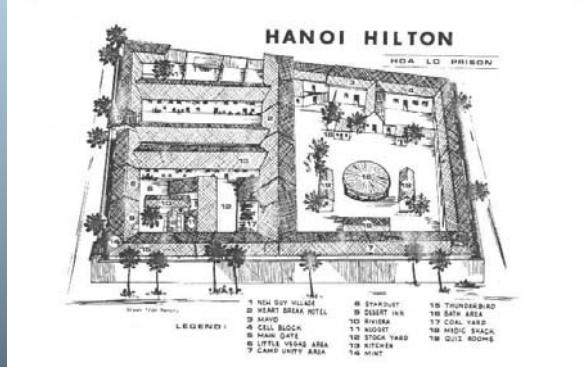
10 (15) B-52s downed



Captured



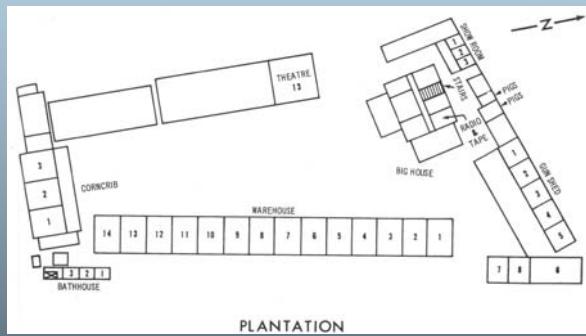
The Hanoi Hilton



COVET D' SNIKER • GLENN D TAYLOR • RALPH L THOMAS
DE - EUGENE W WILLIAMS • LARRY E WILLIAMS • ROYCE
K - LARRY E WITTLER • MATHEW WOLFE • ARTHUR G WOOD
NS - KENNETH J AINSWORTH • RODNEY A ALFANO • JAMES
GATE • MOSES A ARNOLD • RAY C BANKS • CHARLES J BROWN
KENNETH BOROWICZ • GUY F BROOKS • IRVIN BROWNSTAD
NMH • JOHN H CANNON • ROBERT L CHAPMAN • HENRY COOPER
PAUL R COLLETTI • DAVID W CRARY • RICHARD L CURRAN
EL • JOHN M DASHNAW • DENNIS P DAY • DEBORA DELLIBRE
LE • QUENTIN W BINDER • CRISTOBAL FIGUEROA-PEREZ
JAY G LACEY • LEANDRO GARCIA • SILAS E GIBSON
ON • JAN R GILLHAM • KENNETH E GOLDEN • JEFFREY GOULD
WALD JR • PHILIP O GUILLEN • PHILIP R CHASSION • GLEN
BLUTTLE • RENE ZARAGOZA HERNANDEZ • GUY R HINDS
SY • DOUGLAS E HOBACK • WILLARD V YOHNSON • JOH
KENDRICK N KELLEY III • ROGER E KELLY • RAYMOND B
ROBERT A REYES • PATRICK J LAVELLE • ELOY F LE BLA
FRANCISCO MAGADAO JR • JOHN E MALONEY • ROBERT
IV • GENE R PERLMALOFF • DENNIS J MILLER • LARRY
B • WAYNE P NEWCOMBE • WAYNE L SAPP • ROBERT J
ER • KENNY J PATTON • JAMES C PEYTON • DONALD D
GARY S PISCOVER • WILMER POTTS • RICHARD PRICE
I • GLEN V RAMSEY • STEVEN L RANEY • DELBERT L REES
JOSPEH V RIGGLES • THOMAS M ROSS • FELIX ALVAR
S • SELA V WALTERSON • DANNY RAY NORTHCUTT • ROBERT
ROB • PAUL V WEAVER • JACK C TAYLOR • DONALD B SMALL
PAUL V WEAVER • MICHAEL D STOTLER • RICHARD A THOMAS



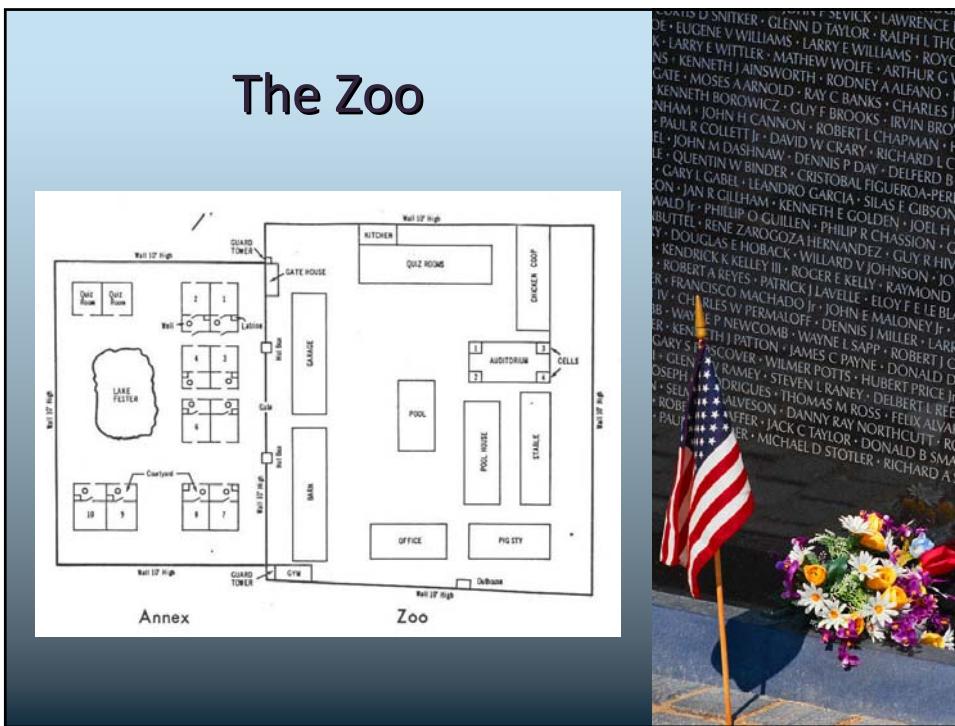
The Plantation



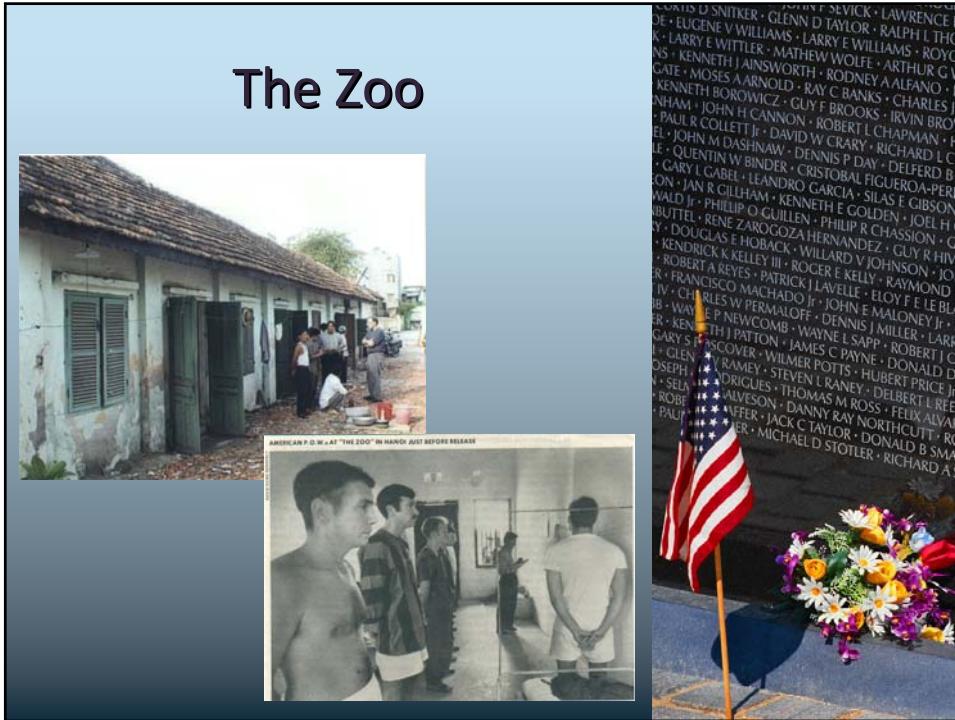
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ROB · PAUL · MEEFER · JACK C TAYLOR · DONALD B SMITH
PAUL · MICHAEL D STOTLER · RICHARD A S



The Zoo



The Zoo



The Treatment

- Some beating, physical abuse
- Multiple interrogations
- Threats of greater harm
- Propaganda films
- Poor hygiene
- Unsanitary living conditions
- Unsanitary food



The Diet

- Breakfast
 - $\frac{1}{2}$ loaf French bread
 - Powdered milk
- Lunch and Dinner
 - $\frac{1}{2}$ loaf French bread
 - Cabbage soup
 - Weak hot tea



Repatriation



Homecoming



Medical Following

- Robert E. Mitchell Center for Prisoner of War Studies
 - Longitudinal study
 - Began with USN/USMC in 1973
 - Matched comparison group in 1976
 - Gulf War added 1991
 - USAF added 1994
 - USA added 1997
 - Annual physicals

<http://navmedmpte.med.navy.mil/nomi/rpow/index.cfm>



PTSD or The Ghost of Christmas Past

- Anniversary anxiety
 - Christmas to Easter
- Embedded Memory
 - Neurolinguistics
 - Themes
- Exorcising the ghosts
 - EMDR



Anniversary Anxiety

- Advent, Christmas, Epiphany, Lent, Easter
 - Busiest time of liturgical year
 - Bookends of incarceration
- Which caused more stress?
 - The final flight
 - Daily life



Living the Themes

- The Final Flight
 - Disappointment
 - Unexpected, uncontrollable events
 - Planning errors
 - Danger
 - Obstacles
 - Vital goals
 - Certain success
 - EJECTION!



Reliving the Themes

- Capital Campaigns
 - Not my favorite thing
 - Unexpected, uncontrollable events
 - Planning errors
 - Danger of failure
 - Obstacles to overcome
 - Vital goals
 - Nearing success
 - **Great fear**



Freedom

- Writing the story
 - Reflecting on the story
 - with family & friends
 - With VetCenter Psychologist
- EMDR
 - Exploring the themes
 - Developing alternate choices



A Career High Point



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