

Video Transcription #2

Conversation	Feelings	Internal thoughts
<p>Mike H: Alright...How are you doing</p> <p>Brad Parker: Outstanding</p> <p>Mike H: Ok well I guess we will get started on this. I've told you what this is for...It's for a class here at Southern...Social Work. If you would go ahead and give me your name.</p> <p>Brad P: Brad Parker....that's about it.</p> <p>Mike H: I've got to take a few notes here if you don't mind.</p> <p>Brad P: I don't mind</p> <p>Mike H: Alright, I talked to you briefly just prior to us coming to this interview about how we met, and you agreed to do this interview with me. If you would just explain so my instructors know how we met.</p> <p>Brad P: oh, ok we were...I was at the vet center..I...Guess to see my shrink and we were just sitting in the waiting room telling war stories...I guess that's about it.</p>	<p>At the beginning of this interview I felt a little nervous but not as bad as the first one conducted.</p> <p>I explained to Mr. Parker the reason for this interview and wanted to restate that on camera</p> <p>Per our reading I asked him if I could take notes. This helped me in knowing the questions I need to ask on the bio-social assessment.</p>	<p>I was thinking to myself that although this interview may not go as planned and look all that pretty, I was excited that I would actually be getting to interview an individual that had real problems.</p> <p>At this point in the interview my internal thought was on trying to make him comfortable and to build some type of relationship with the little time we had.</p> <p>I took notes mainly because I was wanting to ask some questions that were on the bio social assessment.</p> <p>At this point I was thinking that I needed to explain the brief history about how we had met and why he had agreed to do the interview.</p>

<p>Mike H: Two army combatants.</p> <p>Brad P: Yea that's it...that's it.</p> <p>Mike H: Alright, so your full name is Brad?</p> <p>Brad P: Brad Parker.</p> <p>Mike H: Brad Parker?</p> <p>Brad P: Yes</p> <p>Mike H: Ok, what's your date of birth Brad?</p> <p>Brad P: December 5, 1977</p> <p>Mike H: Alright, the vet center, you were up there to see?</p> <p>Brad P: Can I say his name?</p> <p>Mike H: Yea you can say his name.</p> <p>Brad P: Mike Bearden</p> <p>Mike H: Ok. Making sure I get close to you so I can get in the camera. Just relax, kind of of an easy interview.</p> <p>Brad P: Oh, I'm fine.</p> <p>Mike H: Ok so what were some of the reasons you were going to the vet center to see Mike?</p> <p>Brad P: During my last deployment, I guess I started having some anger problems and I went and saw a psychologist on our FOB.I promised all three of them....three different ones...I don't know why they just don't stay too long in one place but I promised them I would keep</p>	<p>At this point I was trying to build a relationship using my military background.</p> <p>I figured I would ask a few easy questions so he and I both could settle in.</p> <p>At this point I was unsure if we were both in view of the camera. Of course you have seen it by now and no we were not. When I moved a little the camera moved but that's why I'm not a communication major I guess.</p> <p>I knew that Mr. Parker had some problems because I met him at the vet center so I wanted to start asking him about his history and why he was at the vet center.</p>	<p>I believed that reinstating the fact that we were both army veterans it would ease the situation not only for him but also for me.</p> <p>I was thinking that I need to start out with easy questions that he is willing to answer. Although we had talked briefly prior to the interview he had no clue what I was going to ask him and I wanted him to be settled in before I started asking questions that may have caused him to become upset.</p> <p>I was thinking "man I hope the camera is getting both of us". Well it did not.</p> <p>I figured that if I asked the question in this manner he could bring up the problems that he saw as important and that were causing him some concern.</p>
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<p>going with my treatment.</p> <p>Mike H: OK</p> <p>Brad P: You know it all stemmed from my first deployment anyway but there was no help for us when we got back the first time...I'm sure your aware of all that.</p> <p>Mike H: Yea. Now when you say FOB, I know what you mean by that but if you would just clarify.</p> <p>Brad P: Forward operating base.</p> <p>Mike H: OK. When was your last deployment? You got back when?</p> <p>Brad P: I just got back last month.</p> <p>Mike H: OK. So your probably still on active duty orders?</p> <p>Brad P: Yes, yes, I'm still on leave for 84 more days.</p> <p>Mike H: So what do you plan on doing after that?</p> <p>Brad P: Do not know, I honest to god do not know.</p> <p>Section 2</p> <p>Mike H: You told me prior when we were talking in Mike Bearden's office, you actually said you went to a psychologist and they actually told you they didn't understand what you were going through?</p> <p>Brad P: They don't understand what I've been through and I</p>	<p>When he started talking about this I was really intrigued because that is what I had encountered when I arrived back home</p> <p>I knew that this question would bring about some topics of interest and concern with him.</p> <p>At this point I was thinking that I'm sure a psychologist knows how to deal with him he just didn't feel comfortable with the psychologist.</p>	<p>During this time I was thinking about what it was like when I came back and knew where he was coming from. I believe I may have let it show a little as I believe he saw this and ended the question with "I'm sure your aware of all that".</p> <p>During this time I was fishing a little and trying to let him lead me into my next question.</p> <p>After he told me he had 84 days left I wanted to know what he was going to do after that as this is usually the most critical time for returning soldiers.</p> <p>I was thinking at this point that this way a prime time to build a better relationship so that he would open up to me and asking this question I knew would lead him into understanding that we were talking as combat veterans and he could trust me.</p>
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<p>was like well how can you help me if you don't understand what I've gone through? You know what I mean? Well I guess that's common I don't know. I mean I'd rather talk to somebody that is a combat vet or a vet in general. It's more laid back I guess, easier to talk to, easier to open up...I don't know it's just....</p> <p>Mike H: I hope it's more laid back; I might get a bad grade for this.</p> <p>Brad P: (Laughs) No it's pretty laid back.</p> <p>Mike H: So what's some of you pressing concerns that you're seeing right now since you have returned back?</p> <p>Brad P: The first time or this time?</p> <p>Mike H: Just now, even before, you know some things that kind of on your mind some things you think you need to actually deal with before you can move on and reintegrate back into.... Because you know you said you have how much longer left?</p> <p>Brad P: Maybe 84 more days. I got two more months left active duty then I'm done. I'm done.</p> <p>Mike H: I guess what I want to know, after those two more months what do you see yourself doing? How do you see yourself out of the military?</p> <p>Brad P: No Insurance, No job, no..I mean...yea it's going to be bad. Yea it's going to be pretty</p>	<p>I think it was more of him not wanting them to understand him. Most military individuals will shy away from seeking help due to the stigma placed on them as having a mental disorder</p> <p>I was thinking that I know the interview was not looking like one you would see on YouTube but this was a real guy with real problems and I wanted to see how much I could get out of him so I made it really informal.</p> <p>I wanted to know from his point of view what were some things he needed to work on.</p> <p>I wanted him to think about where he will be in a few months and about plans he has made or needs to make to get there.</p> <p>I think at this point Mr. Parker had never thought about this and this could be seen in his facial expression or surprise.</p>	<p>I was thinking that maybe he didn't want the psychologist to understand him. Maybe he feared that stigma would be placed on him from individuals that had no understanding of common practices that take place on the battlefield and maybe he was wanting to talk to another veteran for his own safety.</p> <p>At this point all I could think about was "man this is not going to look like a good interview" because my posture was not the best but I wanted this to remain informal so that he felt secure and it appeared as though he did not have a problem with it.</p> <p>I was thinking to myself that I wanted him to bring up some areas of concern but I had a hunch that he would avoid his problem areas. In asking this question he had to answer with something and it appeared he felt uncomfortable but he did start making progress about things he wanted to change.</p> <p>I looked at him and was not sure if he was going to walk out or stay as I was sure I had entered into territory he did not want to discuss and had never had to answer as of yet.</p>
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<p>bad.</p> <p>Mike H: Ok. So some of your concerns would be your anger, Post-Traumatic...</p> <p>Brad P: Post-Traumatic.....</p> <p>Mike H: No job?</p> <p>Brad P: No job</p> <p>Mike H: What about living arrangements?</p> <p>Brad P: My parents are putting me up. My dad is a combat vet; He served in the Gulf War so they are a little more understanding. I grew up a military life, I went to military schools.....you know?</p> <p>Mike H: So before you left did you live with your parents prior?</p> <p>Brad P: No no I had my own house that got foreclosed on while I was overseas. I think that's illegal I don't know? (Laughs) I think there is a soldiers and sailors relief act that says..... I really need to look into that.</p> <p>Mike H: So you came home and your house was gone?</p> <p>Brad P: Yea my house was gone, my ex-girlfriend had all my stuff at her house yea she still has all that stuff She even took my dog, that's pretty rough, I mean.....</p> <p>Mike H: So do you have any history of prior mental treatment or any kinds of services?</p>	<p>I wanted to repeat back some of his concerns to ensure I was going down the right road.</p> <p>While asking these questions it became hard for me because these were the same issues that I faced after returning home and three or four months into the future seemed too far ahead to look when it is hard to deal with the here and now.</p> <p>This amazed me as I had never heard of an individual getting a house foreclosed on while overseas and if Mr. Parker were my real client I would have to help him find legal advice. If this is a common practice it would be a good cause to advocate for.</p> <p>While talking about the house he brought up the ex-girlfriend. This must have been a major issue with him as he dwelled on this for some time throughout the interview. It appeared to me as though anytime he felt unsafe or threatened by what might come out he would laugh in order to conceal any further conversation on the subject.</p>	<p>I was thinking ok if I bring up these issues will he withdraw or will he be open to discussing them. When he finally did start to talk about them it appeared as if he felt a sense of helplessness but at the same time a passage way in which he could talk about the issues was given.</p> <p>During this time I was thinking about my own experiences when I arrived back but I told myself that I needed to focus on his issues because they were here in the present and mine were done and gone.</p> <p>At this point I believe he felt comfortable and started to open up. When he was talking about his house he started to smile as he remembered how things used to be.</p> <p>I was also thinking that every time when he got to a point and did not know how to respond or felt some type of hurt he would laugh as a way of making it seem like a smaller problem than it was or that it was of no concern to him now. I offered him a smile as an indicator that I knew it was not funny but that I knew I had hit a nerve.</p>
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<p>Brad P: No. After my first deployment in 04-05, I believe you said you were overseas in 04-05 to?</p> <p>Mike H: Yea around that time.</p> <p>Brad P: There was nobody to talk to, there was nobody, they just...I remember going to all the briefings and I'm like Jesus just hurry up get me out of here. Don't kill yourself, that's all they said. You know, basically see you get out of here. That's about it; they never said anything about post-traumatic, sleeping disorders, any of that you know? After this deployment it's a lot more prevalent now that people are on their second, third, fourth deployment and coming back with some problems.</p> <p>Mike H: Yea.</p> <p>Section 3</p> <p>Mike H: So when you are having problems with like your sleep or some of these memories, how do you deal with that?</p> <p>Brad P: I don't sleep, the army has me on Trazidone for sleeping and I'll be running out of those pills shortly and have to do that VA process...that will be a wreck but...I guess my friends will say I drink too much. (Laughs).</p> <p>Mike H: Do you drink a lot?</p> <p>Brad P: yea</p> <p>Mike H: How much would you</p>	<p>I think he was seeking assurance from me that I was accepting by putting me in the same category as him with being overseas at in the same years.</p> <p>When he answered this it was like stepping back in time. I went through this same situation when I arrived back as did every soldier that was with me.</p> <p>I wanted to get back on the subject of the problems he was having so I redirected the question back to his problems.</p> <p>One again he laughs trying to mask his answer. I was thinking to myself that this individual is having problems and can't get his medicine fast enough so he has to drink and self-medicate.</p>	<p>This was the point in which I felt the interview was starting to turn in the direction I wanted it to and he started to open up about having some of these issues after his first deployment but there was nobody to talk to.</p> <p>This is when I realized that he actually wanted to talk about things and had not been able to do so before now as no help was ever available.</p> <p>At this point I wanted to find out how he deals with his problems and weather it was a healthy way or a way in which would lead to a more destructive path.</p> <p>When he brought up drinking I was sure he had a huge problem with this because he once again</p>
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<p>say you drink in a given week?</p> <p>Brad P: Oh god. I'm smiling here but it's a little embarrassing I'm on camera. Yea</p> <p>Mike H: Don't worry about it we are just talking, two guys.</p> <p>Brad P: You want a monetary value of how much I drink or...</p> <p>Mike H: Either one. Monetary or...</p> <p>Brad P: God bless.</p> <p>Mike H: If you can't come up with a number, give me a monetary one. How much money do you spend in alcohol?</p> <p>Brad P: A day?</p> <p>Mike H: We can do a week, let's go a week.</p> <p>Brad P: I'd say a thousand dollars.</p> <p>Mike H: A thousand dollars a week drinking?</p> <p>Brad P: If I go out every night it's about a three hundred dollar night or two hundred dollar night.</p> <p>Mike H: Is that what, more or less self-medicating</p> <p>Brad P: I guess that's what the army. My shrink says.</p> <p>Mike H: ok. You brought up your parents. Are you living with your parents?</p>	<p>I wanted to know how big a problem his drinking was.</p> <p>I believe at this point he started breaking down some walls and realized he had some problems. I also believe it was at this point he was having second thoughts about doing this interview and now he was entering uncharted waters and had not talked to anyone about this drinking problem.</p> <p>I was thinking it must be a huge amount if he can't even give me a simple answer.</p> <p>When he told me how much he was spending I was stunned. Usually soldiers come home with a couple hundred thousand dollars because you can't spend money over there and if you're in combat you get a lot of extra pay for what they call hazard pay.</p> <p>With him having all this money and no other way to spend it, one could do some serious damage to himself and others if he were to get out and get into trouble.</p> <p>After hearing about the drinking</p>	<p>laughed.</p> <p>During this time I could see he was becoming uneasy with the questions and I began wondering if maybe I had taken it too far in the interview but I figured I might as well continue on and he would either answer the questions or get up and leave.</p> <p>When I asked him how much and he could not give me a clear answer I knew this was a bad sign as he cannot even remember how much he is drinking.</p> <p>At this point I was flabbergasted but had to maintain my facial expressions. I was thinking "how can anyone drink this much and still be alive and talking".</p> <p>At the same time I was thinking to myself "man this guy spends more on alcohol than students do to go to school here".</p> <p>I figured I had hit a nerve and wanted to back off a little so I</p>
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<p>Brad P: Yes</p> <p>Mike H: So tell me a little bit about your parents.</p> <p>Brad P: Great people. Retired Military. Nice all around people.</p> <p>Mike H: So no wife?</p> <p>Brad P: No. Married and divorced twice. Nice deployments. I guess American women now days don't tend to stick around anymore...don't know.</p> <p>Mike H: What happened with your divorce? Why did you guys get divorced?</p> <p>Brad P: My first divorced happened after my first deployment and that was in 05. Yea she took everything. She even took the light switch covers, I mean seriously. I remember rolling pennies in change and quarters to put gas in my car</p> <p>Mike H: That's when you came back home?</p> <p>Brad P: Yea</p> <p>Mike H: Did she leave while you were over there?</p> <p>Brad P: She left right before I came back.</p> <p>Mike H: So you were still gone when she left?</p> <p>Brad P: Yea.</p> <p>Mike H: And what about this</p>	<p>problem and wanted to let him see some strength that he has and brought up his family.</p> <p>When talking about his parents I could see he took great pride that his father was also a combat vet and still married. Almost unheard of in the military world.</p> <p>When asking him if he was married he blamed it all on the deployments and took no responsibility of his own.</p> <p>As he started talking about his divorce I felt bad for the guy. It seemed as though he had lost everything he had and he would still go over there again and fight for a country that had thus far neglected him.</p> <p>Even though I was in the military it is hard for me to grasp a young individual coming home from war and going through a divorce and losing everything and being broke. It's no wonder the number of homeless veterans has skyrocketed in recent years.</p>	<p>switched the subject to his parents as I believed this would be strength for him.</p> <p>You could tell that when he started talking about his family he would smile and start taking the questions a little more serious. He took great pride that his father was a veteran and still married. I was thinking at this point that maybe his father may also need to talk with him as this is someone he looks up to.</p> <p>During this same time I could feel myself become more at ease also as now I had found something he was proud to talk about.</p> <p>When talking about his divorce and relationships I found myself drawn into the picture he was painting as it was somewhat like a movie in that the guy leaves and true love is lost forever. I felt myself feeling sorry for him at this point as the people that he believed were closest to him had left him at a vital time in his life.</p> <p>I found myself asking more and more questions about his relationships and began to get drawn into the very descriptive answers he was giving.</p>
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<p>time, you said...</p> <p>Brad P: It was my girlfriend that left this time.</p> <p>Mike H: Ok</p> <p>Brad P: She...about a week before I got deployed she said she was too young to wait. Yea she thought she was too young to have to wait you a year for somebody that was being deployed.</p> <p>Mike H: How old was she?</p> <p>Brad P: She was 25.</p> <p>Mike H: How long were you gone this second time because the first time you were gone what did you say?</p> <p>Brad P: 18 months</p> <p>Mike H: 18 months and the second time was?</p> <p>Brad P: Exactly one year</p> <p>Mike H: One year?</p> <p>Brad P: Yea</p> <p>Mike H: So you parents have no problem helping you out?</p> <p>Brad P: No they don't but it's embarrassing. I'm a 32 year old man having to live with mom and dad you know? It's pretty bad you go from having everything under control, being a grown man, paying my bills and having a house. It was my dream house; it was a log house right on the river. Everything I</p>	<p>He continued talking about relationships and I was thinking that this was becoming a routine. I could understand if one left but three. There must be more under the surface but we did not have time to dig deeper.</p> <p>When talking about his most recent split I could tell it hurt him to even talk about and I could only guess at the pain he must be going through coming home to nothing.</p> <p>Within the last four years he had spent 2 and half years overseas. With time away from regular society it will be a long process for him to reintegrate back into normal everyday life.</p> <p>Although his parents are a source of strength Mr. Parker feels inadequate for not being able to fend for himself and this could cause problems later down the road when he will need confidence to complete tasks.</p>	<p>At this point you could see this was an issue that hurt him deeply but he was more than willing to talk about it as I believed it had been weighing on him for some time. I offered silence in an attempt to let him explain his story without feeling judged.</p> <p>During this time I found myself asking myself if I was in a relationship would the individual have stayed.</p> <p>During this time I could tell this was a hurtful subject with him and I could only sit and listen and nod my head in a manner as to say I understood when I fact I had no clue.</p> <p>At this point I could tell he was proud of his parents but felt as though he was some type of a hindrance on them as his was now a grown man and living with them for the time being. Once again the only thing I could offer him was silence so that he could justify why he felt the way he did and then nod as to say I was</p>
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ever wanted, it was away from everybody, nobody bothered me. It was perfect you know?

At this point I started think that maybe he has had some withdraw problems prior to his deployment as he likes being away from everyone and having nobody bother him. This could also be another problem he may need help working on.

listening.

I found it intriguing that even when not in the military he wanted individuals to leave him alone and not to be bothered and would go as far a buying a log cabin on the river to achieve this. I was thinking to myself that if this guy does not like people than it will be hard for him to open up to someone in the future that may be able to help him overcome some of his problems since returning home from overseas.