

provide compassion and healing to their childhood selves.

The purpose of Hendel's book is to make heavily theoretical ideas accessible to even the lay reader while still providing useful guidance to both young and seasoned clinicians. For those with psychotherapeutic training, it is well-understood that a narrative example is often worth a thousand theoretical treatises. Hendel follows this wisdom by introducing the above principles and then spending most of the book bringing them to life with a plethora of compelling, real-world examples. She even goes a step further by chronicling her own personal journey with the therapeutic principles she describes. She also includes many exercises that both patient and therapist can utilize to discover how these principles might be at play in their own lives. By taking this tack, Hendel manages to write a book that is useful both as stand-alone bibliotherapy and as an ancillary resource to both patient and clinician. While much of what is included in the book overlaps with other theoretical orientations and accepted therapeutic techniques, the greatest strength of this book is perhaps its accessibility and readability. Its formulation of some commonly seen clinical scenarios provides pragmatic solutions for improving emotional health in both patient and practitioner. I also found its endorsement of the positive emotions of joy, gratitude, and pride in the self to be a refreshing counterbalance to the negative valence emotions that often receive disproportionate treatment by other works.

Forensic evaluation is often concerned with seeking to characterize the truth of clinical scenarios for the education of legal audiences. This frequently precludes case formulation and etiologic explanations that could be speculative or merely pragmatic to therapeutic work and not representative of objective truth. Because of this, forensic psychiatry has been considered by some to be a less psychotherapeutically-oriented discipline. I would argue, however, that this book remains highly relevant not just as a clinical tool for working with forensic patients for whom "Big T Trauma" is nearly ubiquitous but also for the maintenance of emotional health and the avoidance of emotion-based biases in the forensic evaluator. As we've seen AAPL as an organization increasingly embrace principles of resiliency and self-care for its members, Hendel's work is a particularly timely primer for forensic psychiatrists on dealing with the emotional vicissitudes of

the profession as clinicians and evaluators. As we navigate the complexities of the situations we confront in our various roles, we could all use greater access to the "Openhearted State of [our] Authentic Selves." We could all benefit from diminished shame and greater self-compassion. An increased capacity to feel joy, gratitude, and pride in ourselves would be a salutary development. Perhaps selfishly, I've found this book to be even more relevant personally than professionally, but I suppose it is wisdom to note that the two go hand-in hand.

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Rescuing Soldiers of Misfortune a Full Spectrum Approach to Veterans in the Criminal Justice System from Arrest to Reentry

By Evan R. Seamone, LLM, JD, MPP, Attorney, Veterans Legal Clinic, Harvard Law School, Major, US Army Reserve. Springfield, IL: Charles C Thomas Publisher, LTD; 2019. \$54.95

Reviewed by Camille A. LaCroix, MD, and Melanie Drake, MD

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Professor Seamone's book is an inspired work that details the unique needs of veterans in all stages of the criminal justice-system and argues that flexibly implemented veteran specific programs improve both individual veterans' and community outcomes.

To build his argument, Seamone provides education on historical context, military culture, shifting federal and military policies, theoretical underpinnings of justice systems, detailed case-studies, empirical evidence, and anecdotes, alongside discussion of specific mental health concerns of criminally involved veterans. He also provides a disclaimer that the book is not intended to paint all veterans as "disordered" or "victims" and sets a tone from book dedication to ending

quote of compassion and advocacy, while remaining grounded in rational analysis, historical perspective, and practical experience.

Professor Seamone's book is well organized and referenced meticulously with helpful articles, books, and websites, and many chapters are followed with appendices with specific, implementable measures and tools, such as screening instruments for PTSD and resilience. Each chapter builds on the thesis but also stands alone as a contribution to the field as a whole.

The book contains ten chapters:

1. Components of Veterans' Readjustment
2. Military Discipline and Military Discharge: A Different Concept of Punishment Compared with the Civilian Justice System
3. Veteran Crime Waves, Whacko Vets, and Other Stereotypes: The Relationship Between Military Service and Crime
4. Criminal Manifestations of Military Service, War Zone Deployment, and Combat Trauma
5. Gratitude with Limitations: A Summary of Veterans' Benefits and Outreach During Incarceration
6. Problem-Solving Justice: Popular Approaches to Divert Veterans from Confinement
7. Basic Attributes of Veterans' Groups in Confined Settings
8. Institutionally Based Programs for Veterans
9. Veteran Dorms: "Purpose-Driven Incarceration" as the Counterpart to Problem-Solving Veterans Courts
10. Concluding Remarks: Urgency in Preparation for the Coming "Storm" of Veteran Offenders

Chapter One begins with a discussion of the 2017 Kurta Memorandum, which is remarkable in its recognition of the potential tie between traumatizing events during military service and veterans' subsequent involvement with criminal courts. The chapter proceeds to review "salient aspects of military culture" that may predispose or perpetuate a veteran's criminal offenses and ends with an overview of the book's structure.

Chapters Three and Four focus on the relationship between military service and crime and assist in understanding the unique stressors and stigma of

veterans in the legal system. Here, Seamone addresses the myth of the "whacko" or "violent" veteran, survivor guilt, the impact of combat stressors, and maladaptive coping through substance use upon reentry, sex, and criminal domestic battery.

Chapter Five provides significant historical perspective on the Veterans Administration benefits and outreach afforded to incarcerated veterans, as well as the limitations of the resources available to them. Innovations and developments such as the Veterans Reentry Search Service (VRSS) are notable for allowing participating prisons and jails to verify veteran status of inmates to facilitate engagement with available services.

Chapters Six, Seven, Eight, and Nine transition to a focus on past and present attempts at problem-solving approaches to criminal justice, that is, as the author states, "theories (that) espouse the idea that it benefits society and the individual more to stop the revolving doors of recidivism and focus on root causes of criminality" (p 143). As the preceding chapters described specific concerns facing the criminally involved veteran, these chapters transition to focus on veteran treatment courts, veteran groups, institutional programs for veterans, and veteran specific dormitories in jails and prisons as approaches to address veterans' distinct treatment needs.

Chapter Ten ends with the author advocating for action toward development of programs tailored to veterans' needs based on a public safety argument.

With an extensive legal, military, and academic background, Seamone brings a unique perspective to the subject. This book is for anyone who has or will work with veterans "deployed" in the criminal justice system and applies to those working with veterans throughout the military lifecycle. In particular, forensic psychiatrists working in corrections will find this an invaluable resource for developing and delivering care that is more informed and mindful of needs unique to justice-involved veterans. The book is also relevant to forensic psychiatrists performing evaluations of veterans in criminal proceedings and provides relevant data and context to military mitigating factors, especially those resulting from combat exposure and the "hidden wounds" caused by PTSD and traumatic brain injuries.

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