Learning to Stay in the Room: A Phenomenological Investigation of Anger and the Combat Veteran
by
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This paper will explore the phenomenon of anger as it presents itself within the traumatized combat veteran population, and my own challenges in learning to tolerate its various expressions. I will apply an existential-phenomenological lens and draw on case vignettes from two of my clients to explore and investigate the lived-experience of anger – how it is embodied, expressed and understood by both my clients and myself. I will consider the necessity of uncovering the meaning behind anger and its repercussions, as well as the role that shame plays. Finally, I will examine the ethical reasons for recognizing the face of the Other amidst the chaos and uncertainty of anger, and discuss the ways I am “learning to stay in the room” with clients that sometimes frighten and challenge me.