

Binary phenomenon of hope: Perceptions of traumatized veterans

Abstract

This is the second article in a phenomenological study of hope among 10 Israeli reserve soldiers with chronic posttraumatic stress disorder. The aim of the second analysis was to learn about the veterans' conceptualization of hope. The picture of hope that emerges from the analysis of their interviews is of a binary phenomenon in which hope develops but may also be arrested, is conscious but also unconscious, and strengthens the individual but may also weaken one. These findings show the binary phenomenon of hope and how it contributes to coping with traumatic events and therefore can assist professional workers who treat individuals suffering from posttraumatic stress disorder.

Keywords

hope, phenomenological method, phenomenon of hope, posttraumatic stress disorder