

MORAL INJURY

WHAT IS IT AND HOW DOES IT APPLY TO ME?

This document is to give a snapshot of moral injury and how it applies to us in the workplace and our everyday lives.

WHAT IT IS IT?

Moral Injury [MI] refers to the psychological, social, and spiritual impact of events involving betrayal or transgression of one's own deeply held moral beliefs and values in situations (Moral Injury). It occurs when we are exposed to a potentially morally injurious event as well as it violates an individual's core values/beliefs about "what is right." When this happens a dissonance within one's self occurs in which an individual experiences strong feelings of guilt, grief, anger, judgement, and blame. There is also evidence of depressive symptoms appearing such as feelings of unworthiness, unacceptable, and/or unforgivable.

HOW DOES IT APPLY TO ME?

While MI was first coined by professionals working with vets and members of the armed forces, it is much more widely applicable to countless other professions, including educators. In recent studies, there is evidence that educators rival the same amount of MI as combat veterans and less than social workers working in the foster care system. In addition to identifying betrayal from administrations and witnessing transgressions made by others, almost HALF of educators identified that they had done something that went against their own moral code. With the level of prevalence in the profession it is important to develop our awareness and to call it out when it happens to prevent further damage.

REFERENCES

[Moral Injury Psychoeducation Group](#)
[Moral Injury](#)

[Teachers Often Experience Moral Injury](#)