

# Unchained Eagle



**From Prison to Freedom**  
Robert G. Certain  
Capt., USAF, FR429887448,  
12 Dec 1947



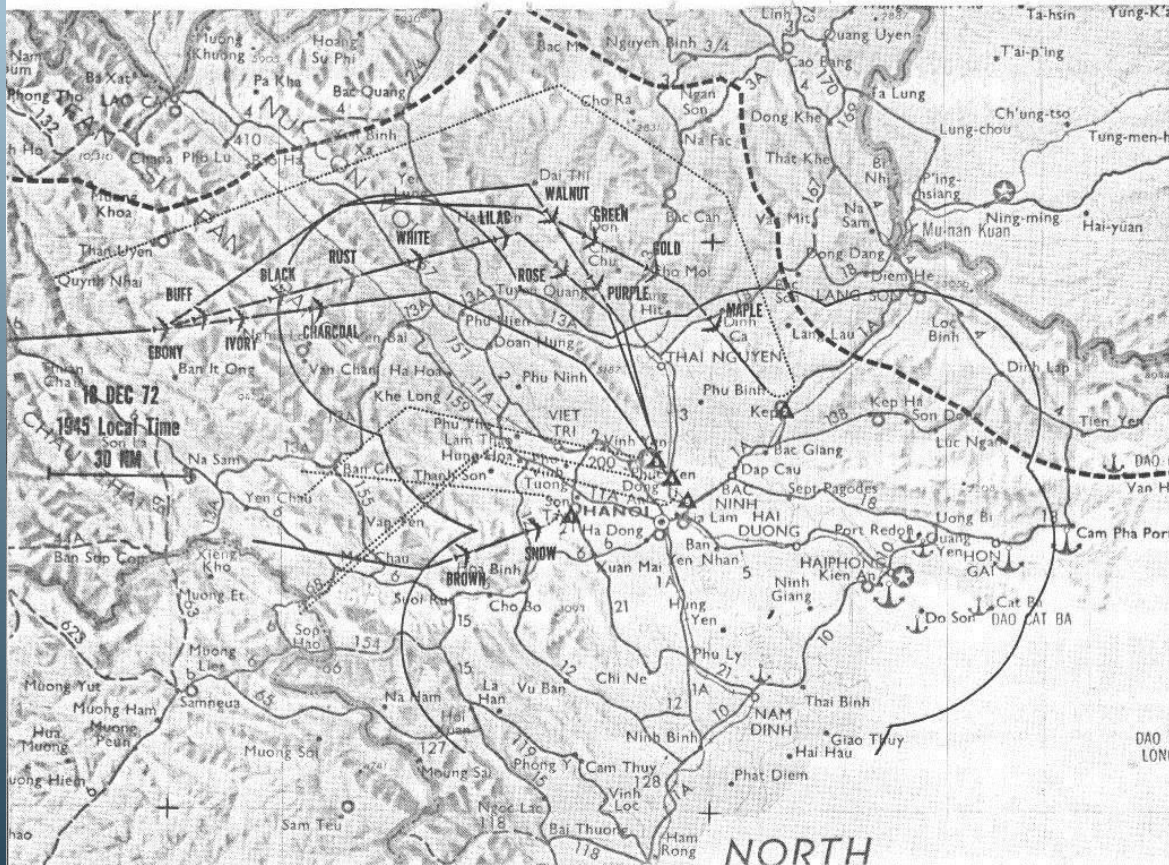


# Arclight, Bullet Shot



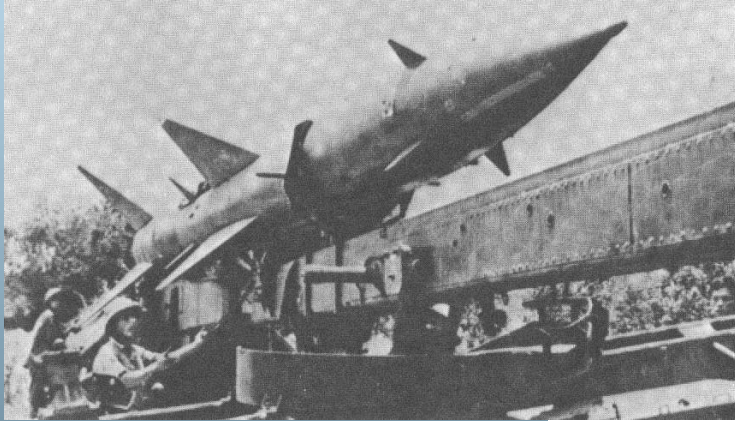


# Linebacker II





# Met SAM @ 1313



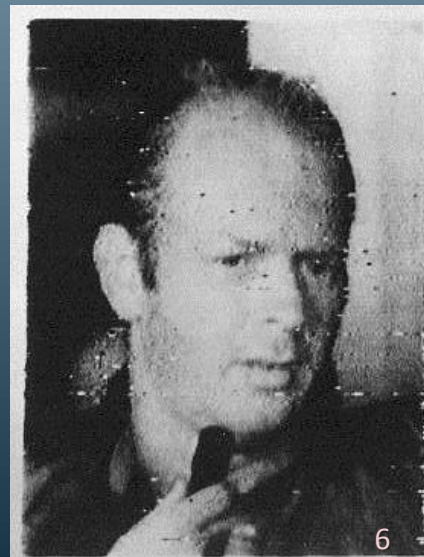
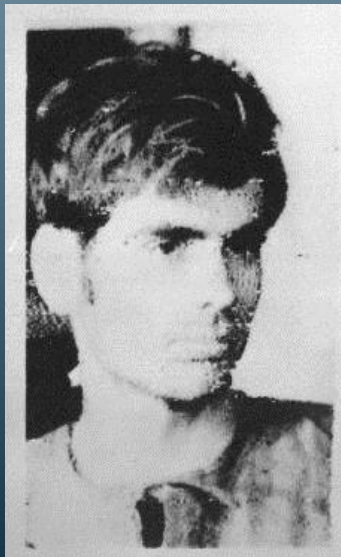
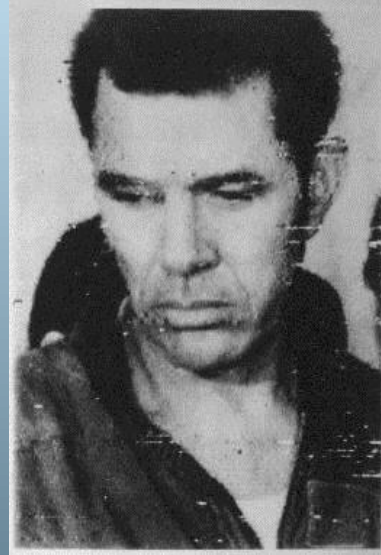
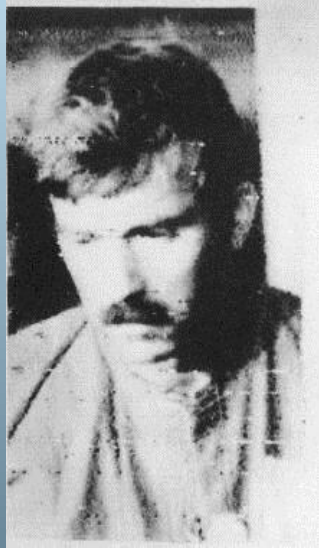


# 10 (15) B-52s downed





# Captured

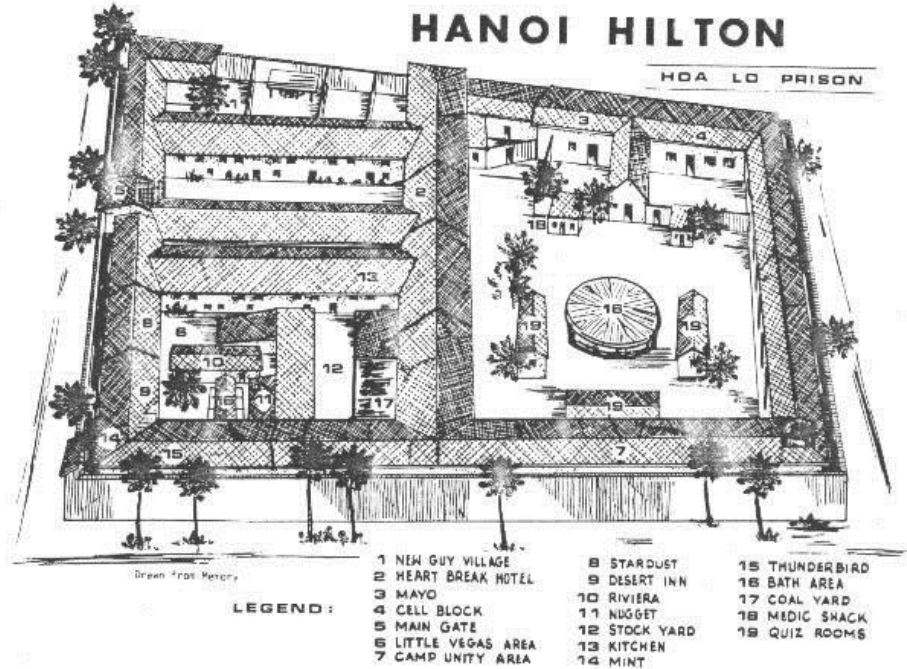


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 OE • EUGENE V WILLIAMS • LARRY E WILLIAMS • ROYCE  
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# The Hanoi Hilton

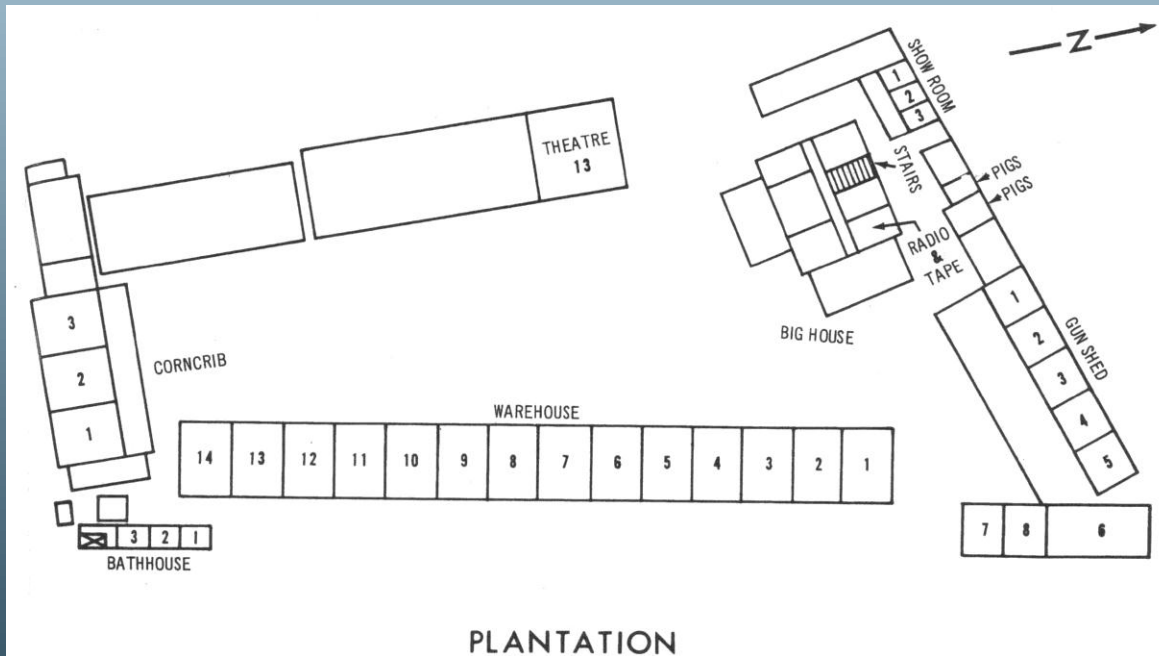


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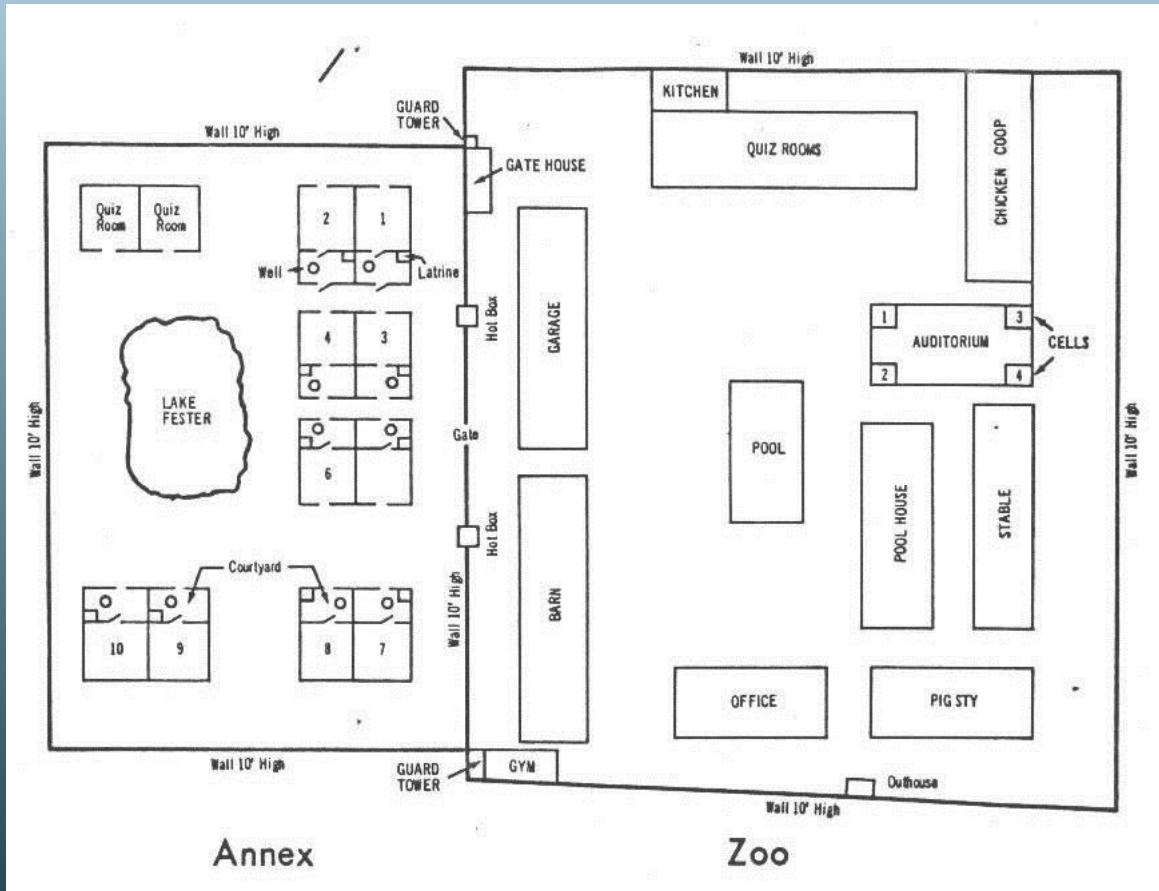


# The Plantation



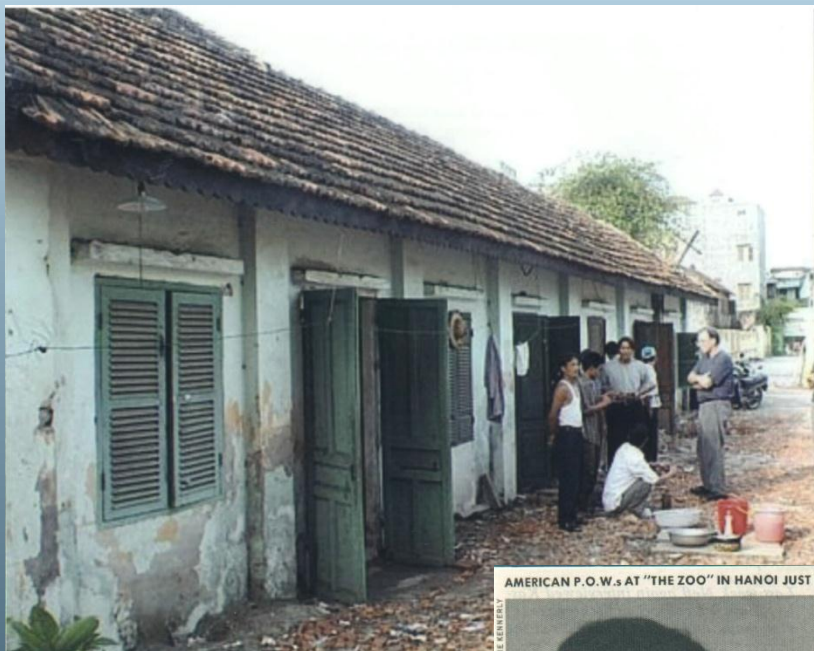


# The Zoo

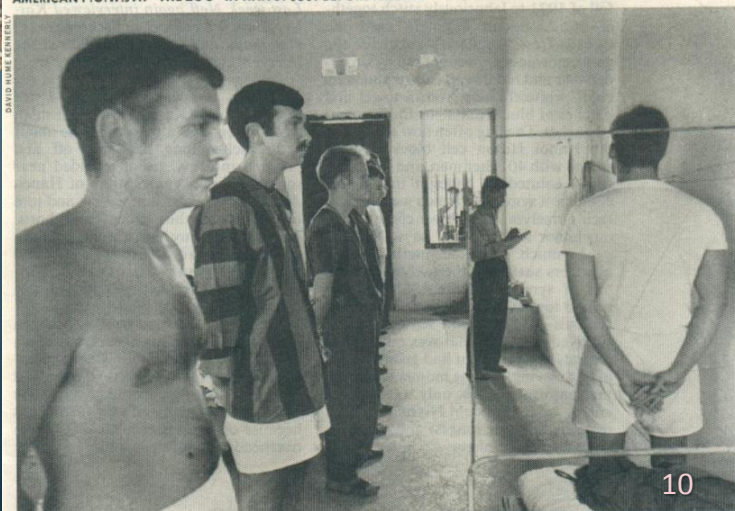




# The Zoo



AMERICAN P.O.W.s AT "THE ZOO" IN HANOI JUST BEFORE RELEASE



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# The Treatment

- Some beating, physical abuse
- Multiple interrogations
- Threats of greater harm
- Propaganda films
- Poor hygiene
- Unsanitary living conditions
- Unsanitary food





# The Diet

- Breakfast
  - ½ loaf French bread
  - Powdered milk
- Lunch and Dinner
  - ½ loaf French bread
  - Cabbage soup
  - Weak hot tea





# Repatriation





# Homecoming





# Medical Following

- Robert E. Mitchell Center for Prisoner of War Studies

<http://navmedmppte.med.navy.mil/nomi/rpow/index.cfm>

- Longitudinal study

- Began with USN/USMC in 1973
- Matched comparison group in 1976
- Gulf War added 1991
- USAF added 1994
- USA added 1997

- Annual physicals





# PTSD or The Ghost of Christmas Past

- Anniversary anxiety
  - Christmas to Easter
- Embedded Memory
  - Neurolinguistics
  - Themes
- Exorcising the ghosts
  - EMDR





# Anniversary Anxiety

- Advent, Christmas, Epiphany, Lent, Easter
  - Busiest time of liturgical year
  - Bookends of incarceration
- Which caused more stress?
  - The final flight
  - Daily life





# Living the Themes

- The Final Flight
  - Disappointment
  - Unexpected, uncontrollable events
  - Planning errors
  - Danger
  - Obstacles
  - Vital goals
  - Certain success
  - EJECTION!





# Reliving the Themes

- Capital Campaigns
  - Not my favorite thing
  - Unexpected, uncontrollable events
  - Planning errors
  - Danger of failure
  - Obstacles to overcome
  - Vital goals
  - Nearing success
  - **Great fear**





# Freedom

- Writing the story
  - Reflecting on the story
  - with family & friends
  - With VetCenter Psychologist
- EMDR
  - Exploring the themes
  - Developing alternate choices





# A Career High Point





# Unchained Eagle



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