



## Traumatized: The Story of a State Trooper

*By John G. Patterson, James R. Benn, Deborah L. Mandel LPC*

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**Traumatized: The Story of a State Trooper** By John G. Patterson, James R. Benn, Deborah L. Mandel LPC

Traumatized takes the reader into the mind and soul of Connecticut State Trooper John Patterson, who, within the first six years of his career, shot and killed two armed felons in the line of duty. It is the story of his decline into major depression and Post Traumatic Stress Disorder, leading to nightmare filled nights, addiction and family discord. With treatment, John began a long, slow journey out of the darkness and into the light. Traumatized is a courageous story, pushing against the unwritten code in law enforcement to be a man, tough it out, no feelings allowed. The story of John's journey is critical to understanding the psychological damage police officers, fire-fighters, soldiers, and others on the frontlines continue to endure in our name. Traumatized captures the impasse faced by individuals who face life and death situations on a daily basis, yet are not fully supported in dealing with the tremendous emotional toll.

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**Traumatized: The Story of a State Trooper** By John G. Patterson, James R. Benn, Deborah L. Mandel LPC **Bibliography**

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## **Editorial Review**

### **About the Author**

John Patterson entered the State Police Academy in 1992, fulfilling his lifelong dream of becoming a police officer and continuing a multi-generational family tradition. During his twenty-year career he worked on the road for 14 years, as a detective for 5 years and in the Casino Unit for 1 year. Over the years he received numerous awards, including five Mothers Against Drunk Driving (MADD) awards, three Connecticut State Police Meritorious Service Awards, two Connecticut State Police Bravery Awards, a Top Cops Certificate of Nomination for Outstanding Achievement in Law Enforcement (Washington D.C.), two Courage of Connecticut awards and a Connecticut State Police, Troop E, Trooper of the Year award. He retired in 2012.

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