

Mass shootings and our Collective Psyche

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Mass Shooting:
occurring in Public
Places, 4 or more
deaths.

ABC News Poll post
Parkland, Florida Shooting
**58% say that
stricter gun laws
could have
prevented
Parkland**

77% say that better
mental health
monitoring and
treatment could
have prevented
Parkland

Moral failure-----Mental
affliction

*Mental Health Experts say there is
little connection between mental
health and mass shootings-NPR Feb.
23, 2018

Evolution of the way we look and feel trauma.

Individual to Communal

- Direct exposure
 - Witnessing the trauma
 - Learning that a relative or close friend was exposed to a trauma
 - Indirect exposure to aversive details of the trauma, usually in the course of professional duties (e.g., first responders, medics)
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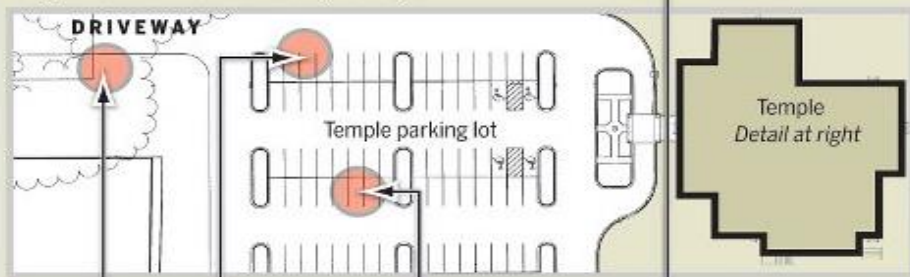
Sikh Temple Shooting

August 5, 2012

Public mass shootings account for a tiny fraction of the country's gun deaths, but they are uniquely terrifying because they occur without warning in the most mundane places. Most of the victims are chosen not for what they have done but simply for where they happen to be.- Washington Post, Democracy Dies in Darkness.

Where they died

Clinical but heartbreaking reports released Wednesday by the Milwaukee County medical examiner's office detail where six Sikh Temple of Wisconsin worshippers died after a gunman ambushed them Sunday morning.



Temple priest Sita Singh, 41, died of multiple gunshot wounds in a grassy area just south of the driveway leading to the temple parking lot. He was shot in the right mid back around the shoulder blade, right arm and left low back/flank area.

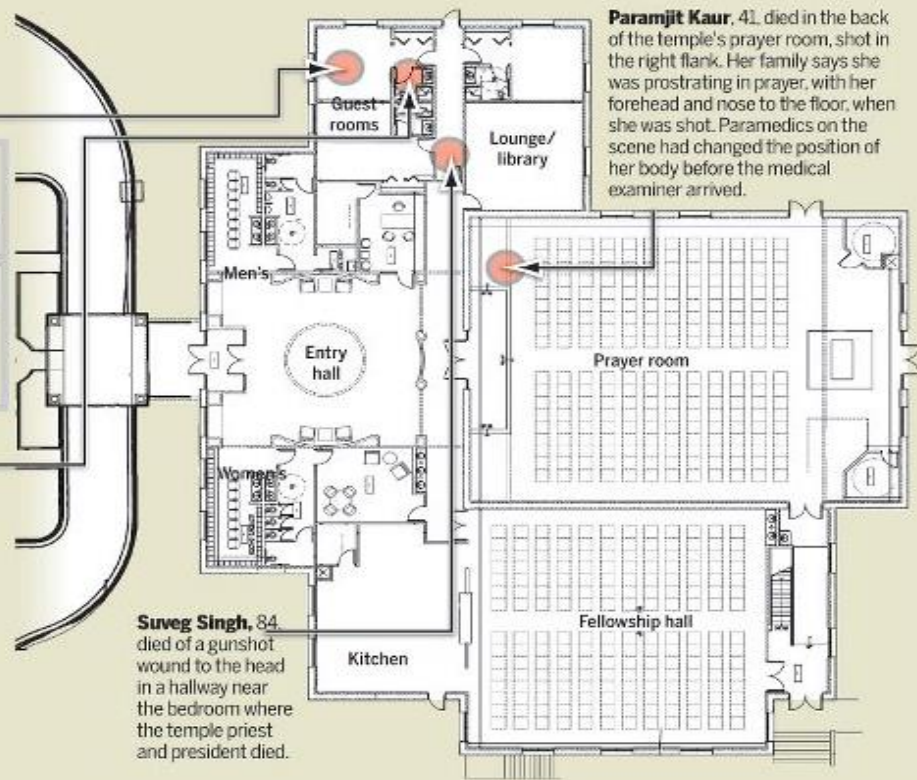
Ranjit Singh, the 49-year-old brother of the temple priest who died in the parking lot area, had multiple gunshots to the chest and abdomen.

The report on shooter **Wade Michael Page** has not been released, but he died of a self-inflicted gunshot wound to the chest after Oak Creek police officer Sam Lenda immobilized him with a rifle shot to the stomach.

Temple president Satwant Singh Kaleka, 65, died near the end of a bed in a living quarters bedroom. He was shot in the left lower back.

Temple priest Prakash Singh, 39, died from a gunshot wound to the head near a bathroom in the same bedroom.

Suveg Singh, 84, died of a gunshot wound to the head in a hallway near the bedroom where the temple priest and president died.



Paramjit Kaur, 41, died in the back of the temple's prayer room, shot in the right flank. Her family says she was prostrating in prayer, with her forehead and nose to the floor, when she was shot. Paramedics on the scene had changed the position of her body before the medical examiner arrived.

Common Individual Factors

Congressional Research Services
(2013)

1. Traumatic life events
2. Extreme anger, revenge, and rage
3. Social Isolation, alienation, attachment
4. Low self-esteem, fragile self image
5. Easy access to firearms
6. Manifesto, disturbing writings, rumination and planning
7. Feeling persecuted
8. Extreme Paranoia, paranoid traits
9. SI and HI
10. Borderline Personality Traits

Societal Factors

Congressional Research Services
(2013)

1. Western Civilization and cultural shift
 2. Boys will be boys
 3. Social Media
 4. Recognition and the wounded ego
 5. Easy access to firearms
 6. Media coverage
 7. Disconnected communities, families
 8. Lack of information sharing
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Racist White
Male

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serve2unite.org

mylifeafterhate.com



No one is ever there to talk about my feelings it hurts and now I'm prolly gonna do something stupid as usual to mask the pain



Like



Comment

I'm in so much pain

No one listens

No one understands



Tbh I don't

It sucks to feel that way bro. I been there

What's hurting you?

Everything

Every one

I wanna die but I can't kill my self or that's suicide then that means no heaven



Idk

Plus it would really suck for your daughter. In 2007 I spent most of the year resenting my daughter for being in the way of my suicide. It royally sucked. Today I'm glad I went through that because I

Every one hates me 😞 ...

Like they take a look at me and judge

I don't.

And I wanna kill some people and that scared me thinking about that to

Cause I'm not violent

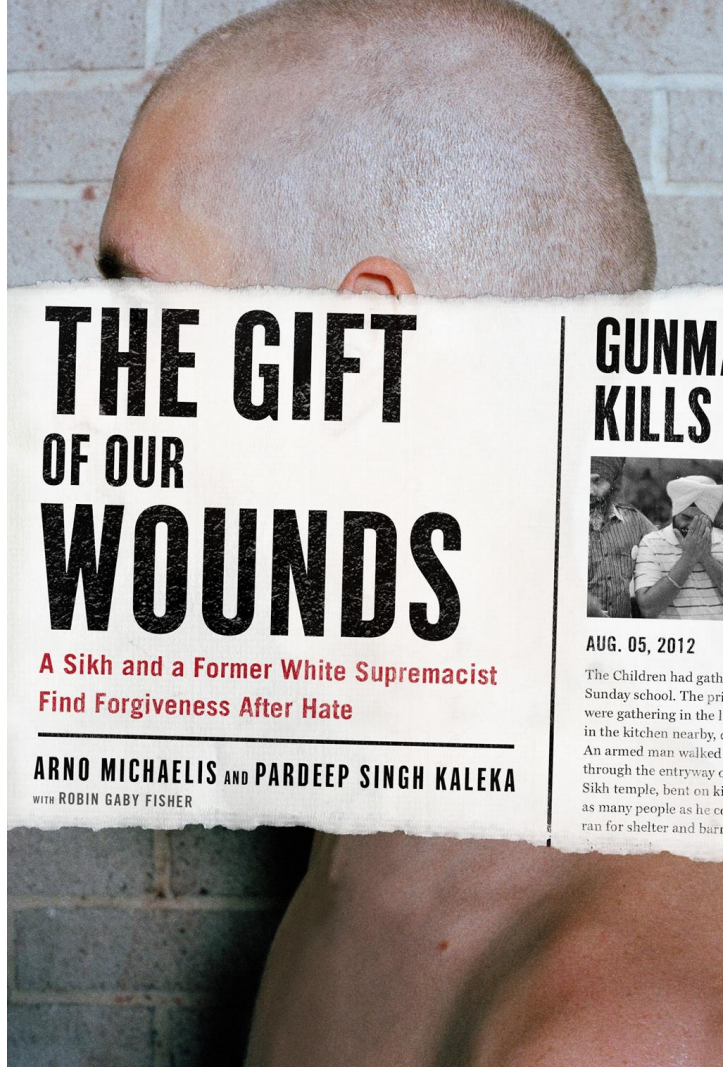
So I keep telling my self

However anyone judges you is on them.

I keep trying be the best I can but some one always come around and try's to take it away

It's about them too. Like their hangups get protected onto you.

If you're trying your best that's all you can do. Fuck anyone who doesn't get that.



THE GIFT OF OUR WOUNDS

**A Sikh and a Former White Supremacist
Find Forgiveness After Hate**

ARNO MICHAELIS AND PARDEEP SINGH KALEKA

WITH ROBIN GABY FISHER

GUNM KILLS



AUG. 05, 2012

The Children had gath Sunday school. The pri were gathering in the l in the kitchen nearby, c An armed man walked through the entryway c Sikh temple, bent on ki as many people as he c ran for shelter and barr

GiftOfOurWounds.com

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