

Jack Knife

The Crashing of a Policeman (NSW Police & PTSD)

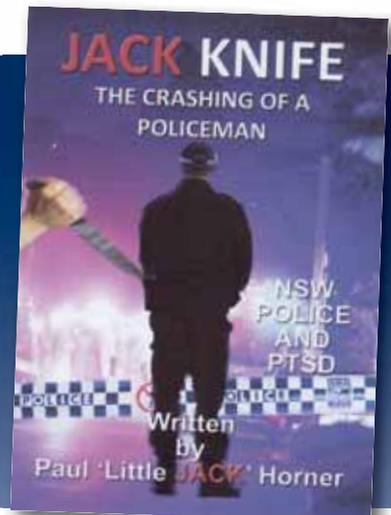
By Paul 'Little Jack' Horner

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Jack Knife follows the tail-spin of a once vibrant, fully operational police officer into a burnt-out, post-traumatic alcoholic. It is also a tale of a system failing, and of a significant breach of trust.

Jack Knife discusses integrity and debates the environment into which young men and women are thrust with little or no awareness of what they are about to experience, or how to deal with it when they do.

The author takes you through a series of operational police stories that range from saving people's lives, to police officers losing theirs. The overriding theme of the book is discussed in graphic detail, with little or no sanitisation.

Paul Horner, a NSWPF Senior Constable for 11 years, wrote this book with the intention of educating police, their families,

and the general public as to what it is really like to be a police officer, and to assist those suffering, and those living with, Post-Traumatic Stress Disorder, or PTSD.

During his time as a police officer, the author was confronted with many violent and, at times, life-threatening incidents. The psychological effects of these incidents culminated in him suffering the nightmare of PTSD. After diagnosis and subsequent treatment, it became evident that he would not be able to continue to function as a police officer and he was eventually medically discharged from the NSW Police Force.

The **APJ** reviewer thoroughly recommends *Jack Knife* to readers as a gritty and honest explanation of what PTSD is, and what it is really like from the perspective of the sufferer and his family. **APJ**



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