



muses + visionaries
M A G A Z I N E

Inspiring *women* to create a life well lived



Documentary highlights PTSD and new therapy adventure

JUL 17 • HOT TOPICS, LEADERSHIP • 622 VIEWS • NO COMMENTS

Either as a belated tribute to the Fourth of July or as a premature reminder of Veteran's day, this article is proudly dedicated to all U.S. veterans and citizens, who are educating the public on PTSD and helping veterans transition into civilian life.

The indie documentary *Rudy + Neal Go Fishing*, produced and directed by Abigail Sharon, follows the story of army veteran Rudy Watt, who suffers from PTSD, as he explains his symptoms and feelings with regard to the mental disorder, detailing his new therapy adventure with tournament angler Neal Stark. Sharon funded the project via Kickstarter.



According to the U.S. Department of Veterans Affairs, up to 20 percent of veterans of the Afghanistan and Iraq wars will be diagnosed with PTSD. Approximately 7 to 8 percent of the United States population

will be diagnosed.

Rudy Watt, former first sergeant with 21 years of service in the U.S. Army, was diagnosed with PTSD in 2004, and describes himself as a “shut-in” who rarely leaves his home. Watching Watt describe his symptoms at length is challenging to hear. To help Watt cope with these symptoms, the Veterans Affairs Recreational Therapy recommended he try ‘fish therapy’ with Stark, a hairdresser and tournament angler who has fished with more than 200 veterans since the start of his organization Fishing with America’s Finest.

Rudy is one of many veterans who have sought Stark for help. Stark admits to having no background in therapy, but says he can relate to the veterans through his humanity. Primarily, they focus on the fishing. Stark shows the veterans how to rig baits and cast lines, often comparing the fishing pole to a rifle. Although he enjoys the outings, he retains an incredible amount of patience as trips are often devoted to the untangling of lines in trees and bushes. His patience, however, earns him, what he considers to be, the great privilege of working with some of the nation’s finest citizens.

“It’s sort of hard to relate to if you haven’t had a personal experience,” Sharon says. “We hope that [the film] exposes that you don’t have to do things in the traditional way.” In the end this movie will remind you to be thankful for your health, your family and for those who sacrifice their lives and well being for their, our, country.