The background of the slide is a photograph of a savanna landscape at sunset. The sky is a deep orange with scattered, lighter-colored clouds. The sun is a bright, glowing orb in the center of the sky. In the foreground, the silhouettes of several acacia trees are visible against the orange sky. The ground is dark and flat.

# African Post Traumatic Stress Disorder (PTSD) Relief

Rapid and Sustainable Relief for  
Individuals and Groups –  
Reduction and Prevention

Lee Davelaar Serengetti Flickr

# Cause of PTSD



- PTSD—Post Traumatic Stress Disorder—results from stress caused by the trauma of war and violence, and plagues Africa due to years of war.
- Of 54 African countries, 18 have been at war in recent years. The violence and sexual abuse leading to PTSD are prevalent in many of the other countries as well.
- 100 million Africans have PTSD.

# What is PTSD?



One leading psychiatrist, Dr. Eugene Allers, past President of the South African Society of Psychiatrists, **estimates** that whereas there has not been out-right war in **South Africa**, up to **25% of the entire population has PTSD**.

In other **war-torn countries**, like Democratic Republic of Congo, Rwanda, South Sudan, etc. **estimates range from 25% to 50% or more of the entire population suffering Post Traumatic Stress Disorder**.

PTSD is a **mental health pandemic** leading to a cluster of symptoms, including:

- repeated, painful recollections of those traumatic events,
- feeling in-drawn, depressed and separate from others,
- being unable to sleep, and being hyper-alert, hyper-vigilant with outbursts of anger.
- Individuals with this disorder can become anti-social or even suicidal.

# Story of Esperance



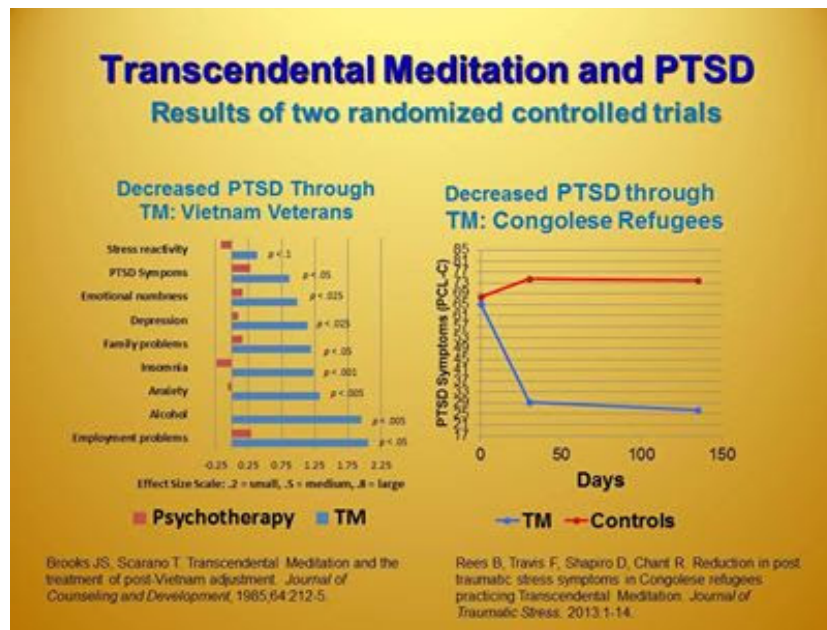
Esperance Ndozi, a Congolese Refugee, tells her story of how she got PTSD - then we see her 10 days after she learned Transcendental Meditation (TM) and hear from her how much better she feels.

Watch her moving report on video at

<http://www.PTSDReliefNow.org>



# New Study: Non-symptomatic in 30 days after learning TM



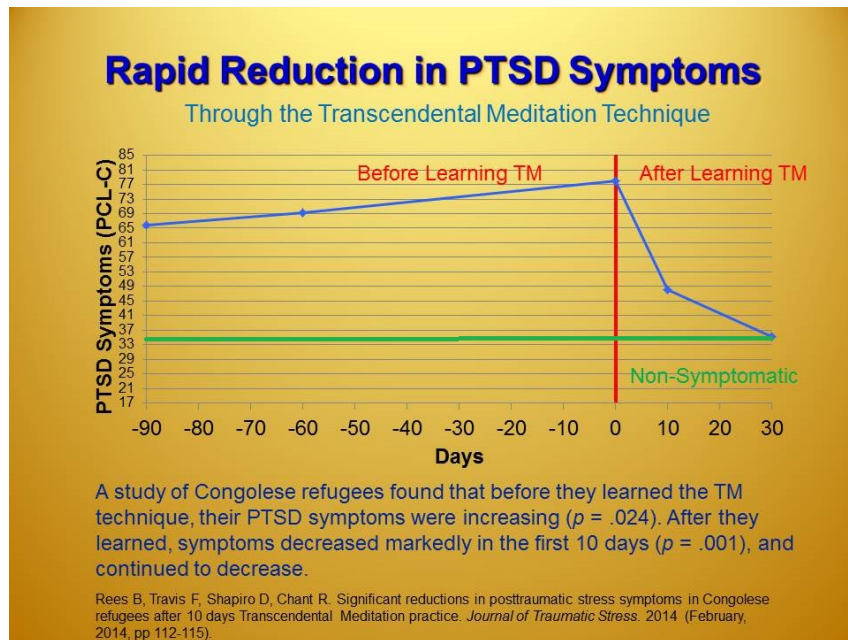
Three studies published in peer-reviewed journals indicate that TM can rapidly and sustainably reduce PTSD and then maintain the reduction or eliminate the condition.

The most recent study published in the April 2013 edition of ***The Journal of Traumatic Stress*** demonstrates that over 90% of a group of Congolese refugees with a high level of PTSD symptoms became "**non-symptomatic**" within 30 days of regular practice of the Transcendental Meditation (TM) technique.

The **non-TM control group** maintained the **same high level of symptoms** throughout the entire 135-day study.

# Clinically Significant Reductions in 10 days after learning TM

A second paper, published Feb 10, 2014 in The Journal of Traumatic Stress shows that even within 10 days of learning the TM technique, refugees with high levels of PTSD symptoms showed clinically significant reductions.



# Other Research and Projects Across Africa

African PTSD Relief has other rigorous research studies in progress and requests from large organizations and even nations in Africa to teach Transcendental Meditation to those with PTSD. (Information given on request).

# Prevention and Relief for Individuals and Groups

African PTSD Relief provides relief for:

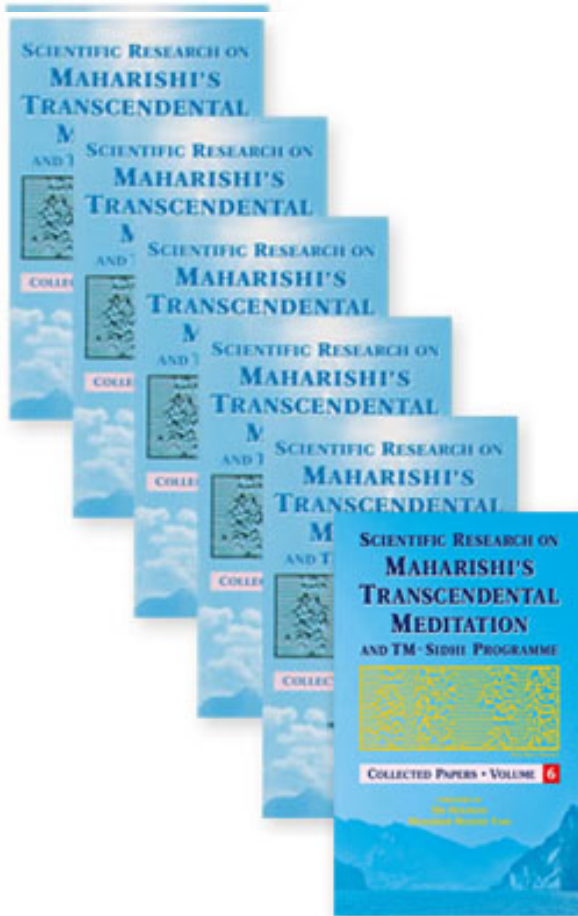
**1. individuals with PTSD**

plus

**2. individuals at high risk of getting PTSD** (e.g. family members of those with PTSD, military and other personnel in high stress professions, etc).



# What is African PTSD Relief?



The program teaches groups of Africans with PTSD, and provides extensive follow-up. It allows African PTSD victims to:

- learn the Transcendental Meditation technique
- have the correctness of their practice regularly checked
- come to regular meetings providing knowledge of the benefits of the practice for reducing PTSD and the benefits for mind, body, social behavior and society.

By having these individuals meditate in groups, regularity is encouraged and supported, so reduction of PTSD symptoms will be faster, and they will profit more quickly from the wide range of benefits described in the 350 peer reviewed studies on the TM program (TM.org). After some time of regular practice in groups, advanced techniques will be taught to accelerate the reduction in symptoms of PTSD, increase the overall well-being, and reduce the stress and other causes of PTSD in society. The group practice will produce a powerful positive influence in the community.

The program also includes training meditators from each participating organization and country as Teachers of Transcendental Meditation so that each group of meditators is self-sufficient.



# Contact Information

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[www.PTSDReliefNow.org](http://www.PTSDReliefNow.org)

(a U.S. 501(C) (3) charitable organization)