



African PTSD Relief
A Project of PTSD Relief Now

June, 2014

NEWS UPDATE

African PTSD Relief aims to reduce and prevent PTSD across Africa. We offer proven, affordable, and easily sustainable relief.

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Name Change

African PTSD Relief (APR) expands to help the world, adopting new name: PTSD Relief Now

As countries from around the world request help in presenting PTSD relief, the APR board of directors will expand the organization to be able to offer aid on other continents if there is a strong request that we feel we can help meet. To reflect this development, our organization will change officially change its name to *PTSD Relief Now*, with *African PTSD Relief* as its ongoing central focus.

Students Want Relief

3000+ students with high levels of PTSD await funding to begin *African PTSD Relief*

African PTSD Relief has received several written requests to begin teaching Transcendental Meditation, TM, to 3000 or more students with or at risk of PTSD in Kenya and South Africa. As research has shown, practicing the TM technique has been an unprecedented effective way to reduce the debilitating symptoms of PTSD in Africa and other locations around the world. Additionally, we plan to present the results of these new projects to foundations and corporations to inspire support for even greater group projects as a further stage in neutralizing the suffering of PTSD. Right now, however, this new round of projects

Seen by Millions

52 million viewers see 196 articles posted on new February Journal of Traumatic Stress research study - 10-day reductions in PTSD symptoms

196 articles have been written by media in the U.S. and around the world explaining that within 10 days of learning TM, Congolese refugees had a clinically significant drop in PTSD symptoms, according to an article just published in the February issue of the prestigious Journal of Traumatic Stress.

To read this article, [visit Yahoo News](#), which has 52 million views per day.

Article Published in 20 Nations

General Kulwant Singh, Dr. David Leffler and President of PTSD Relief Now and its African projects, African PTSD, David Shapiro, write article published by media in over 20 countries



"General Recommends Proven Approach for Relief from Stress of War and Violence, PTSD" was published across Africa and around the world and showed the extent of

requires immediate kick-starter funding for both a larger staff to manage them overall as well as one or more teams on the ground in Africa.

To help with these kick-start efforts, please go to: www.davidlynchfoundation.org/Africa and click the red "Donate" button.

New study: South African Students

15-day results

A team of experienced scientists including Dr. Carole Bandy, Professor of Psychology; Dr. Jim O'Halloran, PhD with 30 years of working with NIH and doing NIH grants; Dr. Michael Dillbeck, research professor; Jody de Reuck, MA in psychology; and the South African Depression and Anxiety Group (the largest mental health NGO in South Africa); is currently writing a research study for publication. The study reveals that, in 15 days, Maharishi School students in South Africa showed a clinically significant reduction in PTSD symptoms. By contrast, the University of Johannesburg non-TM control group showed no significant reduction in symptoms over the course of the 105-day study.



PTSD. It referenced 4 studies on civilian and military subjects with PTSD where they showed highly significant reductions in PTSD after learning the TM program. [Click to read the article published in AllGhana News.](#)

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Strategic Plan for *African PTSD Relief* Now Available

We have just completed a 50-page summary of our strategic plan. This plan includes an overview of the problem and the extent of PTSD in Africa, a review of current PTSD treatments, our approach with Transcendental Meditation, our strategy of implementing the TM program among groups suffering from high levels of PTSD, and our strategy for inspiring partnering and financial support. It will be used for fund raising purposes as well as to help guide our activities in Africa.

How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD:

1. **Donate** - go to www.DavidLynchFoundation.org/Africa and watch one or more of the 3 minute videos, then click the red "Donate" button at the top of the page and give generously. Your donations will support:
 - project development
 - project implementation
 - research
 - international support
2. **Donate expertise** - email info@AfricanPTSDRelief.org to discuss how you can volunteer your skills. Help is needed with fundraising, writing, bookkeeping, business plan design, setting up projects in Africa from the US, TM teachers to teach in Africa, etc. Your skills can help us do more for Africa.
3. **If you or your friends have had PTSD** and found TM helpful, email your experiences to info@AfricanPTSDRelief.org which we may post on Facebook or put in our next newsletter.
4. [Send this newsletter to friends](#) so they can learn about and support the project.
5. **Donate your attention:** simply have your attention on the rapid and smooth success of all our projects.



About Us

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Relief for Africans suffering Post Traumatic Stress Disorder.

www.DavidLynchFoundation.org/Africa

