



NEWS UPDATE

We honor Nelson Mandela's life of service to his country and to humanity, and dedicate ourselves even more to assist Africa in reaching its full potential. We invite well-wishers of mankind and of Africa to join us in this effort, particularly with any financial donations at this time (see Holiday Gift Idea below). Your generosity will help to create projects to significantly reduce Post-Traumatic Stress Disorder (PTSD) in Africa. It will also help prevent the anger and violence that produce traumatic experiences.

To donate, go to: davidlynchfoundation.org/africa
Click the red "Donate" button at the upper right of the web page.

"Great anger and violence can never build a nation. We are striving to proceed in a manner and towards a result, which will ensure that all our people, both black and white, emerge as victors." - Nelson Mandela, Speech to European Parliament, 1990



In This Issue

[Dr. Rees Presents Paper](#)

[Holiday Gift Idea](#)

[Volunteers Needed](#)

[How You Can Help](#)

Dr. Rees Presents Paper

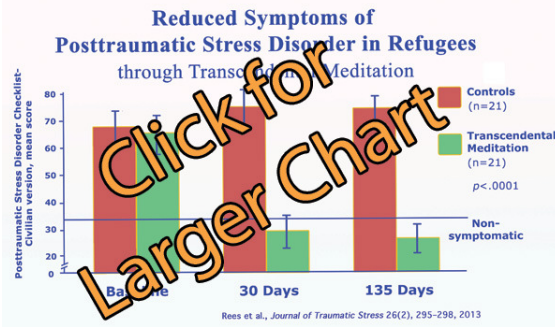
African PTSD Paper Slated for *Journal of Traumatic Stress*

Colonel Brian Rees, MD, presented landmark studies published on PTSD to three conferences between November 3 and November 16. Dr. Rees made military tours of duty in Afghanistan and Iraq where he saw many people debilitated by PTSD.

Holiday Gift Idea



Request that a portion of your holiday



As the primary author on TM and PTSD research published in the prestigious *Journal of Traumatic Stress (JOTS)*, he cited the April 2013 study that showed that within 30 days of learning the TM program, 90% of Africans with high levels of symptoms of PTSD became non-symptomatic. Through regular practice of the TM program, these reductions in symptoms are sustained. Regular practice also brings further reductions of symptoms and other associated benefits.

He also discussed a second study, accepted but not yet published in the *JOTS*, which shows that even within 10 days of learning TM, a group of Africans with high levels of PTSD symptoms had clinically significant reduction in symptoms.



Dr. Rees' first presentation was given to

gifts be donated to African PTSD Relief

Here is a sample letter you might wish to use to inspire your friends to donate on your behalf in order to reduce PTSD in Africa:

*Dear Friends,
My goal for this holiday is to inspire people I know to give to the truly needy in Africa by helping raise funds to teach TM to 1000s of Africans suffering from Post Traumatic Stress Disorder. For this holiday season, instead of giving something directly to me, would you please consider making a tax deductible gift on my behalf to African PTSD Relief and help overcome this horrific debilitation from war and violence that afflicts over 100 million Africans. One donor has even pledged to match the first \$2,000 donated during December. That would give me the Perfect Holiday Gift!!*

Please donate to African PTSD Relief. Just 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 webpage.

Wishing you a most joyous, peaceful holiday season,

Signed (your name here)

Thank you!

Volunteers Needed

Can You Donate Your Time?

We are hunting for volunteers and supporters:

- Bookkeeper
- Communications/PR Director

over one thousand participants in Seattle at the annual meeting of the Association of Military Surgeons of the United States (AMSUS) November 3-8. Along with a presentation on reductions in PTSD through the TM program, mentioned above, he discussed the rise in resilience through the TM program, and the reduction of national stress and PTSD through TM and its advanced program, the TM-Sidhi program.

Additionally, around 2000 participants met for the Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS) in Philadelphia, November 6-9. Dr. Rees gave a presentation on November 8th. He comments: "The presentation was very well received, amazing results of course, so people were asking 'how does this work?' which gave an opportunity to move from the amygdala to the unbounded field of consciousness." (The amygdala is the part of the brain that gets switched on when one has PTSD and returns to normal functioning with the TM program, according to Fred Travis, PhD, who has done extensive research on the effects of TM on PTSD.)

On Saturday, November 16th, Dr. Rees also gave a talk in Anaheim, California to the Indian Medical Association of Southern California on the topics of meditation, resilience, burn-out, and PTSD.

For copies of the published study in Journal of Traumatic Stress, please email contact@AfricanPTSDRelief.org

- Social Media Coordinator

If you have a background or interest in these areas and would like to assist, please email contact@AfricanPTSDRelief.org



[Join Our Mailing List!](#)

How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD:

1. **Donate** - go to www.DavidLynchFoundation.org/Africa, watch one or more of the 3 minute videos, and click the red "Donate" button at the top of the page and give generously. Your donations will support project development, project implementation, research, and international support.
2. **Donate expertise** - email info@AfricanPTSDRelief.org to discuss how you can volunteer your skills. Help is needed with fund raising, writing, business plan design, setting up projects in Africa from the US, TM teachers to teach in Africa, bookkeeping, 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 would 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

African PTSD Relief | PO Box 1243 Fairfield, Iowa | 52556 | United States
contact@AfricanPTSDRelief.org
1-845-228-8861

Relief for Africans suffering Post Traumatic Stress Disorder.

www.DavidLynchFoundation.org/Africa
www.Facebook.com/AfricanPTSDRelief

Twitter: @AfricaPTSDRelief

YouTube Video: <http://bit.ly/AfricanRefugeesOvercomePTSD>