

We hope you enjoy this month's news stories - don't forget to follow the links!  
And please get in touch if you have any questions or want further information.

## Your Monthly Updates from Africa and the World



### APR News for October 2015

- Zulu Eighth Graders Begin TM
- Sibongile Bradley-West Supporting African PTSD Relief
- Boston Marathon - A Victim's Story
- JAMA Reports PTSD Symptoms Continue After Psychotherapy



### Zulu Students Begin TM

Over the past two weeks, relief has been arriving for 140 eighth grade students at a high school in the western coastal city of Durban, South Africa. They are among the first from several large groups of students in 2 schools to receive TM instruction in one of Durban's violent slum areas.

Even after one week, these girls and boys noticed their lives were completely transformed from what they were before.

*"I used to cry all the time..." >*

### Engaging with Africa An Interview with Sibongile Bradley-West

"The work of African PTSD Relief is turning peoples lives around," says public relations expert and certified TM teacher, Sibongile Bradley-West, who is the latest member of APR's advisory board.

Sibongile's vision for nurturing the dynamic transformation now underway across Africa is grounded in her commitment to helping bring APR's programs to the land from where so many ancient civilizations sprang.



Sibongile's first project for APR has been to engage the next generation of young women in

this important effort by establishing an internship program for students of the world-renowned Spelman College, a historically Black college in Atlanta and a global leader in the education of women of African descent.

[Enjoy the full interview >](#)



## Boston Marathon Bombing A Victim's Story

Jim Davis was taking photos near the finish line of the Boston Marathon on April 15, 2013. People were cheering. It was a bright, gorgeous day.

Then right next to him there was a loud explosion.

[See what happened next >](#)



## JAMA Reports Majority of Veterans Still Have PTSD After Psychotherapy Treatment

The Journal of the American Medical Association recently reported that 2/3 of military veterans still retained their PTSD after completing treatment with either of the two front-line, trauma-focused psychotherapies most commonly employed to treat the serious disorder.

In contrast, studies on Iraq/Afghanistan and Vietnam veterans practicing Transcendental Meditation (TM) have shown a marked reduction of symptoms within two to three months. 90% of Congolese war refugees with high levels of PTSD became non-symptomatic within 30 days TM.

[JAMA's recommendation >](#)

### *The international press is listening - 17 publications and counting*

Op-ed article by APR Board member, Colonel (Ret.) Brian Rees, MD, et. al.

**" An Innovative Solution to Africa's PTSD Crisis"**

[Follow the story >](#)



***"What a beautiful opportunity that you have given me to be able to do this work. To actually help. The children are so beautiful. It really is overwhelming."***

***Scelo Mbonambi  
Certified TM teacher - Durban, South Africa***

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*African PTSD Relief is a project of PTSD Relief Now, a 501(c)(3) charitable organization*

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