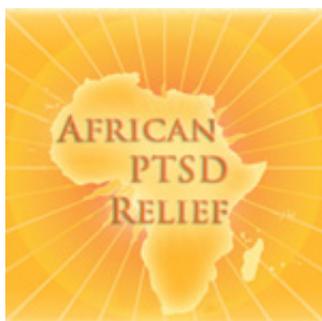


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African PTSD Relief
A Project of PTSD Relief Now
www.PTSDReliefNow.org

June, 2015

NEWS UPDATE

Dear David,

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

Connect with Us!



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TV Health Report

Voice of America interviews African PTSD Relief



Inspiration

"When you start meditating your mind and body relax. Negativity doesn't come near you.

"If you're hurt inside, your mind is stressed and tears just come."

"When your mind is fresh even if you want me to cry I can't. There are no tears in me now." Esperance Ndozi, Congolese victim of physical and sexual abuse.

On May 7, Voice of America TV interviewed President of African PTSD Relief in their Washington DC studio.

Linord Moudou, health reporter for Voice of America Health Chat presents PTSD across Africa: The problem and our solution

1. Video of Pemba Madyamba and Esperance Ndozi
2. Dr. Norman Rosenthal speaks on

symptoms of PTSD

- David Shapiro, President of African PTSD Relief, answers a series of questions on what is the extent of PTSD across Africa, what is TM, what is the research on PTSD and TM, and can TM help prevent PTSD?

[6 Minute Voice of America interview w African PTSD Relief](#)

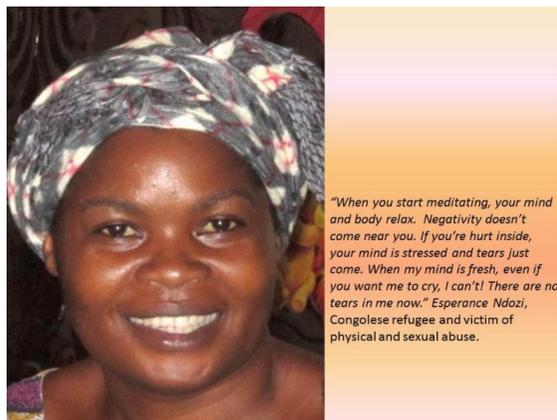


Linord Moudou

Research

A new study on rapid and sustainable reduction in PTSD in South African students was submitted.

On June 5, the team of Dr Carole Bandy, Dr. Michael Dillbeck, Dr. Vincent Sezibera, Lian Taljaard, Jody de Reuck, Mirah Wilks, and Dr. Richard Peycke submitted their PTSD study to a top scientific journal. The research showed that within 15 days of learning TM, subjects experience a clinically significant, visible reduction in PTSD symptoms. Within 2 months subjects with PTSD were, on average, around the non-symptomatic level and by the 3.5 month period, the average participant was non-symptomatic.



"When you start meditating, your mind and body relax. Negativity doesn't come near you. If you're hurt inside, your mind is stressed and tears just come. When my mind is fresh, even if you want me to cry, I can't! There are no tears in me now." Esperance Ndozi, Congolese refugee and victim of physical and sexual abuse.

Voice of America 1 Hour Radio Special on July 1

Straight Talk Africa to review the pandemic of PTSD in Africa and the most effective approaches to help.



Dr. Shaka Ssali will interview African PTSD Relief on July 1. He is a Ugandan-born American journalist who holds a doctorate in cross-cultural communication and history from UCLA in California. He is a former Ford Foundation Fellow and has received numerous honors, including a United Nations Peacekeeping Special Achievement Award in International Journalism. Other awards include VOA's Best Journalist Award and Kigezi College Butobere's first ever Highest Achievement Award in International Human Communication. Butobere is located in Kabale, southwestern Uganda, and is Shaka's alma mater.

As a senior reporter, Shaka has interviewed many heads of state, leaders of African nations, and world leaders during his career.

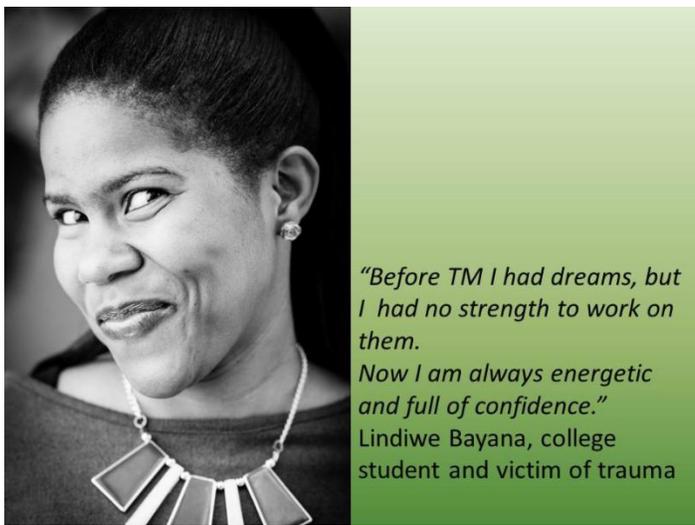


Dr. Carole Bandy

On July 1 Dr. Solomon Mwangi, Kenya PTSD Relief Administrator for school projects in warring areas of Kenya, a second expert on PTSD, and President of African PTSD Relief David Shapiro will talk about the pandemic of PTSD across Africa, the available treatment modalities and the role of African PTSD Relief.

Hear the show or listen to the replay at: [**African PTSD Relief interview with Straight Talk Africa**](#)

Progress in Education Update on Maasai school projects in warring regions of Kenya and Tanzania



"Before TM I had dreams, but I had no strength to work on them. Now I am always energetic and full of confidence."
Lindiwe Bayana, college student and victim of trauma

Dr. Solomon Mwangi, Program Supervisor for Kenyan PTSD Relief projects, reports that the faculty and students that have learned Transcendental Meditation (TM) are practicing the TM program together daily and are very happy with the positive effects that they are getting from the practice. This part of the country, on the border of Kenya and Tanzania, has experienced a lot of stress from past inter-tribal fighting over cattle. We are now getting a lot of calls from a people in the neighborhood, including some groups inside Tanzania who have heard about the benefits from those who are practicing TM. They are asking us to come and help them get rid of the stress.

As with other projects across Africa, testing is carried out using

Outreach Begins to Corporations Kenyan PTSD Relief administrators approach top corporations with opportunity to give.

Dr. Solomon Mwangi, Simon Mwangi and Patrick Kinuthia are approaching corporations in Kenya to inspire them to improve the quality of life for their country by providing corporate giving to help large groups suffering from PTSD. They are presenting the African

PTSD Relief Corporate Prospectus, which explains the immense problems caused by PTSD in Kenya and around Africa, shows how effective TM is at reducing these problems, and proposes a budget for teaching in a number of schools across the country.

Partners for World Peace helped design this prospectus and train these Kenyan PTSD Relief representatives on how to approach corporate leaders with this proposal.

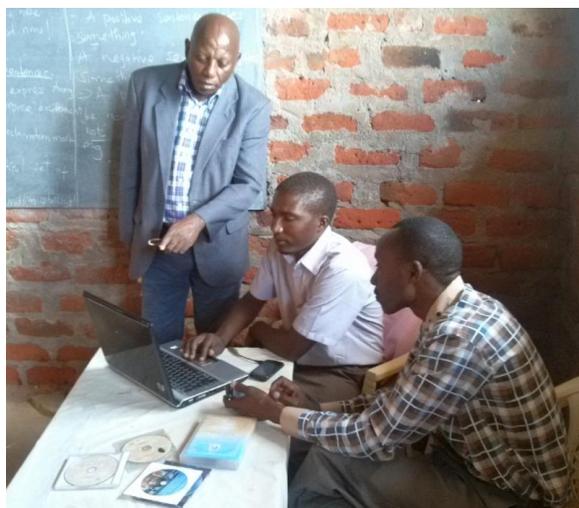
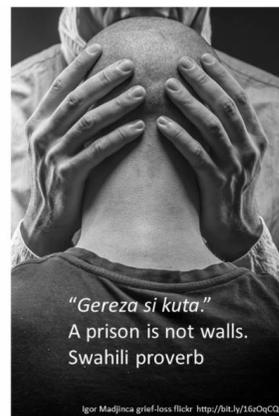
The prospectus is a business document that also shows the history of expenditure of African PTSD Relief and introduces the team of business leaders and scientists ready to help support future projects. It proposes a series of relief projects across Africa in violent communities, and ways to measure progress and success.

If you have contacts in African-based corporations or corporations that support Africa, please email African PTSD Relief to approach them with us to inspire them to bring rapid and cost-effective relief.

contact@africanptsdrelief.org .

internationally accepted protocols, like the PCL-C test designed by the US Veterans Administration, to test the reduction in PTSD symptoms. In Schools we also measure grades, attendance in school, reductions in violence and graduation rate.

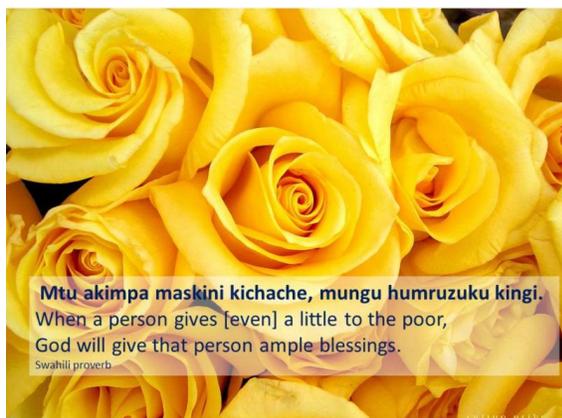
Teaching in these schools costs about \$100-150 per student to both instruct in TM and give very thorough follow-up for the first year.



New Radio Series Presents PTSD Relief "Mental Health Matters" hosts series on PTSD in Africa



Dr. Scott Terry, clinical psychologist, has invited African PTSD Relief to have as many 1/2 hour reports/interviews as we wish on his weekly show: Mental Health Matters. This show airs twice a week on KRUU 100.1 FM radio, Fairfield, Iowa. Dr. Scott Terry's practice in Fairfield uses a wide range of therapies, and he has seen TM's effect on reducing PTSD. He will post the interview replays on his web site and the KRUU archives (<http://bit.ly/1LQbi0w>) The interviews will



be broadcasted Tuesdays at 6:30-7 PM and replayed Thursdays 12:30 - 1 PM many weeks for the next two months beginning Tuesday, May 26th.

- Tuesday May 26: Introduction and Overview of PTSD and African PTSD Relief with President of African PTSD Relief, David Shapiro
- Tuesday, June 2: The Brain and PTSD with Gary Kaplan, MD. PhD
- Future interviews will include: Congolese refugees and South African students who entered Maharishi Institute with trauma, Dr. Solomon Mwangi African PTSD Relief administrator for Kenya, Research scientists, Colonel Brian Rees, MD, who has treated soldiers with PTSD on 4 tours of duty in Iraq and Afghanistan and primary author of 2 papers on PTSD and TM in Journal of Traumatic Stress.

Donation Opportunities

Buy at 1600 stores and iGive donates to PTSD Relief Now



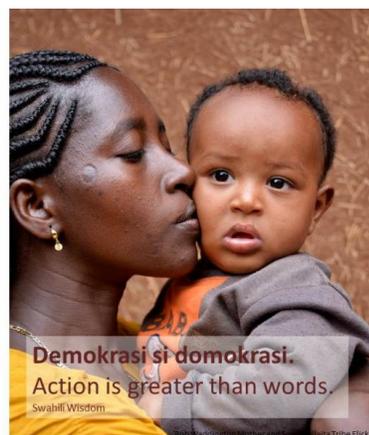
www.iGive.com has just accepted PTSD Relief Now (a 501C3 corporation) as a charity for its network of stores.

Igive.com gives \$5 to PTSD Relief Now for each new [iGive.com](http://www.iGive.com) member who supports PTSD Relief Now. Sign up today! Recruit your friends!

<http://www.iGive.com/PTSDReliefNow/?p=19992&jltest=1> Promotion

details: <http://support.igive.com/kb/a200/may-new-member-bonus.aspx>

Also, each time you purchase from 1600 online stores associated with iGive.com, you pay nothing more and the stores donate to African PTSD Relief and PTSD Relief Now.



How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD



1. **Donate** - Go to www.ptsdreliefnow.org and click the red "Give Now" button at the top of the page.
2. **Volunteer** - Email Contact@AfricanPTSDRelief.org to discuss how you can volunteer your skills. Help is needed with fundraising, creative writing, bookkeeping, business planning, setting up projects in Africa, teaching TM in Africa, etc.
3. **Tell us your story**- If you or your friends suffered from PTSD and found TM helpful, email your experiences to Contact@AfricanPTSDRelief.org. With your permission we may post your experience on Facebook or publish it in our newsletter and/or website.
4. [Send this newsletter to friends](#) so they can learn about our work and support it.

Please visit our website: www.ptsdreliefnow.org and click on the "Give Now" button to contribute to this life transforming project.

[Get Email Updates](#)

About Us

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1-845-228-8861

Relief for Africans suffering Post Traumatic Stress Disorder.

www.ptsdreliefnow.org



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