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

May, 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!



In This Issue

[Voice of America Interviews English and French PowerPoint Presentations New Corporate Prospectus Tour of African PTSD Relief schools Google Adwords Grant Inspiration African Leaders' Summit Update on School Relief projects How You Can Help](#)

Radio Shows

Voice of America speaks with African PTSD Relief



Voice of America interviewed African PTSD Relief in English and French on April 28 and 29th. They spoke with Congolese survivor of abuse and violence Esperance Ndozi, Board Member and veteran of 4 tours of duty in Iraq and Afghanistan, Dr. Brian Rees, and Director of African PTSD Relief David Shapiro. Hear the English replay:

[Voice of America Interviews African PTSD Relief](#)

French replay:

Inspiration

"(Before TM) I was highly emotional. I didn't understand why. After learning TM, I would remember the traumatic experience and they didn't have such an overwhelming emotional side effect, an overwhelming emotional wave that would make me paralyzed. (Before TM) I just couldn't think. I couldn't function.

I would really encourage the promotion of TM in all of the youth as much as it can because I know for a fact that it does work. " -- Ki Shesi, South African college student.

[Voice of America French Interview with African PTSD Relief](#)



Esperance Ndozi



Moving Forward

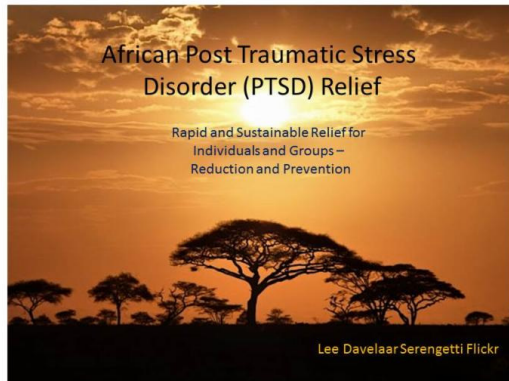
**President of African PTSD Relief and
Special Strategic Advisor attend
CODA Summit**

On Saturday, April 18, Dr. Katie Gross and David Shapiro attended the Africare CODA (Creating Opportunities for Development in Africa) Summit. This meeting was attended by heads of African nations, Ambassadors, Ministers of countries across Africa, US Corporate leaders, Executives of Non-Government Organizations supporting Africa and media, including Voice of America, Financial Times, and more. We have built some connections and have already had two Voice of America radio interviews and scheduled a TV interview this coming Thursday, May 7. Africare is non-profit that has provided healthcare, water, agricultural assistance and more to African nations. for the past 50 years.

Education

**African PTSD Relief PowerPoint
Presentation in English and French**

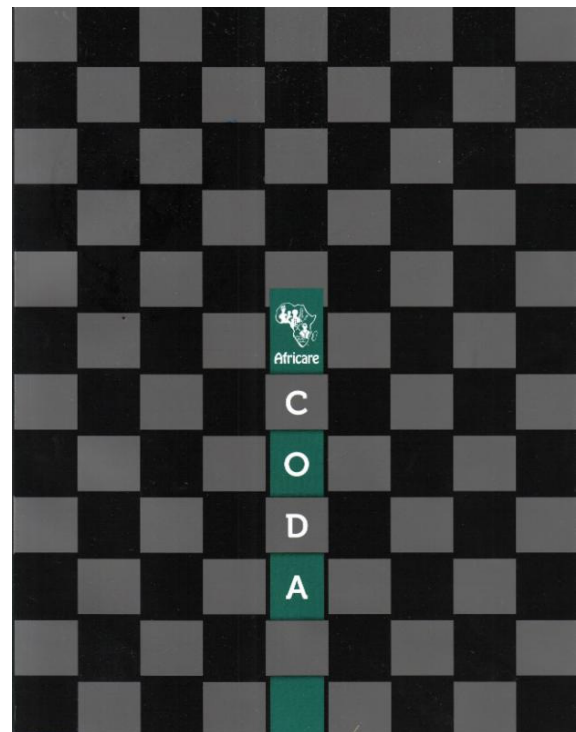
What is PTSD? What is its cause? How big a problem is it in Africa? How effective is TM at reducing PTSD? How does African PTSD support PTSD Relief? See the 10 slide PowerPoint to get an overview of the problem and our solution. Click here to see the presentation in English or French or to download it: <http://www.ptsdreliefnow.org/powerpoint.html>



Connecting with Corporations

Prospectus -- For Corporate Giving

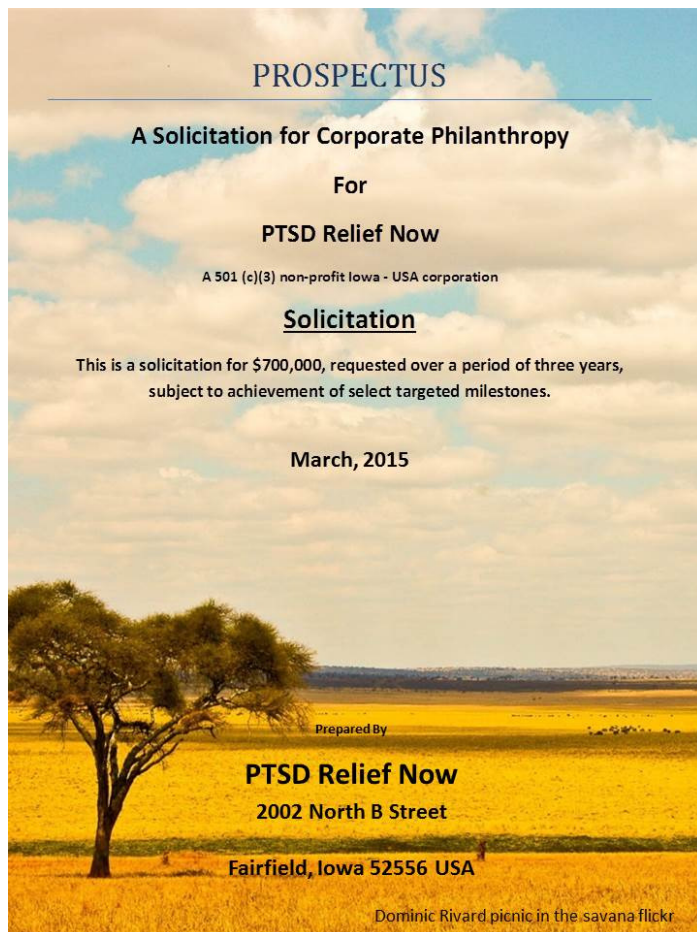
The largest source of funding for non-profits comes from corporate philanthropy. Guided by Dr. Jim Schaefer, CEO/founder of Soil Technologies Corporation, President of Partners for World Peace, board member of Seeds of Heaven, a classical fund raising document has been designed to inspire corporations supportive of African development to support PTSD relief projects in schools across Africa.



Affiliations

Largest Mental Health NGO in South Africa Endorsement Given

Zane Wilson, Founding Director of South African Depression and Anxiety Group (<http://www.sadag.org/>), SADAG, sent a team of psychologists to research the effects of TM on PTSD and has subsequently endorsed both TM and Africa PTSD Relief.

8th March 2015.**To Whom it may concern**

The South African Depression and Anxiety Group (SADAG) is the largest mental health NGO in South Africa. As such, we see post-traumatic stress disorder, PTSD, as a pervasive problem across the country.

SADAG staff reviewed the published research on how Transcendental Meditation (TM) reduces PTSD and therefore participated in a research study with scientists from around the world, including Dr. Carole Bandy from Norwich University in the United States, Dr. Vincent Sezibera from University of Rwanda, and others. The South African study tested the levels of PTSD in college students in Johannesburg and measured changes in PTSD with or without Transcendental Meditation over a 3.5 month period. The study, currently in submission to international journals for publication, showed both a high level of PTSD in the student population at baseline and also, like earlier studies on TM on Congolese refugees, dramatic reductions in PTSD in those who learned TM.

In these South African tests, within 15 days of learning TM there was a clinically significant reduction in PTSD. Within 60 days of learning TM the group as a whole was around the non-symptomatic level for PTSD. By the end of the 135 day study the average student who learned TM and had PTSD at baseline was below the non-symptomatic level for PTSD. The non-TM control group of University of Johannesburg students, who had PTSD at baseline, showed no change in symptoms throughout the study.

With such a tool available to help reduce PTSD, we encourage support for this effective technique, which can be used to supplement mental health programs already in place or which may be used on its own if trained personnel are not yet available to offer other PTSD reduction approaches.

Please work with and support African PTSD Relief in its efforts to reduce this wide-spread health challenge.

Sincerely,

Zane Wilson

Founder,

South African Depression and Anxiety Group (SADAG)

www.sadag.org

Click on endorsement to enlarge the image.

Success in Schools

Donations support teaching all students in Maasai school in Kenya

Doctors Herb and Karen Bandy, on a tour of South Africa, visited PTSD Relief schools and interviewed students. At one institution offering a bachelors degree in business administration, the Maharishi Institute (maharishiinstitute.org/), they spoke with and made videos of the students. These students, many of whom had entered the institution with trauma, told of growing freedom from symptoms soon after learning TM.

"Before TM, I was angry all the time. Since, learning TM, I am happier and easier with things and I can deal with (challenging) situations." -- Thaonie Grasland

Teaching all 300 students in Kenyan school began Monday, March 16 in a region rife with tribal war. Many of the children have to walk up to 10 kilometers to school each day and the meals they receive there are the only food they get that day.



Dr. Solomon Mwangi, Kenyan PTSD Relief project organizer and TM teacher to many of the students and school teachers, explains:

"This is a very poor, marginalized community that is a victim of inter-tribal conflict. This fighting over cattle has created many widows and orphans. The school children will often be up at 4 am to help with household chores like collecting water and firewood, also help milk cows, and till the land before heading to school. These will be repeated after school. The community also practices female genital mutilation. There is a lot of trauma and stress here, and likely a lot of PTSD.

"After practicing TM for just one month, change was evident in the lives of these folks.

"One school teacher mentioned that TM has changed his life. The deputy head master says that TM has really improved the interpersonal relationship with her husband. One parent says he no longer has nightmares. One teacher says he no longer has anxiety and is much gentler when the students make mistakes. Another teacher says the students are able to concentrate and understand more easily in class and he no longer needs to repeat himself many times.

Family members of the Kenyan students are asking to learn TM after

Google Supports PTSD Relief

Google gives AdWords grant



Dr. Felix Kaegi recently applied for a Google Ad Grants for African PTSD Relief. Google just approved support of \$10,000 per month in in-kind AdWords advertising to promote

our mission: to provide PTSD Relief to millions of Africans plagued by PTSD. These grants will help us grow our non-profit on Google search result pages. As an Ad Grants grantee, we can now expand our reach, gain greater visibility, and recruit volunteers for no additional cost.



seeing the growth of happiness in the their children."

\$15,000 in Funding so far has come from the generous support of donors around the world. \$15,000 more will help reduce PTSD in a school in South Africa plagued by violence and sexual abuse.

Funding is still needed for 1 Kenyan and 1 South African School project in which faculty members have already started getting relief. 10's of other schools and thousands of students with PTSD await support.

Amazon Supports PTSD Relief

Shop Amazon and Amazon Donates to bring PTSD Relief to Africa



Amazon Smile is a program for shopping on Amazon. When you purchase, Amazon donates to African PTSD Relief. You pay the same amount as always for the purchases. To support African PTSD Relief when you shop amazon, just go to <http://smile.amazon.com/>

Then

1. Search for PTSD Relief Now Corporation (their African projects are called African PTSD Relief)
2. Sign up for Amazon to donate to PTSD Relief Now
3. For each Amazon purchase, go to Amazon smile and buy as usual.
4. Amazon will donate .5% to African PTSD Relief.



How You Can Help

Everyone can help reduce the debilitating pandemic of PTSD



1. **Donate** - Go to www.ptsdreliefnow.org and click

Thanks!!

- 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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Relief for Africans suffering Post Traumatic Stress Disorder.

www.ptsdreliefnow.org



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