

Having trouble viewing this email? [Click here](#)



African PTSD Relief  
A Project of PTSD Relief Now  
[www.PTSDReliefNow.org](http://www.PTSDReliefNow.org)

July, 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

[One Hour Voice of America Special On PTSD](#)  
[Dr. Jim Schaefer speaks on Management Strategy](#)  
[Women and PTSD](#)  
[Conference Call](#)  
[IGive.com Provides Support Inspiration](#)  
[Progress in Schools](#)  
[More Interviews with Mental Health Matters](#)  
[How You Can Help](#)

## TV/Radio Special On PTSD

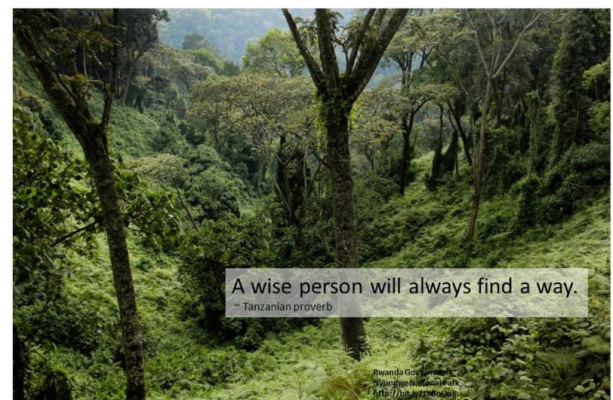
July 1 one-hour TV/radio interview with Voice of America's "Straight Talk Africa" host Dr. Shaka Ssali: "Post-Traumatic Stress Disorder (PTSD): Surviving Conflict & War"



On July 1, Shaka hosted this one-hour special on the cause, symptoms, extent and treatment

## Inspiration

"A wise person will always find a way."  
Tanzanian proverb



## Progress in PTSD Relief Schools

A team of TM teachers returns from

of PTSD in Africa.

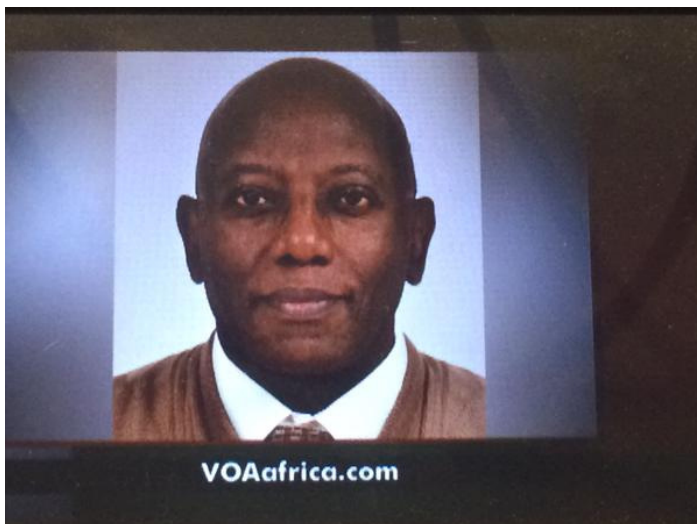
## one school with glowing reports of progress



Dr. Shaka Ssali invites experts to speak on PTSD

Guests include:

- Dr. David O'Connell, Ph.D. and 35 year clinical psychologist. Author of "Prescribing Health: Transcendental Meditation in Contemporary Medical Care."
- Dr. Solomon Mwangi, Director of PTSD Relief projects in Kenya
- David Shapiro, President of African PTSD Relief



Dr. Solomon Mwangi



Dr. Solomon Mwangi and Pat Kinuthia and other TM Teachers just returned from the first school that has taken up the PTSD Relief program in the Maasai region. Solomon reports that everyone is enthusiastic, and there are many requests to learn TM in the area.

All experiences are very positive. The faculty expressed gratitude and one teacher said he believes TM saved his life: "I think that if you had not brought TM here, I would not be alive now. I used to drink a lot of alcohol due to stress, but now I don't have the urge to drink at all. As a result, I am able to provide for my family and the relationship with my wife improved a great deal."



With videos of:

- Dr. Norman Rosenthal, M.D. psychiatrist, The headmaster says there is a new



### explaining PTSD

- Esperance Ndozi, Congolese refugee and victim of massive trauma
- Pemba Madyamba, Congolese refugee and victim of extreme physical and sexual abuse, whose husband was brutally killed.

mood of enthusiasm in his faculty and there is a lot more harmony in the relationship between the teachers and their colleagues and with the students as well. He said that parents are surprised by the positive changes in their children as a result of the TM practice. "The children love to meditate and always insist 'meditation first'."



The deputy headmaster, who is in charge of discipline, reported that there are far fewer cases of indiscipline these days than in the past.



## African PTSD Relief Management Strategy

**Interview with Dr. Jim Schaefer, Board Member of PTSD Relief Now and President of Partners for World Peace**

Jim recently toured Africa and oversaw and designed the Corporate Prospectus to inspire Corporate Giving.

Other schools in the area have requested support. For around \$100 per student this team can teach TM and provide one year's follow-up to assure that PTSD is effectively reduced and the practice is being done properly.



On July 27, he explained:

## KRUU Radio continues "Mental Health Matters" Series on PTSD in Africa.

Dr. Scott Terry, PhD psychologist hosts his interview series throughout June.

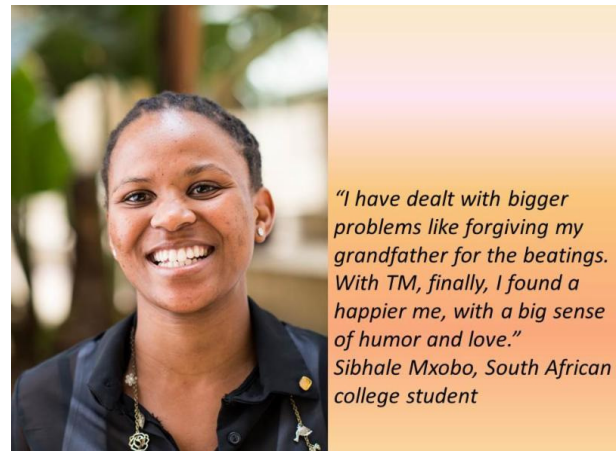


[Listen to all of the African PTSD Relief Interviews here](#)

PTSD Relief Now is a non-profit corporation in the United States. Our primary project to date is African PTSD Relief project. As a US non-profit corporation we exist largely to provide support for International Directors, National TM program Directors and TM teachers on the continent of Africa as well as other countries. We are helping them with the business of creating their PTSD relief projects: design, strategy, all of the things that need to be done to make the project functional. Whether it is strategic planning or personnel planning, budgeting, financial planning, fundraising, whatever is needed that is a practical consideration to make the projects functional. The TM instructions come from the local non-profit charitable organization in each country.



- Tuesday, June 2: Gary Kaplan, MD. Ph.D.: The Brain and PTSD
- June 9: part one of interviews with South African students and administrators:  
Siphiwe Mbonambi, coordinator for research on TM and PTSD at Maharishi Institute  
Leaticia Amath, Congolese refugee, first year student at Maharishi Institute, daughter of Esperance Ndozi. She and her family fled for their lives from South Sudan.
- June 16: part two of interviews with South African students and administrators: MI student - Lethiwe Lushaba, college student and victim of abuse



## Women and PTSD

Excerpts from TV/Radio Voice of America Special on PTSD

Women have a higher percentage of PTSD than men. Watch a segment of the July 1 TV special on PTSD to gain some insights into this phenomena:

- MI faculty member: Peter Mabila, Education Coordinator of the Maharishi Institute.
- June 23: Dr. Brian Rees, M.D., Colonel (ret.) and doctor in the army and author for 2 papers in Journal of Traumatic Stress on the effects of TM at reducing PTSD in Congolese refugees.
- June 30: Jason Ciaccio, US war veteran.

Future interviews will include:

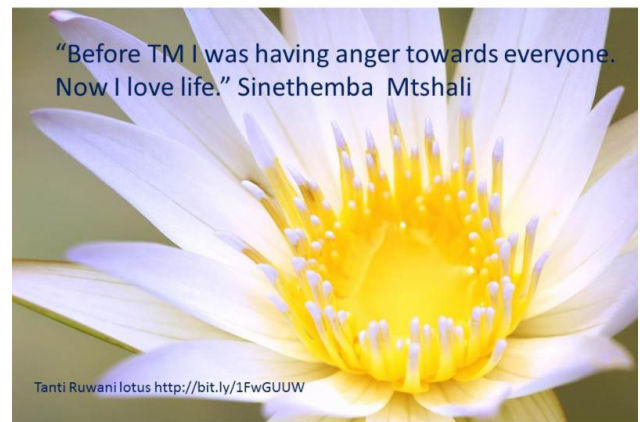
- Dr. Solomon Mwangi, Director for several African PTSD Relief



David: There are many causes of PTSD. Everyone could be affected by war or violence, but rape is something that affects women, predominantly. For example, in one of the schools we tested in South Africa, 80% of the women entering this college had been sexually abused. That means that a much greater percentage of women would have PTSD, even in the same environment. Shaka: The more than 200 girls in eastern Nigeria who were taken hostage by Boko Haram must be going through that sort of situation.

David: Yes. So the causes of PTSD are not just war, but any type of violence, physical abuse, sexual abuse, or even natural disasters like Ebola. We think of the countries that have had Ebola, and one sees family members die, get very sick, and that produces a huge stress. However, we should keep in mind that not everyone who experiences a traumatic event gets PTSD. Some people are more sensitive and they get PTSD. PTSD is a chronic condition. It just does not go away. So something has to be done.

- projects in Kenya.
  - Dr. David O'Connell, Ph.D. author of "Prescribing Health." 35 year clinical psychologist.
  - Dr. Richard Peycke, Director of Maharishi Institute and Director of African PTSD Relief projects and research projects in South Africa
  - More Maharishi Institute students with histories of trauma and relief from TM
- And more



**How You Can Help**  
Everyone can help reduce the debilitating pandemic of PTSD

## Conference Call

**Join the Saturday, July 18 Call to get the latest on projects, research, media presentations and more**

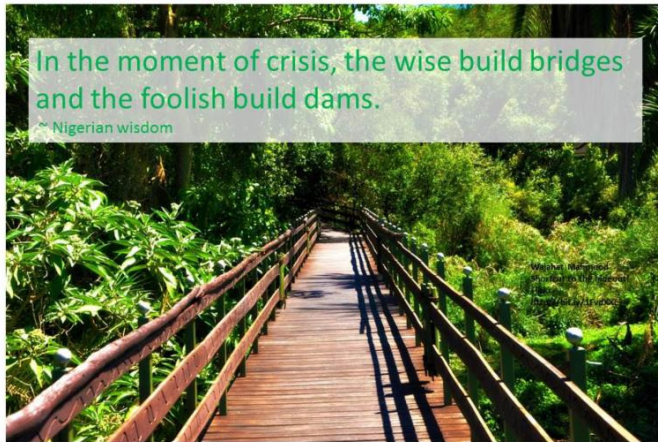
AT 2 PM ET on Saturday, July 18, everyone is invited to join a free conference call to get updates on new research outcomes for schools in Kenya, new projects across Africa, a new study being written up right now,



discussion of approaches to inspire corporate giving, and much more.

There will be time for questions and answers.

The call will start on time and be 1/2 hour.



## Donation Opportunities

Buy at 1600 stores and iGive donates to PTSD Relief Now



[www.iGive.com](http://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>

1. **Donate** - Go to [www.ptsdreliefnow.org](http://www.ptsdreliefnow.org) and click the red "Give Now" button at the top of the page.
2. **Volunteer** - Email [Contact@AfricanPTSDRelief.org](mailto: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](mailto: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.

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.



Please visit our website: [www.ptsdreliefnow.org](http://www.ptsdreliefnow.org) and click on the "Give Now" button to contribute to this life transforming project.

[Get Email Updates](#)

## About Us

*African PTSD Relief* | A Project of *PTSD Relief Now* | 1629 K Street N.W.,  
Suite 300 | Washington, D.C. | 20006 | United States  
[contact@AfricanPTSDRelief.org](mailto:contact@AfricanPTSDRelief.org)  
1-845-228-8861

Relief for Africans suffering Post Traumatic Stress Disorder.

[www.ptsdreliefnow.org](http://www.ptsdreliefnow.org)



[Forward this email](#)



This email was sent to [contact@africanptsdrelief.org](mailto:contact@africanptsdrelief.org) by [contact@africanptsdrelief.org](mailto:contact@africanptsdrelief.org) |  
[Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Africa PTSD Relief | 1000 Purusha Place, Suite 314 | Romney | WV | 26757