

# **Resources for Veterans and Their Families**

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

9.5.2011 – draft

## **Latest Updates - 9/5/2011**

### **Psychiatric Drugs Ineffective for PTSD**

[http://www.nytimes.com/2011/08/03/health/research/03psych.html?\\_r=2&partner=rss&emc=rss](http://www.nytimes.com/2011/08/03/health/research/03psych.html?_r=2&partner=rss&emc=rss)

[http://articles.mercola.com/sites/articles/archive/2011/09/03/drugs-found-ineffective-for-veterans-stress.aspx?e\\_cid=20110903\\_DNL\\_art\\_2](http://articles.mercola.com/sites/articles/archive/2011/09/03/drugs-found-ineffective-for-veterans-stress.aspx?e_cid=20110903_DNL_art_2)

<http://jama.ama-assn.org/content/306/5/493.abstract>

### **PTSD - Injured Souls**

<http://www.truth-out.org/beyond-ptsd-soldiers-have-injured-souls/1315066215>

### **Many Veterans Not Getting Enough Treatment for PTSD**

<http://www.sciencedaily.com/releases/2010/02/100210110742.htm>

### **Some PTSD Treatment Resources**

<http://www.stressproject.org/find.html> - finding help; free help

<http://helpguide.org/mental/post-traumatic-stress-disorder-symptoms-treatment.htm>

[http://umava.org/images/Free\\_PTSD-TBI.pdf](http://umava.org/images/Free_PTSD-TBI.pdf)

<http://gcn.com/articles/2011/04/21/va-and-dod-create-mobile-app-for-ptsd-treatment-and-support.aspx> - mobile coach app

<http://govinthelab.com/new-treatment-neurofeedback-treatment-for-ptsd/> - neurofeedback

<http://www.businesswire.com/news/home/20110427006842/en> - neurofeedback effectiveness for Veterans with PTSD

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### **Treatment Programs and Modalities:**

*Fort Hood Warrior Reset Program*

<http://www.crdamc.amedd.army.mil/default.asp?page=randrreset>

<http://www.veteranstoday.com/2009/03/26/fort-hood-reset-program-teaches-soldiers-to-leave-battle-mind-behind/>

<http://www.forthoodsentinel.com/story.php?id=4868>

<http://www.forthoodsentinel.com/story.php?id=506>

*Eye Movement Desensitization and Reprocessing (EMDR; therapeutic technique)*

<http://www.emdr.com/efficacy.htm>

*Neurofeedback (EEG brain wave retraining)*

<http://www.businesswire.com/news/home/20110427006842/en/Experts-Military-Conference-Declare-Breakthrough-PTSD-Treatment>

<http://www.homecoming4veterans.org/>

<http://www.eeginfo.com/>

<http://www.veteranstoday.com/2006/01/12/free-neurofeedback-for-enhanced-mental-function-for-veterans/>

<http://www.isnr.org/CBAnxPTSDSleep.cfm>

<http://www.eeginfo.com/newsletter/?p=317>

<http://www.eeginfo.com/newsletter/?p=367>

<http://www.isnr.org/information/addiction.cfm>

### **Symptoms and Problems:**

*Post-Traumatic Stress Disorder (PTSD)*

US Department of Veteran Affairs: National Center for PTSD

-for Vets & general public

<http://www.ptsd.va.gov/public/index.asp>

US Department of Veteran Affairs: Mental Health

<http://www.mentalhealth.va.gov/PTSD.asp>

<http://www.ptsd.va.gov/public/pages/effects-persian-gulf-war-vets.asp>

-Persian-Gulf War effects

<http://www.ptsd.va.gov/public/pages/ptsd-older-vets.asp>

-for older Vets

<http://www.ptsd.va.gov/public/pages/fslist-family-relationships.asp> -for family and friends

<http://www.ptsd.va.gov/public/web-resources/web-resources.asp> -VA resource page

#### *Traumatic Stress in Women Veterans*

<http://www.ptsd.va.gov/public/pages/traumatic-stress-female-vets.asp>

#### *Military Sexual Trauma (MST)*

<http://www.mentalhealth.va.gov/msthome.asp>

<http://www.servicewomen.org> (SWAN: Service Women's Action Network)

#### *PTSD and TBI*

<http://www.ptsd.va.gov/public/pages/traumatic-brain-injury-and-ptsd.asp>

#### *Traumatic Brain Injury (TBI)*

<http://www.dvbic.org/>

<http://www.dvbic.org/TBI---The-Military.aspx>

<http://www.mirecc.va.gov/docs/visn6/TBI-article.pdf>

[http://www.centraltexas.va.gov/services/PMRS/TBI\\_Booklet.pdf](http://www.centraltexas.va.gov/services/PMRS/TBI_Booklet.pdf)

<http://www.hsrp.minneapolis.med.va.gov/FCM/PDF/FamilyEdMan.pdf>

#### *Substance Abuse*

The Peniston/Kulkosky *alpha/theta neurofeedback protocol*, developed at a VA hospital (Bonham, TX) on Vietnam veterans, has been successful treating alcoholism and PTSD.

<http://www.aaets.org/article47.htm>

<http://www.forests.com/pp.html>

<http://www.bmedreport.com/archives/6071>

<http://www.futurehealth.org/populum/pagespecial.php?t=theme-Regular%2520Pages-032708-1503-78>

<http://www.eegspectrum.com/Applications/Addiction/AlphaThetaStudy/>

<http://www.isnr.org/information/addiction.cfm>

<http://www.ncbi.nlm.nih.gov/pubmed/1626654>

<http://recoveryview.com/2008/09/retraining-the-brain-for-substance-abuse/>

#### *Chronic Pain*

book by Les Fehmi, PhD

[http://www.amazon.com/Dissolving-Pain-Brain-Training-Exercises-Overcoming/dp/1590307801/ref=sr\\_1\\_1?ie=UTF8&s=books&qid=1288159880&sr=8-1](http://www.amazon.com/Dissolving-Pain-Brain-Training-Exercises-Overcoming/dp/1590307801/ref=sr_1_1?ie=UTF8&s=books&qid=1288159880&sr=8-1)

list of books by John Sarno, MD on pain relief

[http://www.amazon.com/s/ref=nb\\_sb\\_noss?url=search-alias%3Dstripbooks&field-keywords=john+sarno&x=0&y=0](http://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=john+sarno&x=0&y=0)

DVD re: neurofeedback for pain relief

Neurofeedback for Intractable Pain Patients

Caroline Grierson, R.N., B.S.N.

[http://www.eeginfo.com/shop/product\\_info.php/products\\_id/171](http://www.eeginfo.com/shop/product_info.php/products_id/171)

*Allan Botkin, Psy.D.*

[http://www.selfgrowth.com/experts/allan\\_botkin.html](http://www.selfgrowth.com/experts/allan_botkin.html)

*Induced After-Death Communication: A New Therapy for Healing Grief and Trauma*

Amazon Product Description: Induced After-Death Communication is a new therapy that has helped thousands of patients permanently assuage their grief by allowing them private communication with their departed loved ones. Botkin, a clinical psychologist, created the therapy while counseling Vietnam vets in his work at a North Chicago VA hospital. Induced After-Death Communication presents the story of how Botkin initially made his discovery and includes 84 cases of patients who have experienced the therapy's profound healing effects. After more than two decades as a clinical psychologist specializing in the treatment of Post-Traumatic Stress Disorder, Botkin founded the Center for Grief and Traumatic Loss.

[http://www.amazon.com/Induced-After-Death-Communication-Therapy-Healing/dp/1571744231/ref=sr\\_1\\_2?ie=UTF8&s=books&qid=1288238265&sr=8-2](http://www.amazon.com/Induced-After-Death-Communication-Therapy-Healing/dp/1571744231/ref=sr_1_2?ie=UTF8&s=books&qid=1288238265&sr=8-2)

Website: <http://induced-adc.com/>

Interview: [http://www.aspsi.org/feat/life\\_after/tymn/IADC\\_Interview.htm](http://www.aspsi.org/feat/life_after/tymn/IADC_Interview.htm)

Coast to Coast

w/ George Noory: <http://www.coasttocoastam.com/guest/botkin-dr-allan/5684>

Upcoming movie: <http://www.healingafterthewar.org/>

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