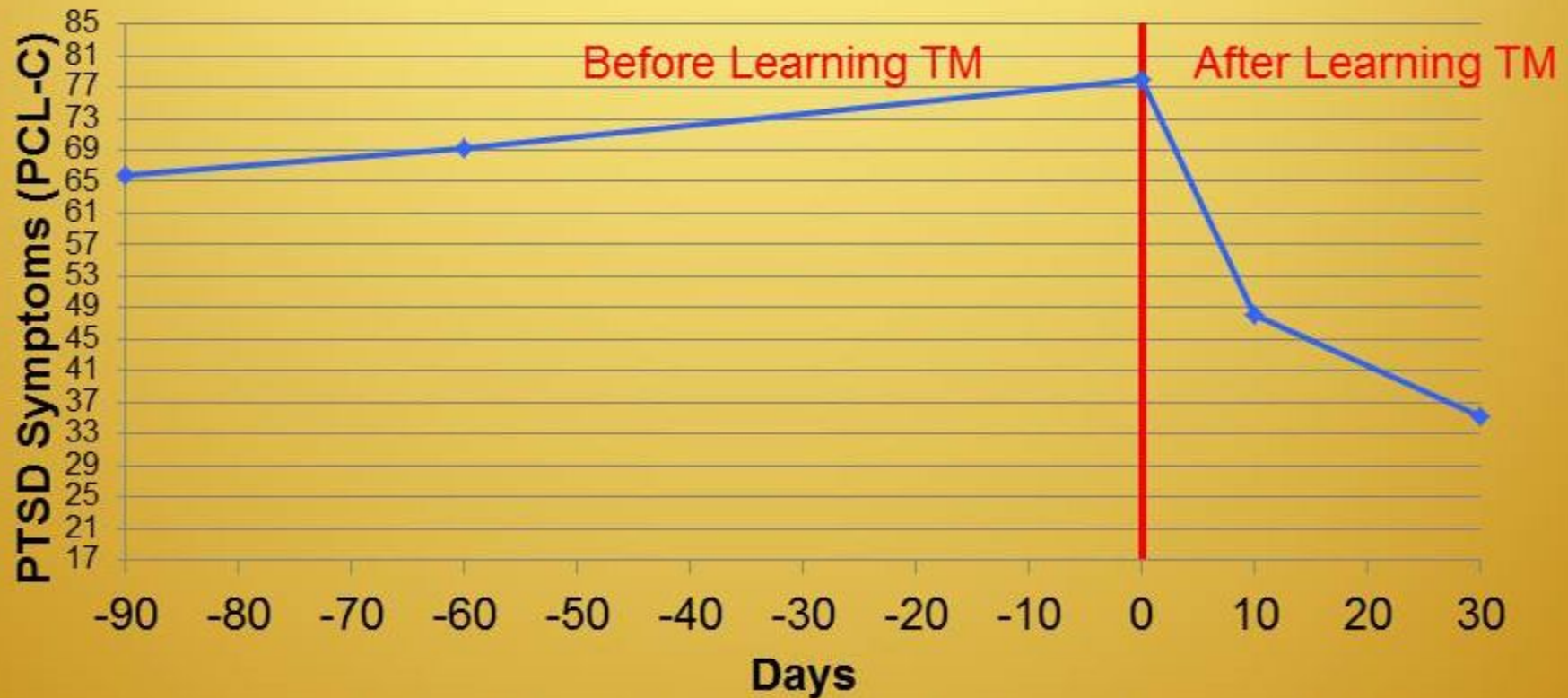


Rapid Reduction in PTSD Symptoms

Through the Transcendental Meditation Technique



A study of Congolese refugees found that before they learned the TM technique, their PTSD symptoms were increasing ($p = .024$). After they learned, symptoms decreased markedly in the first 10 days ($p = .001$), and continued to decrease.

Rees B, Travis F, Shapiro D, Chant R. Significant reductions in posttraumatic stress symptoms in Congolese refugees after 10 days Transcendental Meditation practice. *Journal of Traumatic Stress*. 2014 (in press).