

Instructions for PTSD self-help meditation videos

The materials for each symptom (Arousal control, Attentional Absorption, Pain Management, and Sleep Well) are organized in the following five parts:

Part I – An introductory 10-minute meditation to teach you skills that will help you with this issue.

Part II – A 20 minute psycho-educational lecture that covers the principals you need to know to gain better control over this issue.

Part III – 20 minutes of specific exercises that help you find ways to incorporate self-help exercises into the context of your individual lifestyle.

Part IV – A final 10-minute meditation to reinforce skills that will help you with this issue.

Part V – Specific homework and exercises that you can use on a daily basis to improve this issue. These exercises are located in this CD as well as in each corresponding DVD.

- Print the homework to a wireless printer in your home if you have one available and set up or this.
- Email the pdf file to your email account on your computer to print it.