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## **Unmet Needs of Veterans With Psychological Injuries Reaches Epidemic Proportions With Rise in Suicide & Sexual Assault**

### ***Join 30 Top Mind-Body Healing Experts in Exploring New Alternatives for Veterans Dealing with Post-Traumatic Stress Disorder (PTSD) & In Addressing Unique Challenges Faced by Female Veterans***

RHINEBECK, NY – As reported by the *New York Times*, [45 percent of veterans](#) that have served in Iraq or Afghanistan are now requesting support for their injuries, in many instances psychological injuries. President Obama recently stated that we are losing more troops to suicide than we are losing in combat, calling the issue an epidemic and demanding that [“we’ve got to do better.”](#) Additionally, there has been a [97% increase in sexual assault in the military over the past five years](#), creating trauma in female veterans.

In response to the rise in unmet health needs of returning veterans, Omega Institute is convening an unprecedented gathering of experts in trauma and the treatment of trauma for veterans using complementary and alternative medicine. [Veterans, Trauma & Treatment—Best Mind-Body Practices: A Professional Conference Addressing Resiliency to Recovery](#) will be held October 12–14, 2012 on Omega’s campus in Rhinebeck, New York, and is intended for healthcare professionals, psychologists, social workers, caregivers, and counselors assisting veterans battling with PTSD and their families. Omega will also offer additional programs in addressing combat-related issues through yoga therapy, and will hold two healing retreats to address the specific needs of female veterans.

“We see a critical need to support returning vets beyond what the current system is equipped to provide. The road to healing from the trauma of war is complex, and we are honored to be working with some of the nation’s most forward-thinking health experts and veterans’ advocates, to collaborate on best practices in healing modalities in an effort to help more veterans get treatment, more quickly,” said Carla Goldstein, chief external affairs officer at Omega.

The conference will also touch on resilience studies, and some remarkable trauma prevention work being undertaken with combat and noncombat soldiers. Join Jon Kabat-Zinn, Bessel van der Kolk, Peter A. Levine, officers and retired officers from the United States Army, Navy, and Air Force, and other extraordinary leaders who offer creative solutions to the myriad problems that come with PTSD. For a complete list of presenters, visit [eOmega.org/veterans](http://eOmega.org/veterans).

For more than 20 years, [Omega](#) has been engaged with veterans and family members dealing with issues of PTSD. Following this groundbreaking conference for professionals, Omega will offer additional workshops for veterans, including:

**Teaching Yoga in Military Communities, Part 2: Advanced Teaching Skills for Addressing Combat-Related Issues**

October 14–19. Professional training for yoga teachers. Participants need to complete Part 1 (teleseminar) before attending Part 2.

As the United States military adopts more evidence-based, mind-body approaches and seeks to hire competent instructors, specialized training focused on military culture and combat-related conditions will be a great benefit. This 5-day certification program for yoga teachers provides a solid foundation in the art and science of teaching yoga in a military setting. Seasoned teachers, with medical, mental health, and military backgrounds, who have significant experience teaching yoga to servicemen and servicewomen, will train teachers in the effective use of yoga for post-deployment physical and psychological conditions.

**Military & Veteran Women’s Healing Retreat(s)**

October 14–19 (already full) and a second retreat October 22–26 (space still available). This program, including room and board, is available at no cost to qualified female veterans or active duty women in the military.

With the alarming rise in sexual assault in the military, and many other unique challenges, the wounds of war often run deeper and longer for female veterans. Major (fmr) Nisha Money, former chief of United States Air Force Fitness, and a team of healing arts therapists, along with financial, employment, and life-skill reintegration experts, will guide attendees through a variety of holistic healing modalities and other helpful resources. For scholarship information, call 845.266.4444, ext. 180.

**About Omega Institute for Holistic Studies**

*Founded in 1977, Omega Institute for Holistic Studies is the nation’s most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 195 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. [eOmega.org](http://eOmega.org)*

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