

FOR IMMEDIATE RELEASE  
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## Post Traumatic Stress Disorder Reaches Epidemic Levels Among Veterans

### *Omega Offers Alternative Treatment Options for Health-Care Professionals*

RHINEBECK, NY – According to the [U.S. Department of Veterans Affairs](#), 20 percent of Iraqi War veterans, and 11 percent of those returning from the war in Afghanistan, suffer from Post Traumatic Stress Disorder (PTSD). Mental health issues among service members have reached a crisis level. The Department of Defense and the Veterans Administration have recognized the gravity of this epidemic and are now actively supporting mind-body modalities, from yoga to mindfulness practice, as a complement to traditional drug and talk therapies for veterans.

“The number of veterans suffering from PTSD is alarmingly high, and growing on a daily basis. Suicide, homelessness, drug use, and spousal abuse are just a few of the ways that PTSD affects veterans and their loved ones. For more than 20 years, Omega has provided programs to support the healing of veterans and affected family members,” said Carla Goldstein, chief external affairs officer. “Our Veterans, Trauma & Treatment conference helps provide new tools for treatment so more veterans can experience healing.”

Veterans, Trauma & Treatment is an unprecedented gathering of experts in resiliency, trauma, and the treatment of trauma for veterans using complementary and alternative medicine. Health-care professionals, psychologists, social workers, caregivers, and counselors working with veterans suffering with PTSD and their families are welcome.

The [Veterans, Trauma & Treatment](#) conference begins on Friday, October 18 at 8:00 p.m., with an opening keynote by Tracy Gaudet, director of the Department of Veterans Affairs’ Office of Patient-Centered Care and Cultural Transformation, followed by a keynote from Dr. Peter Levine, whose international best seller, *Waking the Tiger: Healing Trauma*, has been translated into twenty-two languages. Throughout the weekend, conference participants will explore the best ways to use mind-body modalities to treat veterans who suffer with trauma.

In addition to hearing keynote talks from ten [expert presenters](#), participants can choose from a variety of workshops, including mindfulness-based stress reduction, adaptive yoga for traumatically injured service members, the Social Resilience Model for healing communities with trauma, and attachment-based family interventions. Each workshop and keynote presentation has distinct learning objectives for the participants. The conference will end with a keynote address by Col. Richard R. Petri, MD, the chief of Physical Medicine and Integrative Health Services at William Beaumont Army Medical Center at Fort Bliss, Texas.

Omega welcomes anyone who seeks professional information on the mind-body modalities that the military is currently exploring. [Continuing education credits are available.](#)



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For more details or to register, please visit [eOmega.org](http://eOmega.org) or call 800.944.1001.

A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, visit [eOmega.org/press](http://eOmega.org/press).

**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 200 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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