

FOR IMMEDIATE RELEASE  
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## Omega Offers Hope to Veterans Suffering from Post Traumatic Stress Disorder

### *Experts on Complementary Treatment Options Join Health-Care Professionals to Share Proven Mind-Body Practices Helping Veterans*

RHINEBECK, NY – The life-altering effects of post-traumatic stress often find expression in homelessness, domestic violence, addiction, suicide, and other issues at great cost to individuals, families, and our society. The scale and depth of the crisis calls for new approaches to treatment, a fact recognized by the United States Department of Defense and the Veterans Administration, which now actively support many mind-body modalities ranging from yoga to mindfulness practice. For more than 20 years, Omega has provided programs to support the healing of veterans and affected family members, including its 3<sup>rd</sup> annual [Veterans, Trauma & Treatment conference](#), taking place **October 17–19, 2014** in Rhinebeck, New York.

“Post traumatic stress disorder has reached epidemic levels among veterans. The side effects can be devastating not only to our veterans, but also to their families. Our conference brings together some of the most forward thinking experts in the treatment of veterans’ trauma who use complementary and alternative medicine, and also includes leaders in resilience studies. We know there are a number of highly successful treatment options and we want to get them into the hands of health-care professionals working directly with veterans, so they have every resource available,” said Carla Goldstein, chief external affairs officer.

The 3<sup>rd</sup> annual Veterans, Trauma & Treatment conference begins on Friday, October 17 at 8:00 p.m. and runs through Sunday, October 19<sup>th</sup> at noon. The weekend will include both [keynote talks and breakout sessions](#). Health-care professionals, psychologists, social workers, caregivers, and counselors working with veterans suffering with PTSD and their families are welcome. Continuing education credits are available.

The conference features more than a dozen of the nation’s top experts, such as trauma specialist **Bessel van der Kolk**, best-selling author and addiction specialist **Gabor Maté, MD**, and former US army general **Loree K. Sutton, MD**, a psychiatrist who founded the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, and who was recently appointed New York City Commissioner of Veterans Affairs. This conference builds upon previous years’ events and offers the most current professional perspectives—delving deeper into leading-edge information on the same mind-body modalities that the military is currently exploring as a complement to traditional drug and talk therapy.

Conference Presenters Include:

Capt. Paul Anthony Halladay  
Col. (ret.) E.C. Hurley, PhD, LMFT  
Bessel van der Kolk, MD  
Maj. Susan Lynch, JD, E-RYT  
Gabor Maté, MD  
Capt (fmr.) Elizabeth A. Stanley, PhD  
Brig. Gen. (ret.) Loree K. Sutton, MD  
Rev. Claude AnShin Thomas  
Laurie Leitch, PhD  
Beryl Bender Birch, E-RYT  
and more

More Veterans Programs at Omega (October 19-24, 2014):

[EMDR Therapy for Veterans: A 5-Day Professional Training](#), with Col. (ret.) E.C. Hurley, PhD, LMFT. EMDR is an evidence-based treatment approach proven to help military, veterans, and their families cope with PTSD and other trauma.

[Healing From Military Trauma: A Retreat for Military Women & Women Veterans](#), with Maj. Susan Lynch, JD, E-RYT, Karen Soltes, and Andrea Lucie, MA. This retreat for military women and women veterans builds a safe and healing environment to face and release traumatic stress and increasing resilience.

[Teaching Yoga & Mindfulness in Military Communities](#), with Robin Carnes, MBA, E-RYT 500, Annie Okerlin, RYT, and Lynn Stoller, MS, OTR/L, RYT. Learn advanced teaching skills for addressing combat-related conditions.

For more details or to register, visit [eOmega.org](http://eOmega.org) or call 800.944.1001. A limited number of media passes are available to the Veterans, Trauma & Treatment conference. 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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