

Veterans are receiving relief from symptoms of combat PTSD by using Rapid Eye Technology, a cutting edge tool for stress relief

A Department of Veterans Affairs analysis of nearly 50,000 such troops, published in *The New England Journal of Medicine*, (<http://content.nejm.org>) found that up to 17 percent have been diagnosed with major depression, anxiety or post-traumatic stress disorder.

It also estimated that overall, as many as 26 percent have some mental disorder caused by wartime service.

About 1 million U.S. troops have been deployed for the war on terror, according to the Pentagon. If the study's rates are accurate for all military members deployed to Iraq or Afghanistan, it would mean that approximately 250,000 suffer some mental illness.

The report also concluded that troops assigned to ground units – namely, the Marines and Army – were nearly four times more likely to report post-traumatic stress disorder than those in the Navy or Air Force because of their greater exposure to combat situations.

In addition, enlisted members were twice as likely as officers to report the condition.

The findings are consistent with those in a report published in July on the mental health of returning veterans. They also parallel the general conclusions of similar studies conducted on Vietnam War veterans.

Mental health experts estimate that 10 percent to 30 percent of Vietnam veterans have developed post-traumatic stress disorder. The PTSD rate for the general public is about 8 percent.

PTSD is a mental condition that causes someone to feel intense fear or hopelessness for 30 days or longer. PTSD can afflict people who have experienced or witnessed life-threatening events. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair the person's daily life. The disorder is not confined to troops who have witnessed combat; it can develop in response to any traumatic experience.

The services for PTSD that these Veterans have received relief from is the cutting edge tool of Rapid Eye Technology (RET) (www.rapideyetechnology.com) by Rapid Eye Technician Mary Bowen of Sunderland, MD (www.marytbowen.com). RET is used to release stress from trauma which frees a client of the emotional pain or blocks that keep them from moving forward in life.

Bowen finds that when speaking to Vets, the same words keep coming up. Which are expressions of dishonor, abandonment by their Government, and injustice seem to be some of the words that are being used to describe their pain. An active duty Army Lt. is currently receiving RET sessions and the Voyager (sound/light) glasses, to support him through his personal battle with PTSD and his battle with the Department of Defense. The Lt. was charged

with being AWOL because he had to admit himself into a civilian hospital to receive care for his pain from PTSD. Sadly there aren't current means for active duty military to receive RET as a source of treatment for their PTSD. The Lt. is receiving regular sessions to cope with the day to day stress of his court case and to address his combat PTSD because of the contribution made by an anonymous donor.

Here is what he has to say about RET and the Voyager as a form of treatment for his combat stress.

Prior to starting RET I was depressed, high levels of worry, low self esteem, and experiencing lack of sleep due to reoccurring nightmares. My anxiety was at an all time high. On a scale of 1-10 (ten being worst) I was a 10+. Due to the levels of stress I am experiencing because of my court case RET is the main contributor that has gotten me through the last 14 weeks of my situation. By the Grace of God RET has kept my head above water and kept me from committing suicide. I look forward each week to my sessions and if I am experiencing higher then usual levels of stress/anxiety it is greatly reduced by the end of the session. The 48 hours after a session my level of anxiety and stress are at a 4 or lower. Throughout the week as I work on defending myself against my case my stress/anxiety rises back up to a 6-7. I have been taught with RET to use an eye patch over my right eye as this quiet's the left brain from being over active. If I can get the eye patch on quick enough after an incident I am able to relax immediately otherwise it reduces the panic attack to a 6. The sessions are provided in the utmost professionalism and concern for my unique situation. Each session is tailored to my specific needs and thus creating a safe place for me to work on healing from the pain of war and my court case. RET without a doubt is the most effective treatment I have received for PTSD or heard of. This treatment should be considered mainstream and I recommend it be the choice of stress reduction for all those in need of it. I am now able to relax in the evenings and have a more peaceful night sleep. I was recently given my own Voyager, prior to that I had been using them just at the close of my sessions. I feel grounded after using the glasses and am grateful to now have a pair of my own.

Army Lt. Serving Gulf War and Iraqi Freedom

Bowen attended the recent National Gulf War Resource Center Annual Conference (www.ngwrc.org) in Orlando, FL and set up a booth to display RET and the Voyager. She was accompanied by her associate Sharlene Young of the Rapid Eye Institute. At the close of the conference Bowen and Young were given the opportunity to demonstrate what RET is all about and how it works on high levels of stress. The Annual Conference was attended by Vietnam, Desert Storm and Iraqi Freedom vets. **Dr. Tom Berger, PhD, Chair of PTSD/Substance Abuse** Committee of the VVA (www.vva.org), and many other advocates for Veterans throughout the United States, were also present. Dr. Berger said he was very impressed with RET after seeing the demonstration.

After 35 years of feeling dishonored by his fellow men, this is what a Vietnam Vet had to say after his session with Rapid Eye Technology at the conference.

Vietnam radically changed my life. My family kept telling me that I had changed, but I did not realize how profoundly the experience had changed me. I had come to realize that my reactions to my Vietnam experience were as old as the Biblical account of Cain when he killed his brother in Genesis 4:13. Yet I was able to seek and find forgiveness, acceptance, love and peace in God. What I had not found was love, acceptance or respect from my fellow man. On the contrary, It seemed that my Vietnam experience had left an indelible stain on me that seemed evident to everyone I encountered again reminiscent of Cain. I had done what was required of me to the best of my ability, but it had only brought me rejection, and dishonor in the eyes of my fellow man.

At a National Gulf War Resource Center conference in Orlando, I became a reluctant subject for a RET (Rapid Eye Technology) demonstration. Fearing the possibility of revisiting memories that I had long put to rest created an incredibly high level of stress in me prior to the demonstration. I voiced my concern as a weak protest but allowed the demonstration to go on in spite of it. Within a half hour, as I repeated the phrases, "I am loved, I am accepted, I am respected and I am honored" I found myself in tears. It seemed as though the repetition of these phrases during the RET process overcame the feelings of rejection and dishonor that I had been subjected to in the 35 years following my Vietnam experience. By the end of the demonstration, I found myself smiling weakly, very much relieved, and in a better frame of mind about my Vietnam experience.

I believe that when dealing with combat trauma, the spiritual dimension of reconciliation with God is indispensable. I also believe that RET can be used as an effective tool for dealing with feelings of rejection, dishonor and shame in veterans who seem unable to readjust or incapable of being reconciled with their fellow man.

Oscar Ramirez, Ph.D.

Rapid Eye Technology was developed by Dr. Ranae Johnson, PhD of Salem Oregon over 20 years ago. At the heart of RET is a technology that affects the physical, emotional and mental levels of the client. Using blinking, breathing and eye movement techniques, Rapid Eye Technology simulates a condition of sleep known as REM (Rapid Eye Movement), which happens while sleeping and is our body's natural discharge mechanism. During REM sleep we process, clear and integrate our day's experiences; the eyes move rapidly under the eyelids and the eyelids blink or twitch. Rapid Eye Technology simulates REM sleep with an eye-directing device moving rapidly in a neuro-linguistic pattern in front of the client's eyes.

The peripheral vision picks this up and the brain thinks it is in REM sleep. This fast movement of the device supports the mind and body in accessing memory. The technician quickly moves the wand in various patterns to find sources of stress, watching the client's eye movement for triggers. As the client blinks and breathes deeply, trapped trauma in the mind and body are accessed and released.

The Voyager (light/sound machine) is used in conjunction with RET because of its ability to interrupt negative emotional response loops. Examples of such "loops" include moderate levels of anger, worry, sadness, irritability, depression and PTSD. Let's say that you've had a tough day at the office. On your way home a driver cuts sharply in front of you without signaling, nearly causing an accident. You arrive at home with a "short fuse", growling at your children or spouse.

You realize that you are experiencing an undesirable mental state, but don't know quite how to change it. All too often, the solution may be to have a few drinks or switch on the TV. A nap can be effective, but you don't want to take the time. What are the alternatives?

Before showing you how to reduce this sort of emotional response, let's examine what happens when an event has a negative emotional impact. When the event first occurs, you respond directly. So when your boss snarls at you, you respond internally, even if you cannot voice your response directly. The problem lies in what can happen next: you mentally "act out" the exchange a number of times, and respond emotionally to each of these imaginary events. This is what we call a negative emotional response loop, because you are repeating (looping) your emotional response in a series of make-believe events that can stretch out over hours or days. Often times you may not even be aware that this process is taking place. If your boss is a real jerk, then after a number of unpleasant encounters you may become upset just by being near him or her.

An awareness of your mental process is an important step in changing your emotional response. Another step is to interrupt the feedback loop. Sleep is an effective way to do this, which is why you often wake up feeling refreshed and renewed. Nobel Prize winner, Sir Francis Crick, hypothesizes that dreaming serves a necessary function by clearing away the various loops and impressions of the day on a synaptic level.

A much faster technique is to run a session with your Voyager XL. One of the Relax or Energize sessions should do, especially in the 10-30 minute range. The trick is to run a session that is long enough to divert and refresh you, but not long enough to put you to sleep. Why is this effective? The pulsing light and sound saturates your senses and constantly directs and diverts your attention towards the rhythms and patterns of the experience.

What RET does for combat trauma soldiers is provide the opportunity to release stress/triggers from the war that prevents them from being able to function in society, and replace them with new, empowering thought patterns, which will allow him/her to integrate back into the routine of society. The brain does not have the Neural Pathway for war so it has to create a new pathway. Therefore it stores the stress/triggers of war and doesn't know how to release it. With Rapid Eye Technology a client will access that stored information without having to talk about it. The eye movements are picked up by the brain and the release process takes effect. RET can be used for any issue, not just PTSD.

Bowen also works with children that are diagnosed as Learning Disabled. For more information about this technique and to schedule individual appointments, contact Mary Bowen at 301-855-3767 or by visiting www.marytbowen.com.

While the degree of Individual success with RET is dependant on the patient's dedication to their own health and healing, however Rapid Eye Technology does provide hope for the resolution of stress.