

Veterans Who Suffer from Combat Stress: Free, Effective, Non-Drug Coaching

If you (or someone you know) has combat experience from Vietnam, Iraq, or Afghanistan, you may be eligible for a stress study. If you qualify, you will receive six free private sessions of an advanced self-help technique, which might prove useful for releasing the stress of combat memories. These sessions will take place near your home, or over the phone. This study is sponsored a private research nonprofit not affiliated with any government organization. All personal information is kept completely confidential.

If you have any of the following conditions, please apply to participate in the study:

- You suffer from insomnia and / or nightmares.
- You're battling alcohol or drugs.
- You're dealing with anger, anxiety, panic attacks, or depression.
- You're consumed with rage, grief, and guilt because you survived.
- You feel isolated, unsafe, jumpy, or triggered by other people.
- You haven't sought help for fear of damage to your military or civilian career.

How to apply: This study is organized and sponsored by the Iraq Vets Stress Project (www.StressProject.org), a project of Soul Medicine Institute, an independent 501 (c) (3) nonprofit public benefit corporation. To get further details, call Soul Medicine Institute at (707) 237-6951, or email deb@soulmedicine.net. ***To apply to participate in the study, call or email your local study representative:***

Life Script Counseling Services

500 Helendale Road, Suite 110

Rochester, NY 14609

585-704-0376/www.lifescrptcounseling.com

Tom Porpiglia, MS, LMHC, D.CEP, EFT-ADV, Vietnam Veteran

"Helping You Reclaim Your Life"



I CAN HELP YOU

HEAL Combat Stress (PTSD)

With Emotional Freedom
Technique

585-704-0376

www.lifescryptcounseling.com