

The Release Technique, a Solution to Helping Veterans Suffering Post Traumatic Stress Disorder

Scientific Validated Self-Help Method Now Available for Veterans.

Sherman Oaks, CA ([PRWEB](#)) March 25, 2009 -- The U.S military has a Post Traumatic Stress Disorder (P.T.S.D.) dilemma. One-fifth of troops are reporting PTSD, however, current stringent regulations set by the Department of Veterans Affairs (VA), require that veterans pinpoint the stressor that triggered their PTSD, even if they have already been diagnosed. In addition, veterans have to endure long waits to get help, and soaring supplemental costs to their private insurance companies if they can't prove that P.T.S.D. resulted from their tour of duty.

Lawrence Crane, Director of the [Release Technique](#) has announced today the launch of the Post Traumatic Stress Disorder Program for veterans, an expansion of the program currently used by thousands around the world. (www.ReleaseTechnique.com)

The Release Technique developed in 1952 by Lester Levinson, a physicist, is a profound and inexpensive method that can be used by P.T.S.D. sufferers. Anyone anywhere can learn the technique independently with minimal support. Thousands of users around the world testify to astounding results from health to financial and relationship issues using the technique, including those suffering Post Traumatic Stress Disorder. One World War II Veteran who was haunted by a horrifying combat experience fifty years ago, has found instant relief just from one Release Technique class he took in 2006, and has not suffered P.T.S.D. since.

"This is the only method I have ever come across that can produce dramatic measurable results within a short period of time," says Dr. Ken Smythe, former director of the outpatient services for the City of Angels Medical Center in Los Angeles, California, now a staff member of the Release Technique. "I have studied many approaches to treating P.T.S.D. with poor to no results. This technique not only has benefited hundreds of people I've worked with, but I have also experienced tremendous results in my own life."

The distressing symptoms of P.T.S.D. range from nightmares and flashbacks to headaches, chronic pain, troubled sleep, withdrawing from people, profound sadness, anxiety, guilt, anger fatigue, pessimism, sexual and relationship problems, emotional numbing, low self-esteem, and a wide range of medical problems. These are many of the same issues thousands of students of the Release Technique have sent testimonies claiming were relieved using the method.

"You can imagine the frustration of the estimated hundreds of thousands of veterans with P.T.S.D. who have served their country, and can't get help, or have to prove how they got the disorder," says Lawrence Crane, Director of the [Release Technique](#). Crane has trained businessmen, psychiatrists, psychologists, sports and entertainment celebrities, sales people, managers and housewives in the art of letting go of problems, emotions, stress and subconscious blocks that have held them back from success. "Our veterans need immediate help and this program is at their finger tips. They can also get free phone support to help them with the method, and they can call as often as they like."

In the spring of 2008, The RAND Corporation, the nation's largest independent health policy research program, released a report in which it estimated that one in five service members returning from war will contend with symptoms of post-traumatic stress or depression. In a typical rifle company, those estimates would represent a

loss of at least 30 men the military can not afford.

Research on the Release Technique, stands out far beyond the rest for its simplicity, efficiency, absence of questionable concepts and rapidity of observable results. The scientific results support the experience that those trained in The Release Technique were calmer in difficult situations after having learned the Technique with observable results that got even better with time. Eight-nine percent reported improved reaction to stressful situations.

The research on the physiologic changes in response to stress from the practice of the Release Technique was conducted by the late Dr. Richard J. Davidson of the State University of New York in collaboration with Dr. David C. McClelland of Harvard University. Dr. Davidson was considered one of the most renowned researchers in the field of stress reduction, and Dr. McClelland is an internationally known authority.

"It's disheartening hearing of so many of our veterans coming home with Post Traumatic Stress Disorder. Not only are they affected, but their families as well," says Crane. "So many people with this disorder think they will never heal, and suffer needlessly for years. For the millions who suffer from the effects of a traumatic experience, and their loved ones, the Release Technique could be their answer."

For more information on the Release Technique, visit: www.ReleaseTechnique.com

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