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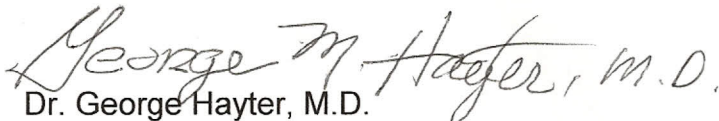
THE USE OF MEDITATION IN THE TREATMENT OF PTSD IN COMBAT VETERANS

The exercise described in Patriot Outreach's Coping Strategies CD, *Be Still and Know*, proved to be a highly effective treatment for the entire spectrum of psychiatric disorders during my last 33 years of clinical practice for those individuals who practiced it consistently. Patients unresponsive to conventional psychiatric treatment, including medications, obtained direct symptomatic relief from the regular practice of meditation. In addition, those who were able to identify the mental process that caused their symptoms were more successful in controlling their mental distress.

This highly subjective, yet very real, method of alleviating mental distress lacks credibility as a legitimate subject for medical research because there is no agreement about how it works. This is somewhat analogous to the disbelief that a heavier than aircraft could fly, prior the Wright Brothers successful flight on December 17, 1903. Actually, the case for the benefits of meditation is far stronger. Prior to Kitty Hawk there was no evidence that this type of flight was possible. By contrast there are at least thousands who proclaim the benefits of meditation and biofeedback confirms that there are measurable physiological changes and symptomatic relief from its practice.

It is my firm belief that with minimal research effort the benefits of meditation could be clarified and incorporated into a highly effective program for the treatment of many psychiatric disorders including PTSD. Considering the lack of any standard pharmacological treatment for the latter condition and the large number of veterans who are afflicted with it, I urge that serious consideration be given to the incorporation of meditation into the treatment of PTSD. As someone experienced in the application of this technique in a clinical setting, I would be more than willing to share my experience with anyone who would care to listen.

Sincerely,


Dr. George Hayter, M.D.

Psychiatrist, Diplomate of the American Board of Psychiatry and Neurology