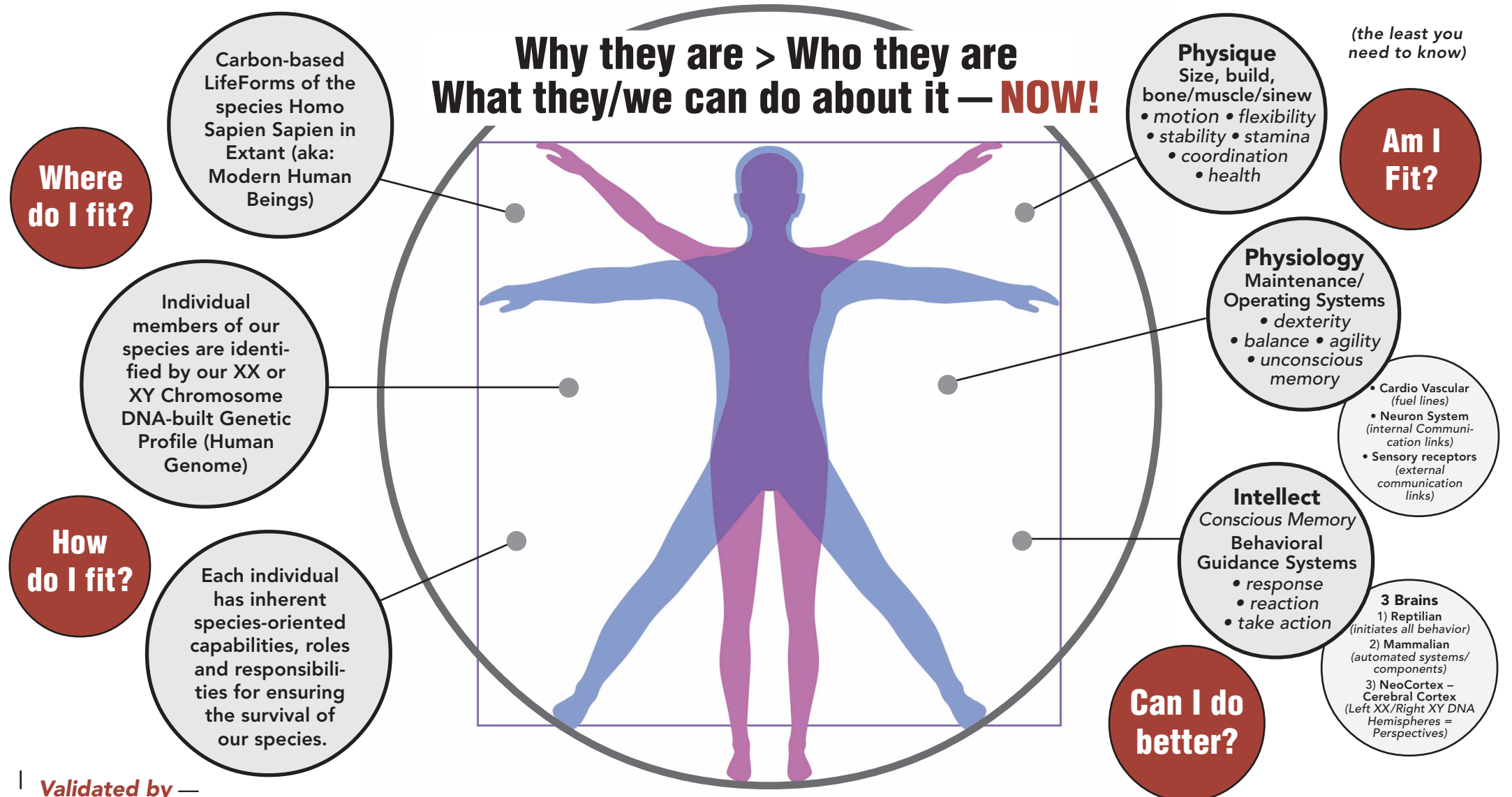


Civilian PTSD

Depression, Migraines, Suicidal Thoughts. Military and Civilian PTSD have the same physiology. Civilian PTSD generates **Attitude issues** that result in unexpected self-destructive or hostile behavior.

A Positive Attitude adjustment results from an improvement in an individual's situation/circumstance relative to their Future that offers a tangible expansion of their options/opportunities.

Who they are? Who's responsible? How?
 Five Skype-Right-In, face-to-face sessions with a Ys-Mentor; 60 minutes each; \$36/person/session = \$180; to 24 participants; includes Workbooks.



Validated by —

A Nobel Prize in Medicine and Physiology that tells us "How we can develop, maintain, sustain and optimize our capabilities and competencies." (Roger Sperry, CalTech, 1981)

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