

Curtailing Civilian PTSD

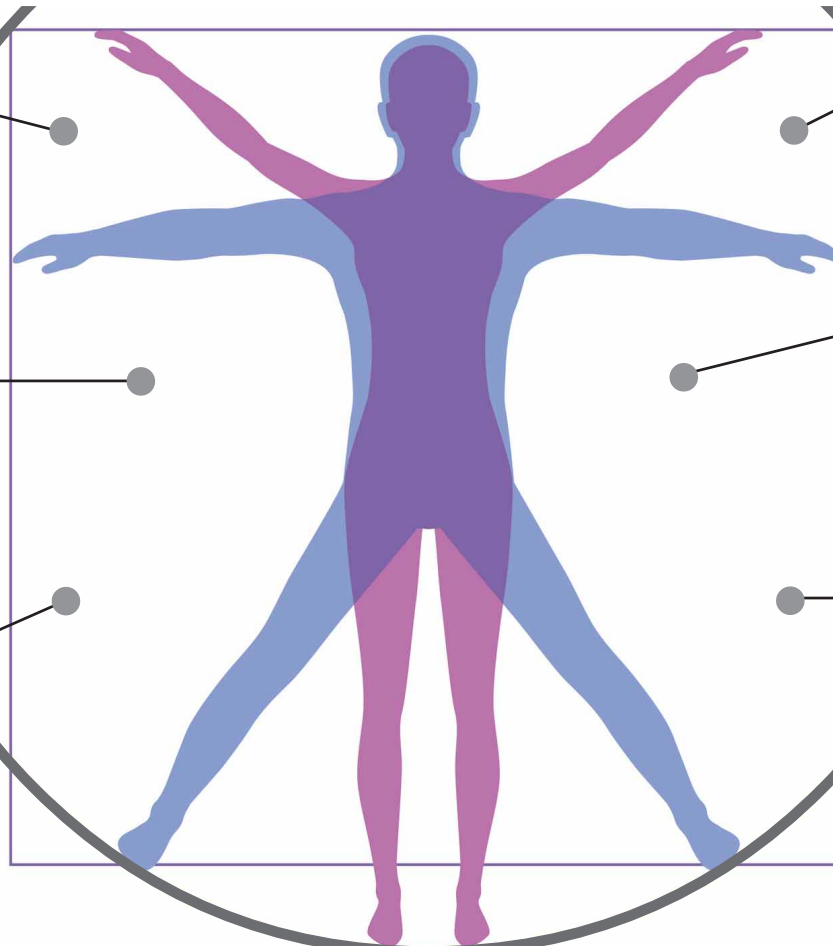
Depression, Migraines, Suicidal Thoughts. Military and Civilian PTSD have the same physiology. Civilian PTSD generates **Attitude issues** that result in unexpected self-destructive or hostile behavior.

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 Mi-Ys-Guide.

Why they are > Who they are What they/we can do about it — NOW!



Where do I fit?

Carbon-based LifeForms of the species Homo Sapien Sapien in Extant (aka: Modern Human Beings)

Individual members of our species are identified by our XX or XY Chromosome DNA-built Genetic Profile (Human Genome)

How do I fit?

Each individual has inherent species-oriented capabilities, roles and responsibilities for ensuring the survival of our species.

Physique
Size, build, bone/muscle/sinew
• motion • flexibility
• stability • stamina
• coordination
• health

(the least you need to know)

Am I Fit?

Physiology Maintenance/ Operating Systems
• dexterity
• balance • agility
• unconscious memory

• Cardio Vascular (fuel lines)
• Neuron System (internal Communication links)
• Sensory receptors (external communication links)

Intellect
Conscious Memory Behavioral Guidance Systems
• response
• reaction
• take action

3 Brains
1) Reptilian (initiates all behavior)
2) Mammalian (automated systems/components)
3) NeoCortex – Cerebral Cortex (Left XX/Right XY DNA Hemispheres = Perspectives)

Can I do better?

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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