

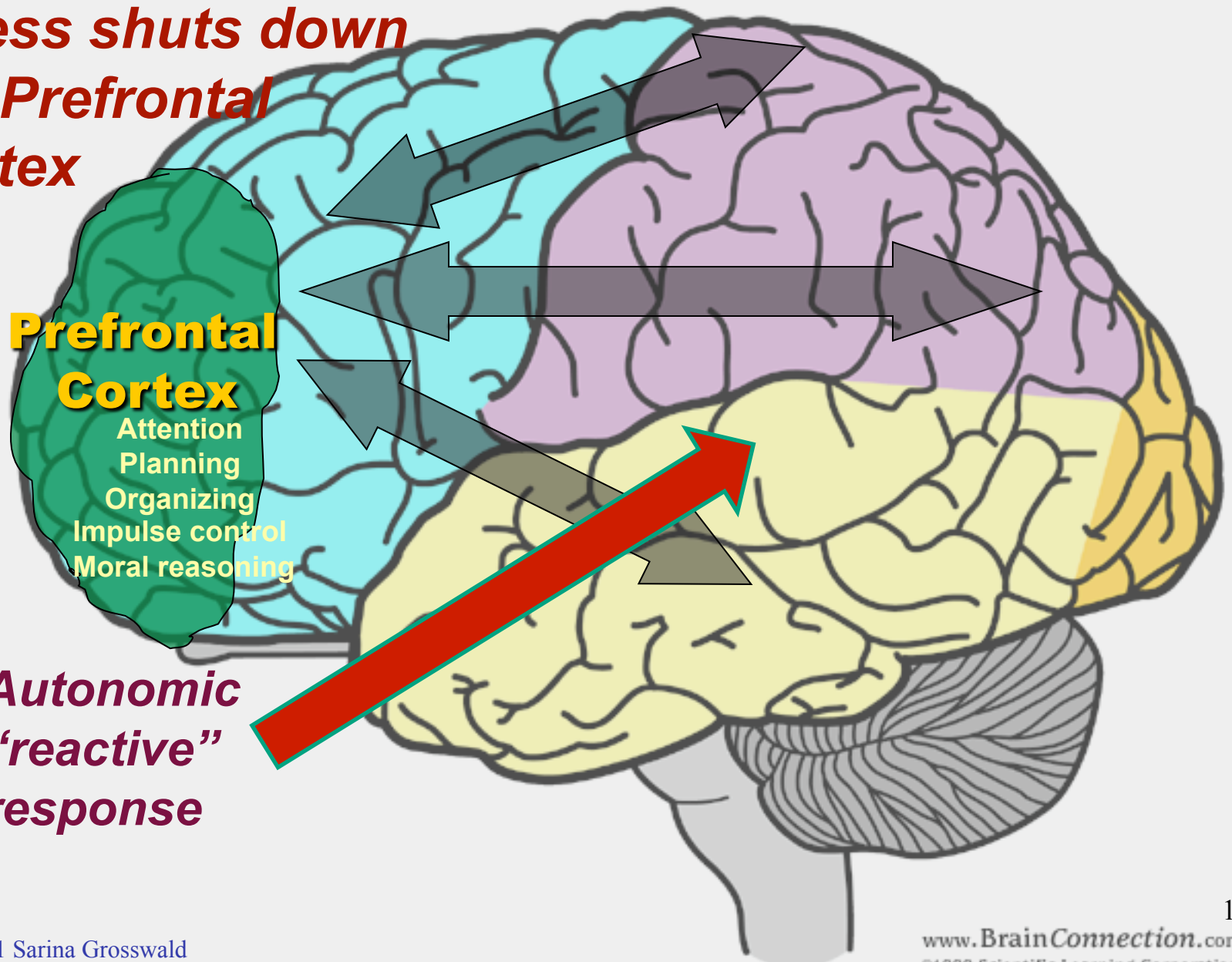
Executive Function

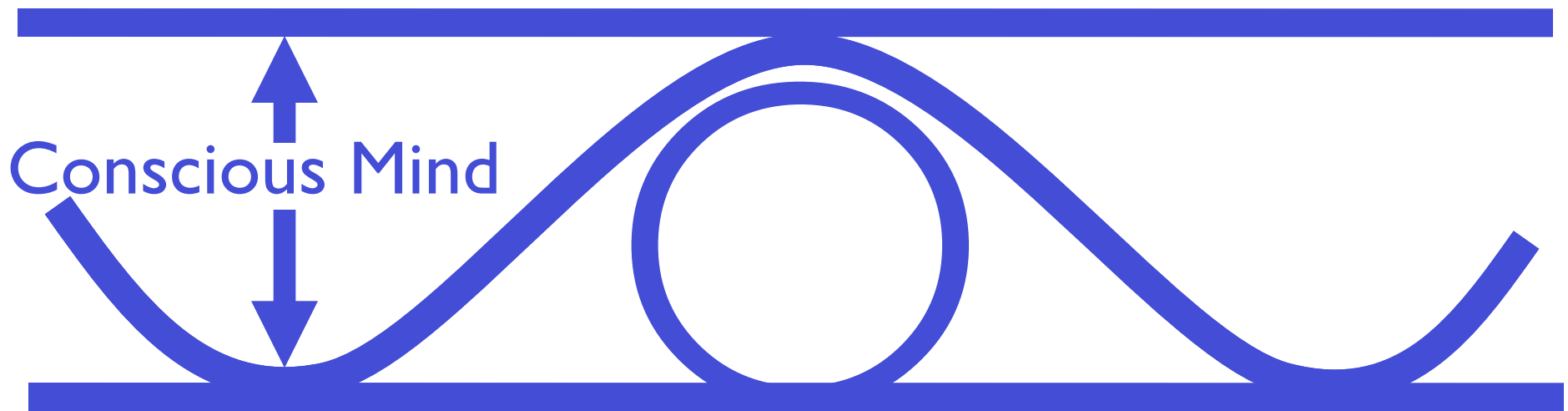
**Stress shuts down
the Prefrontal
Cortex**

Prefrontal Cortex

Attention
Planning
Organizing
Impulse control
Moral reasoning

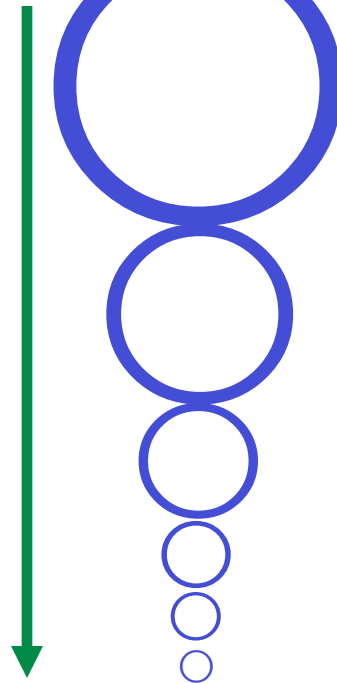
**Autonomic
“reactive”
response**





Conscious Mind

The TM Technique



**Takes the mind
from the active
level to its deep
source in pure
consciousness**

Source of Thought

TM's Effect on the Brain

Opposite of Stress Response

Action on Brain Chemistry

Effect

Decreases levels of stress hormone cortisol

Decreases stress, anxiety, fear, anger

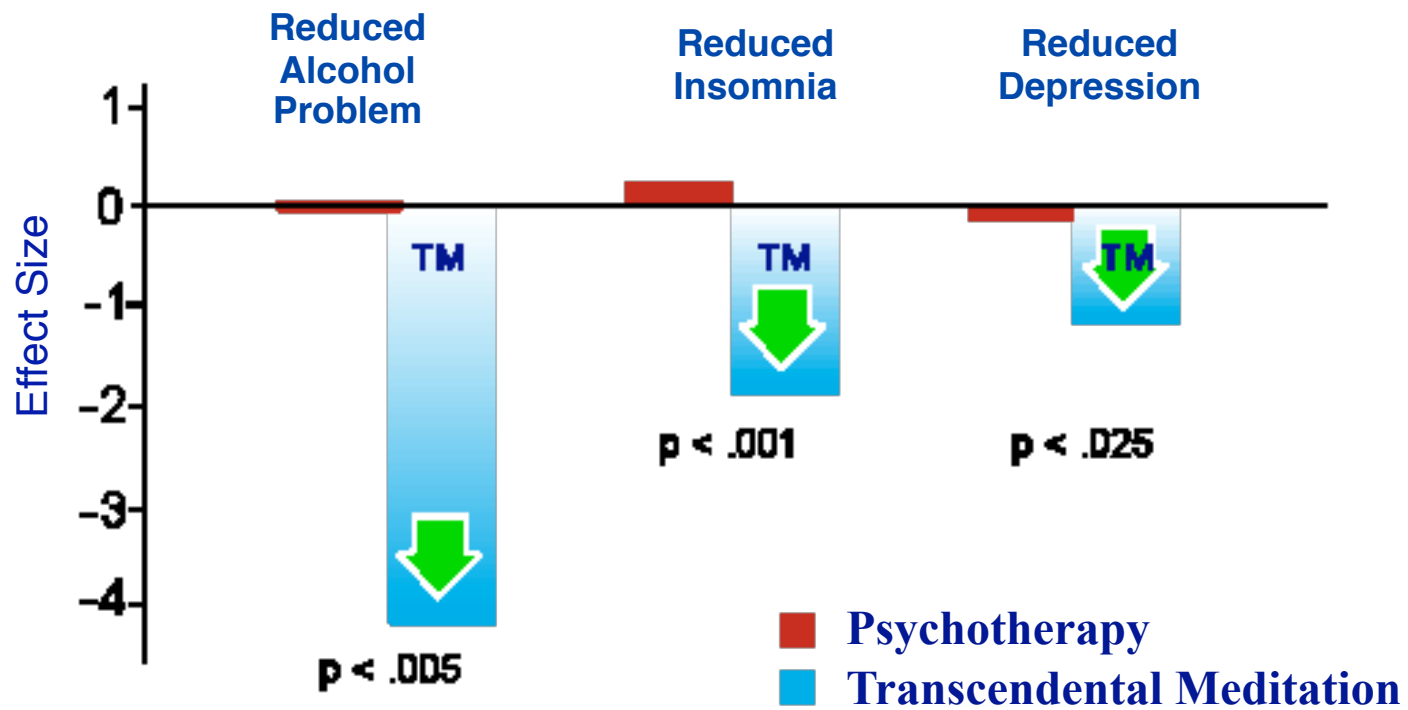
Increases serotonin availability

Improves mood, anxiety, depression, anger, and obsessive-compulsiveness

Balances norepinephrine

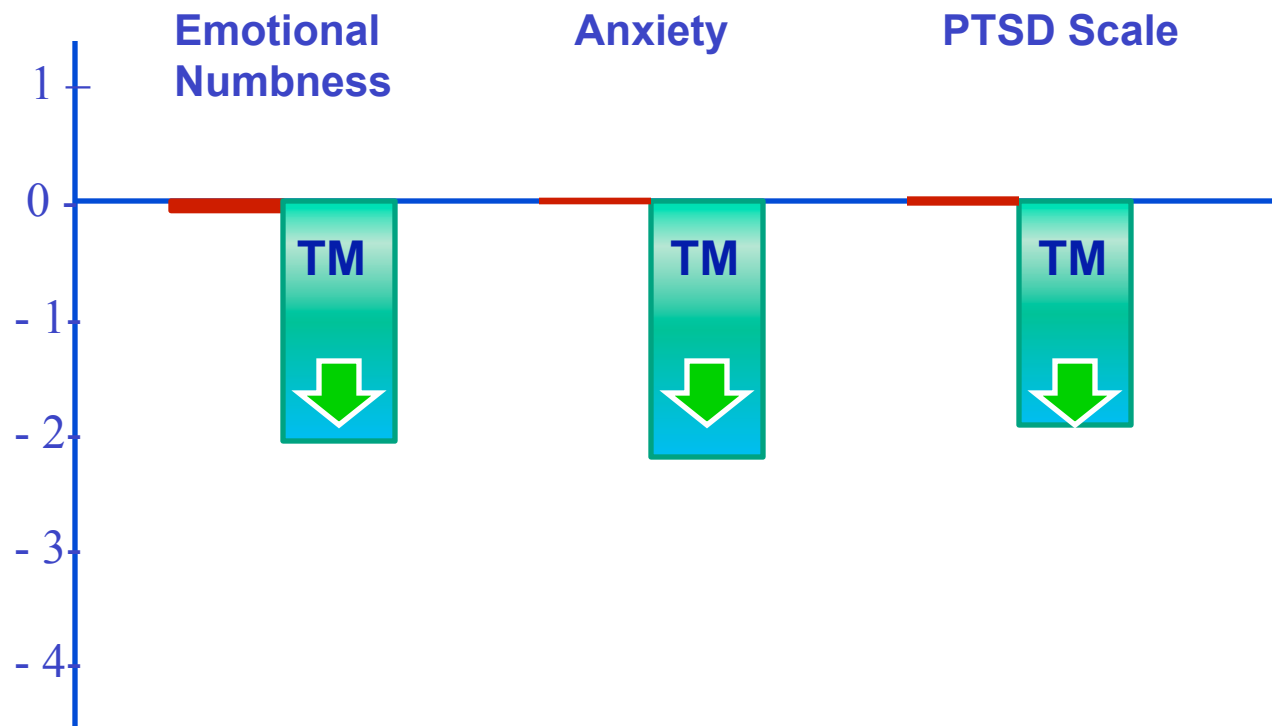
Improves attention, focus, planning, and organization

Effects of TM on Vietnam Veterans with PTSD (RTC)



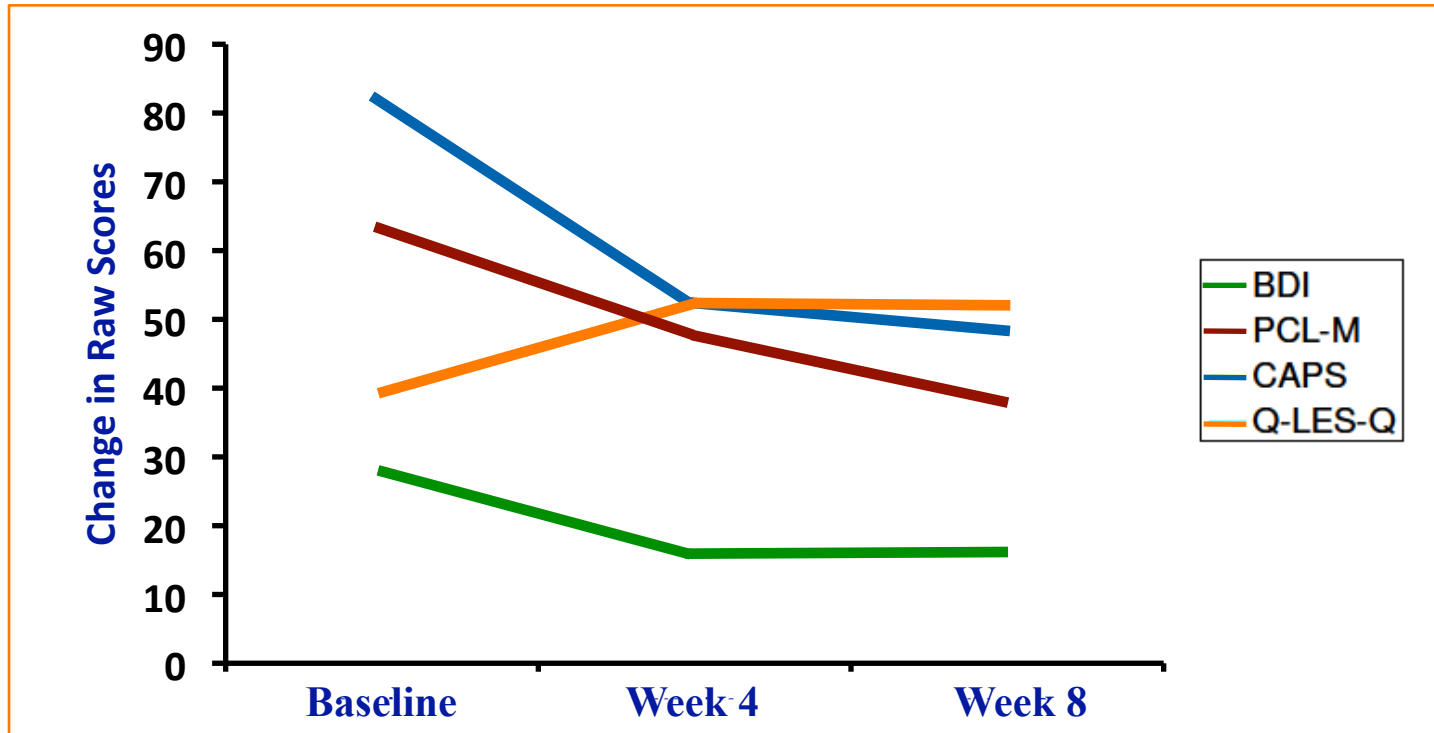
Journal of Counseling and Development. 1985;(64);212-215

Decreased Symptoms of Post-Traumatic Stress (RTC)



Journal of Counseling and Development. 1985;(64);212-215

EFFECTS OF TM ON OEF/OIF VETERANS WITH PTSD



Rosenthal J, Grosswald, SJ, Ross R, Rosenthal N. (In Review)

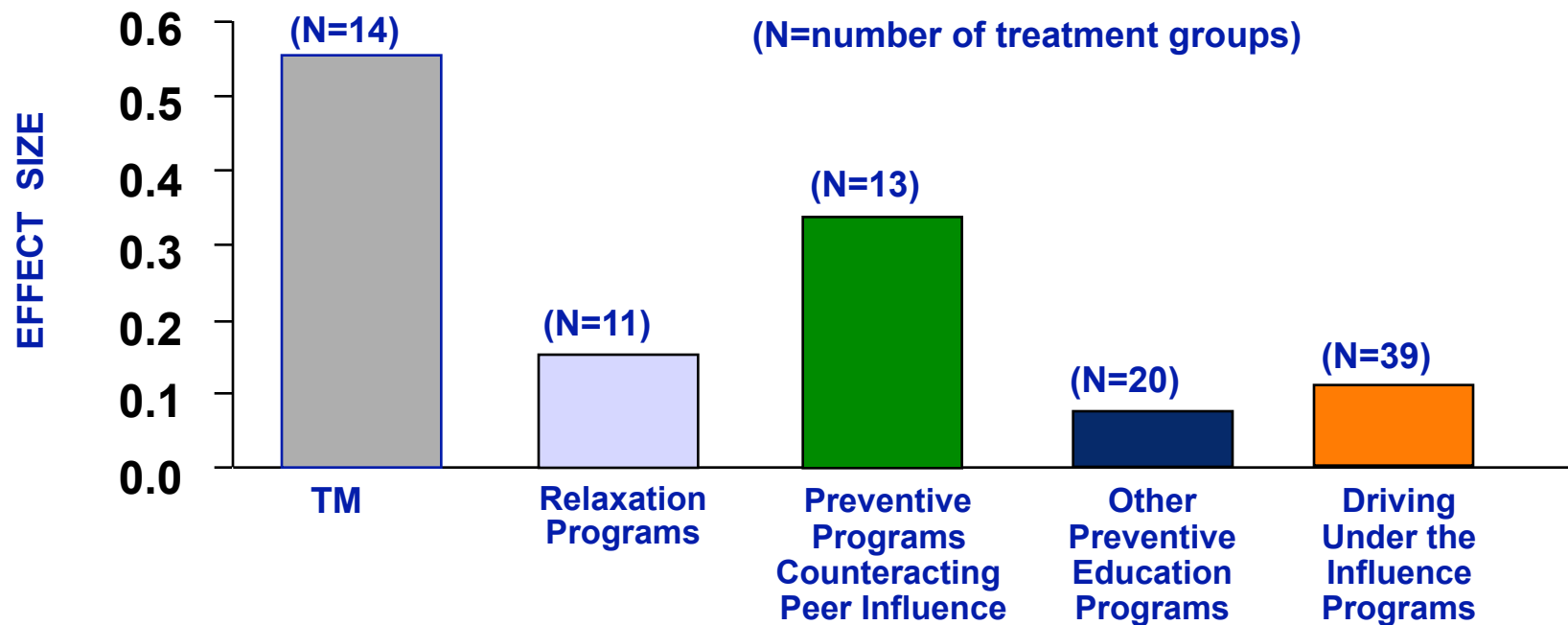
CAPS: Clinically-Administered PTSD Scale 30-item structured interview that assesses, among other factors, DSM-IV defined PTSD symptoms and their effects on social functioning. Considered the “gold standard” for PTSD assessment.

PCL-M: PTSD Checklist-Military Assesses the severity of the DSM-IV defined PTSD symptoms. Widely used by DOD and VA due to its high reliability and validity

BDI: Beck Depression Index Widely used inventory for assessing existence and severity of symptoms of depression

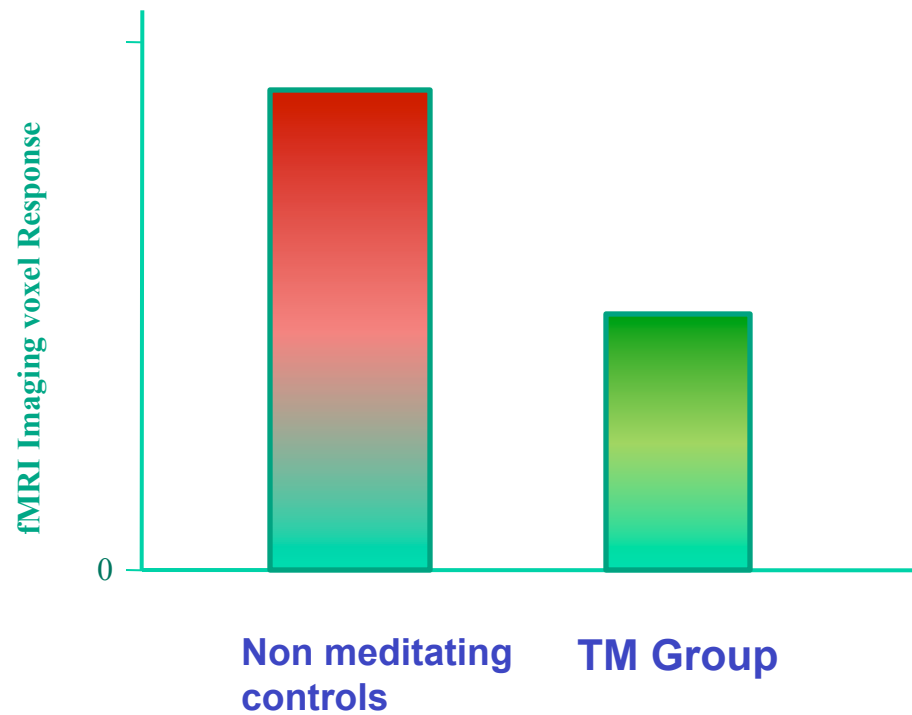
Quality of Life Enjoyment and Satisfaction Questionnaire (Q-Les-Q): 93-item self-report instrument, measuring the amount of satisfaction the patient enjoys in a different areas of life. Reliable measure for assessing aspects of mental health not covered by other inventories

Meta-Analysis of Reduced Alcohol Abuse



Alcoholism Treatment Quarterly 11: 13–87, 1994.

Reduced Response to Pain



Johnson, Schneider, Son, Nidich, Cho. Neuroimaging of meditation's effect on brain reactivity to pain. Cognitive Neuroscience and Neuropsychology, 17:1359-1363, 2006

Practice of Transcendental Meditation

- **Effortless**

Easy for people of all ages

- **Universal**

No belief or philosophy involved

- **Standard instruction**

Taught by specially trained, registered teachers

- **Lifetime followup**

No additional cost

- **Scientific validation**

Over 600 research studies

- **Unique style of rest**

Not seen in other relaxation techniques

“Man Portable”

- **Private**
- **Confidential**
- **Not dependent on others**
- **Nothing to refill or maintain**
- **Can be used almost anywhere**
(doesn't require quiet environment)



Transcendental Meditation Instruction

- **Introductory Lecture** 1.5 hours
- **Preparatory Lecture** 1.5 hours
- **Personal Interview** 10 minutes
- **Personal Instruction** 1.5 hours
- **Verification and Validation** 3 days/ 1.5 hours each day