





SYMPTOM	On 90 Day Follow-up	 Bob Culver Vietnam Veteran
Suicide Thoughts	Gone	
Paranoia	Gone	
Fear of Heights	Gone	
Anxiety	Gone	
Nightmares	Gone	
Fear of Crowds	Gone	

SYMPTOM	% Improved 90 Day Follow-up	 Andy Hodnick Gulf War Veteran
Hyper-vigilance	90%	
Chronic Pain	90%	
Violent Actions	80%	
Intrusive Thoughts	60%	
Nightmares	50%	

SYMPTOM	On 90 Day Follow-up	 Carlin Sloan Iraq War Veteran
Guilt	Gone	
Nightmares	Gone	
Drinking	Gone	
Tremors	Gone	
Chronic Pain	Gone	

SYMPTOM	% Improved 90 Day Follow-up	 Art Fritog Vietnam Veteran
Tinnitus	90%	
Nightmares	90%	
Depression	80%	
Hyper-vigilance	50%	
Panic Attacks	50%	

“The results were dramatic, swift and lasting.” Vietnam Combat Vet

The Veterans Stress Project offers all Veterans no cost, drug-free EFT coaching. Emotional pain and mental distress are substantially diminished using Emotional Freedom Techniques.

Multiple independent studies also show pain diminishes an average of 68% with EFT.

Over 85% of Vets receiving 6 free sessions in our studies have resolved most of their PTSD symptoms (insomnia, anger, grief, hyper-vigilance.) 6 month follow-up confirms the benefits last. **Sessions are confidential and data is anonymous.**

Veterans: Help other veterans. Assist in a study by receiving 6 free, confidential sessions from a VSP Research Coach and giving anonymous feedback. Non-research EFT sessions are also available from volunteers nationwide.

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See video of Vets using EFT:

www.stressproject.org

In Oregon and Washington Contact
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DRUG FREE EFT sessions in person, by phone, or over Skype.



VETERANS' STRESS PROJECT



“I was given a tool and I used it. EFT succeeded where prescribed drugs, therapies & booze failed. This I swear on my name and my oath. Semper Fi”

MSG Kenneth Lee Self (Ret) USMC

Relieves Chronic Pain, Anxiety, Insomnia & Stress

The Veterans' Stress Project helps Veterans learn an evidence-based, drug-free, self-help technique proven effective in relieving a wide range of stress-related symptoms.

Serves all US Veterans at NO COST.

**Non-profit.
Volunteer operated.
No religious or governmental affiliation.**

What Vets say:

“ In talk therapy they want you to tell all the details of a story over and over no matter how bad it feels, but with EFT you’re just never even allowed to get uncomfortable.”

Marine, Four Tours in Afghanistan & Iraq

“I haven’t felt this good doing cocaine. I haven’t felt this good drinking. I hope that people would just take it, just try it. Just try it once.” Andy Hodnick, Gulf War Veteran

“I can’t emphasize enough how important it is that you can actually feel like a real person again and not be afraid. and not have to cover up all of your junk every single day of your life.” Art Fritog, Vietnam Veteran

“After EFT I feel released from an emotional prison.” US Army Medic, Desert Storm

“I finally have been able to sleep at night without waking up in combat. I finally have my life back.” Staff Sergeant, Brian Davis

“The results were immediate... Overall, I regained the quality of life I had prior to deployment.” Olli Toukolehto, Army, Iraq

“Thank you Veterans Stress Project. You saved my life.” David S., Army, Iraq

We maintain **strict confidentiality** unless a veteran asks to share. Quotes are provided with veteran permission and encouragement.

**DRUG-FREE EFT sessions in person,
by phone or via Skype.**

Free, Effective, Non-Drug Support for Veterans of any era

US Veterans qualify for **6 free, private sessions** as part of on-going research. Veterans who participate contribute to the mission of helping thousands of other Veterans and their families.

All personal information is **confidential** and data is **anonymous**.

By contributing to this evidence-based research on the front line, Veterans not only benefit themselves, but also help make this remarkably effective tool available much sooner to Vets who need it now.

Please participate if you have ANY of the following conditions:

- ◆ Insomnia or nightmares
- ◆ Alcohol, drugs or depression
- ◆ Anger, anxiety, or panic attacks
- ◆ Rage, grief or guilt because you survived
- ◆ Feeling isolated, unsafe, jumpy
- ◆ Being triggered by other people
- ◆ Or, if you have not sought help for fear of damage to your military or civilian career.

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Families & Friends: **YOU are the life-line**

The vast majority of Veterans accept help only after they are encouraged by someone they trust: family, friends, counselors, and other Veterans.

Share this information with those who support Veterans. **You are the ones who make this drug-free solution available.**

Veterans: Do you have a mission to help others?

Use this opportunity to get your own life back on track by learning to manage or resolve your own pain and stress.

You have already made a difference for your country. Now choose to make a difference for yourself, your family, and your community.

The Stress Project is dedicated to helping Veterans help themselves.

This volunteer project has demonstrated results in improving the quality of life and care of our Veterans.

All Veterans’ Stress Project services are provided by VSP Coaches at no cost. Only VSP Coaches are involved with research. They are identified on the VSP website in italics.

Additionally, any EFT practitioner who is not a VSP Coach and who offers no cost or low cost services to Veterans and their families can ask to be listed on the VSP website. However, the listing does not constitute an endorsement of the practitioner’s skills or abilities.

The Veterans Stress Project is an initiative of Soul Medicine Institute, a 501(c)(3) non-profit research and teaching institution which has no religious or governmental affiliation.