

# Power of Positive Feelings: Moving Beyond Life's Stresses

## PTSD Reduction Seminars 2007 & 2008

Homeless Veterans & Women at Veterans Restoration Quarters


ABCCM, Asheville, NC – Rev. Scott Rogers, Executive Director


Michael Reich, Director, Vets Restoration Quarters

All PTSD  
Symptoms  
Reduced

65.2% Statically  
Significant

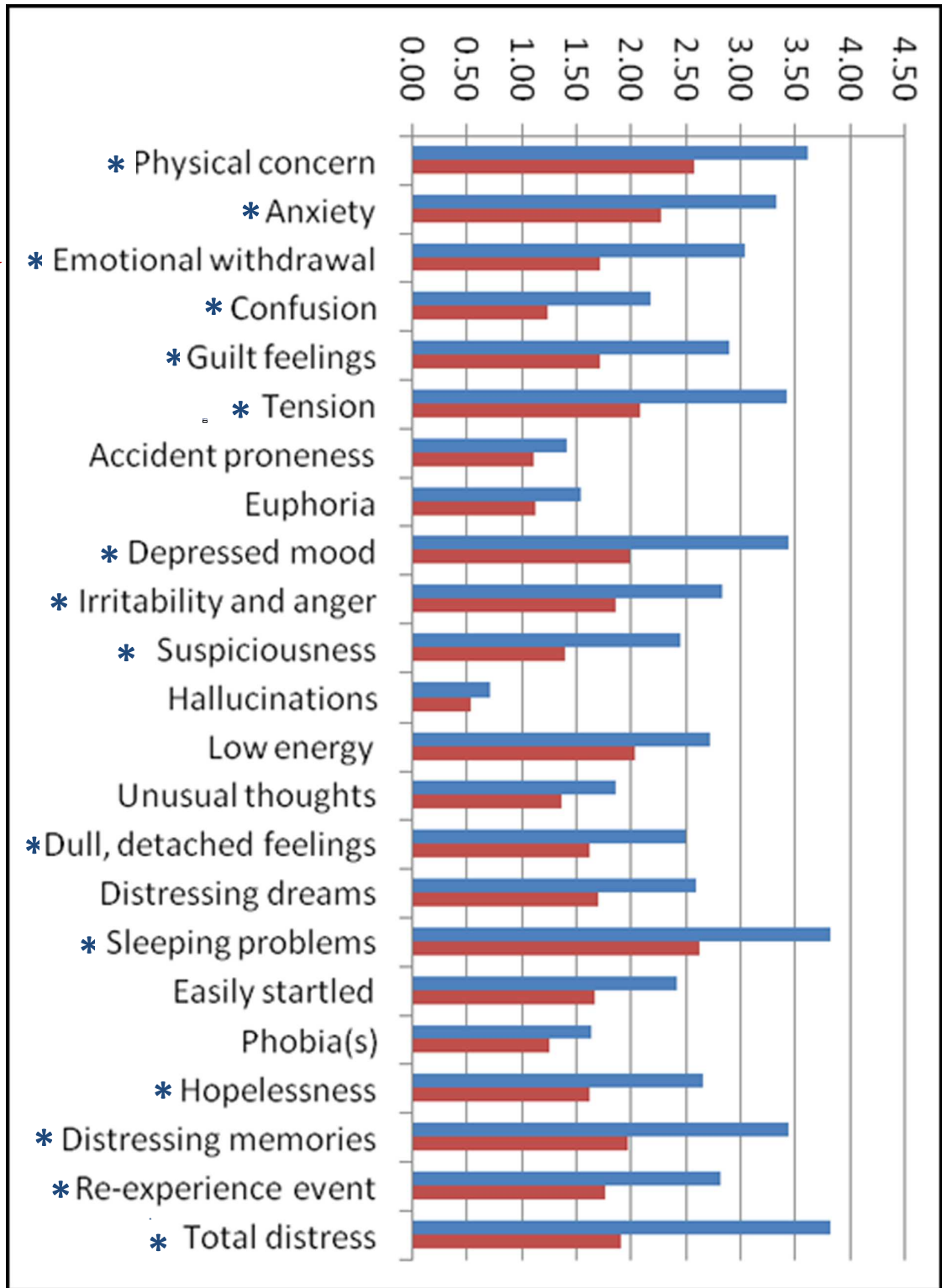
**Legend**

PRE= 

POST= 

\* =  $p < .05$   
Statically Significant

N = 47



Shift in Mean Scores – Brief Rating Scale: Post Traumatic Stress Disorder Rating Index ©Dosey 2006

For more information or a detailed report contact Dr. Dosey at [drdossey@drdossey.com](mailto:drdossey@drdossey.com) or 828-258-1311.

# *Power of Positive Feelings: Moving Beyond Life's Stresses*

## **PTSD Reduction Seminars 2007 & 2008**

### **Homeless Veterans at Veterans Restoration Quarters**

**ABCCM, Asheville, NC – Rev. Scott Rogers, Executive Director**

**Michael Reich, Director of Vets Rest Qrts & Inn**

#### **SUMMARY**

Residents of homeless shelters showed significant positive change after attending a 4 hour seminar geared toward determining 1) if positive connections could be made with homeless male veterans and homeless women; 2) if their Post Traumatic Stress Disorder symptoms could be identified, and predictably and measurably reduced by administering the seminar's two scientific debriefing methods; and 3) if tools could be introduced to assist them in productively re-entering the main stream of society.

The following findings clearly indicate that currently used debriefing methods for reducing PTSD could be improved with the procedures introduced in this seminar. And this seminar could greatly assist our Armed Service personnel, victims of disasters, recovery workers, police officers, fire fighters, and anyone who is, or has been, exposed to any prolonged or stressful event.

#### **Results**

- The 23 item inventory, "Brief Rating Scale: Post Traumatic Stress Disorder Rating Index, © Dossey2006," measuring various identifiable Post Traumatic Stress Disorder symptoms, showed significant reduction in PTSD in 47 homeless male veterans and homeless females. Statistical significance at  $p < .05$  below can be interpreted that the reduction in PTSD symptoms between pre and post ratings was 95% greater than by chance.
  - 23 or 100% of items for male and female combined showed a reduction in PTSD symptoms and
  - 15 or 65.2% were found to be statistically significant including Total Distress.  
(See Graph above)
- Results of the 56 general item test, "Simple Pre-& Post-Test for Physical, Mental/Emotional & Social/Work Related Preparedness For Traumatic Events & Life Stresses," also measuring various recognized Post Traumatic Stress Disorder symptoms, showed significant reduction in PTSD symptoms.
  - 53 or 94.6% of the items showed a reduction in PTSD symptoms.
  - 43 or 76.8 % of the items were found to be statistically significant.
- Eight participants prior to the seminar were severely suicidal. Following the seminar, all eight indicated that the suicidal ideations were gone. Anecdotal records indicate that these subjects are now in school, living in homes of their own and/or have jobs.
- 85.3% of the participants thought that seminar was highly valuable relative to the ideas and concepts presented.
- 95.0% reported that it was highly effective in terms of presentation of material.

Intervening variables must be taken into consideration and to note that the workshop may not have been the sole source for change. However, there is no evidence that the workshop did not have a profound impact on the subjects and their perceptions.

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