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Healing Trauma & Treating PTSD

Recovering from the Newtown School Shooting and Preventing Another

You don't have to be a direct victim of trauma to be profoundly traumatized by an event as horrific as the Newtown Massacre at Sandy Hook Elementary School. Even President Obama cried, notes Dr. Emmett Miller of Nevada City.

An internationally recognized physician specializing in healing and recovery from trauma, Dr. Miller is offering a free mp3 (a downloadable online recording) on how we can cope with our own anguish, help those whom we love - and change a nation, culture and media that glorify violence.

"Healing Trauma & Treating PTSD - Recovering from the Newtown School Shooting and Preventing Another" is a two-part presentation from one of the pioneers of mind-body medicine.

Part One analyzes how we can respond - not just react - to this tragedy. An appeal to both our deepest emotions and highest intellect, Part One takes us from our most intense feelings of loss and grief through the trauma healing process to the most practical and political solutions of how we can turn this crisis into an opportunity to, literally, change the world.

Using the precepts of his recent book "Our Culture on the Couch - 7 Steps to Global Healing," Miller takes us on a journey from the most basic step of being in, and accepting, the present reality to the ultimate step of committing to staying on course to changing ourselves and the world.

While Part One challenges our most fundamental fears and beliefs in a positive way, **Part Two gives us respite from the horrors we face via guided imagery meditation.** In his hypnotically soothing voice, Miller leads us to a place of both peace and empowerment.

"Healing Trauma & Treating PTSD - Recovering from the Newtown School Shooting and Preventing Another" is available for **free** at www.DrMiller.com/HealingTrauma/.

"When news of yet another outbreak of senseless violence, the shootings at Sandy Hook Elementary School, my heart was deeply saddened." Said a passionate Dr. Miller, "I knew this event would traumatize many people, and so I create this program to help people heal, grow, and respond effectively to this nationwide crisis."

For those who want to explore more deeply how we can change the world by changing ourselves, Dr. Miller is offering a free e-book copy of "Our Culture on the Couch - 7 Steps to Global Healing." To obtain a copy, just sign up for the free Healing Times newsletter at www.DrMiller.com/Newsletter/.

For more information, visit www.DrMiller.com or call 530-478-1807. Additional resources include [Facebook.com/AskDrMiller](https://www.facebook.com/AskDrMiller), [Twitter.com/DocMiller](https://twitter.com/DocMiller) and [YouTube.com/EmmettMillerMD](https://www.youtube.com/EmmettMillerMD).

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