

## Post Traumatic Stress Disorder in the Military - A Different Approach.

Janine Regan-Sinclair

*US military and civilians internationally*

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### Abstract

Post-Traumatic Stress Disorder (PTSD) is a silent psychological wound and is a major problem for veterans and active servicemen and women alike. The sufferer battles with a sense of identity loss that can leave them angry, depressed, emotionally imbalanced and often empty inside. With an average of 20 veterans committing suicide daily, there is room for improvement in the way treatment is offered to them (Office of Public and Intergovernmental Affairs, 2016). In a digital world, we need to move with the times and offer digital therapy, so easy to access that victims need only pick up their cell phone to help themselves. Conventional treatment methods focus on the mind-body connection, which is only a part of the solution; a critical factor in healing PTSD is the damage caused to the human spirit or psyche, which is described in this paper as 'soul fragmentation'.

### Biography:

Janine Regan-Sinclair, The Consciousness Architect is a certified Hypnotherapist & Counsellor, NLP Practitioner and

Energy Healer. She believes mental health issues in particular need her holistic approach in order to help people recover fully. She has worked with US military and civilians internationally regarding PTSD amongst other trauma issues. Her self-help digital audios have a significant impact on PTSD and Traumatic Brain Injury; as one of her audios repairs and rewires pathways in the brain. She is convinced that her brain repair audio would also help many brain issues such as Parkinson's Disease, Dementia, Sports Injuries and CTE in footballers, if used after each game they play. Her testimonials speak for themselves.

### References

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**Citation:** Janine Regan-Sinclair, US military and civilians internationally; Post Traumatic Stress Disorder in the Military – A Different Approach.; Digital Health 2021 Oct 28-29, 2021; Osaka, Japan.