Healing Our Heroes: Treatment Techniques to Support Family Resiliency Naturally-Part 1

Additional Resources:

**Articles**


Books


Links

Wellbeing and Relaxation


How to Mediate: Strengthening Your PTSD Recovery

http://www.blogtalkradio.com/michelerosenthal/2014/02/05/how-to-meditate-strengthening-your-ptsd-recovery

Mind-Body Practices and Post-Traumatic Stress

http://www.breath-body-mind.com/PTSD.php

Psychiatric Clinics

http://www.psych.theclinics.com/issues
Podcasts

Is Alternative Medicine Really 'Medicine'?
http://www.npr.org/2013/07/05/199025493/is-alternative-medicine-really-medicine

Mindfulness Meditation Can Help Relieve Anxiety and Depression
http://www.npr.org/sections/health-shots/2014/01/07/260470831/mindfulness-meditation-can-help-relieve-anxiety-and-depression

PTSD & Yoga: Ideas for Stress Relief

Soldiers Project Aims to Heal War’s Mental Scars

Through Meditation, Veterans Relearn Compassion
http://www.npr.org/2012/11/21/165667696/through-meditation-veterans-relearn-compassion

Websites

Academic Consortium for Integrative Medicine and Health
http://www.imconsortium.org/

American Psychiatric Association (APA) Caucus on Complementary, Alternative, & Integrative Medicine (CAIM)
https://intpsychiatry.wildapricot.org/

Breath Body Mind
http://www.breath-body-mind.com/
International Network of Integrative Mental Health
http://www.inimh.org/

Serving Those Who Serve
http://www.stws.org/