



## About the film

In March, 2008 I was invited to witness and record a unique pilot project. A select group of American combat veterans; men and women with service histories ranging from Vietnam in the 60's to current day Iraq and Afghanistan were to be partnered with an elite team of energy psychologists in an intensive therapy project that would culminate today with the release of the feature-length documentary OPERATION: Emotional Freedom.



What inspired this pilot project was one chilling reality with many personal aspects – **“as many as one in three service men and women returning from combat duty are diagnosed and suffer from PTSD or post traumatic stress disorder.”** This finding from a Rand Corporation report in 2008 was the evidence that an epidemic was underway, an epidemic that has been ignored or

been given over to pharmaceuticals for decades.

Recent reports by the Pentagon itself list a figure of 20% of all Iraq and Afghanistan veterans as having PTSD. Traditional drug and talk therapies are the mainstay in the treatment of most emotional disorders – military-based, or not. For the veterans we met, drugs had been what they were offered and most had found them ineffective in the short and long term.



The veterans in this film and their friends and families can attest to the fact that it is often the lesser of two evils to go off ‘meds’ than to cope with their side effects. As one vet in our story tells – *“they get you to the point where you won’t go up a church spire and shoot ten or fifteen people, but it doesn’t change anything, you still don’t feel right.”*



Self medication and isolation are often the alternative to painful talk therapy sessions and the chemical cocktails of prescription drugs. Regardless, combat vets rarely improve once PTSD finds its way into their lives. Marriages fail, depression, nightmares and hyper vigilance abound. These were the symptoms the veterans who volunteered to come to San Francisco carried into the introductory night hotel meeting room.

Behind the effort to help change this path for these people and perhaps at least some of the hundreds of thousands of troops yet to return from active duty was Gary Craig. Fifteen years earlier Gary put together a therapy concept that combined the ancient Chinese acupuncture meridians with simple affirmations and guided talk therapy.



The result became EFT – Emotional Freedom Techniques, a simple therapy that has found its way into home-based self healing as well as the toolkits of some of the leading energy psychologists in the world.

As part of his earliest trials, Gary videotaped a pilot project he called “Six Days at the VA.” In it he showed remarkable success at reducing or eliminating long standing PTSD in Vietnam era vets at a facility in Los Angeles. That work attracted me to EFT and energy psychology and this documentary is set to become the first large scale coverage of the same technique and follow up with vet clients since then.



What has transpired over the last 30 months working on this film were trips across America – Alaska to Albuquerque, New York City to North Carolina. For over a year after the initial sessions I brought cameras and sometimes small film crews with me to witness what, if any, changes and challenges were occurring in the individuals and their families I visited over the subsequent months. In every situation, what I found was even more healing, more recovery than I’d seen back in San Francisco and far more than I’d expected – lives changed back to hope, promise and calm. And it wasn’t just wishful thinking on my part or overstatements from the veterans.

Without question every partner, parent, child or friend of our subjects was amazed and overjoyed to see the changes first brought home and then refined and kept alive as months went by. This was not a one minute wonder, nor a parlor trick. The changes were real and lasting. The benefits were profound. Sleep returned, reliance on medications changed drastically. Relationships improved and partners and family members were given the chance to reunite with the people they’d known prior to their military exposure. Most encouraging were how children reconnected with parents and vice versa where formerly little or no compassion, understanding or forgiveness was possible.



Beyond the individuals shown in the documentary hundreds of others have been similarly treated. The results are published in peer review journals and are a part of a larger effort to introduce energy psychology into the formal medical/military system for supporting combat veterans. Those findings will speak louder than the film in many circles.



In addition to the documentary are several non profit efforts to reach out to any the 22 million plus veterans seeking help with the symptoms of PTSD. It is hoped that this record of what is possible will stand as a marker for anyone interested in bringing freedom - emotional freedom to the people who’ve served others.

There’s more to this, but the film will hopefully tell the rest. For more on the people and process, or to see highlights from the film or obtain a copy for yourself or someone you know visit [www.operation-emotionalfreedom.com](http://www.operation-emotionalfreedom.com)

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