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### CAM: Complementary/Alternative Medicine for PTS(D)

- Resources: <http://www.adaa.org/finding-help/treatment/complementary-alternative-treatment>
- <http://www.ptsd.va.gov/professional/treatment/overview/mindeful-PTSD.asp>
- [http://www.musictherapy.org/research/music\\_therapy\\_and\\_military\\_populations/](http://www.musictherapy.org/research/music_therapy_and_military_populations/)
- [http://www.huffingtonpost.com/tim-hayes/horses-for-heroes-healing\\_1\\_b\\_7425962.html](http://www.huffingtonpost.com/tim-hayes/horses-for-heroes-healing_1_b_7425962.html)
- <https://www.pga.org/articles/next-basic-training-%E2%80%93-how-golf-serving-our-veterans>
- <http://www.arttherapyblog.com/c/ptsd/#.VvGxUvkrK70>
- <http://info.achs.edu/blog/why-alternative-treatments-are-better-for-veterans>

#### Videos

- Service Dogs [https://www.youtube.com/watch?v=0y\\_a\\_V1QD3U](https://www.youtube.com/watch?v=0y_a_V1QD3U)
- Music/Sound Therapy [https://www.youtube.com/watch?v=0y\\_a\\_V1QD3U](https://www.youtube.com/watch?v=0y_a_V1QD3U)
- Yoga/Mindfulness <https://www.youtube.com/watch?v=hLPg4xd6kzQ>
- Equine Therapy <https://www.youtube.com/watch?v=2Onuikx9CEc>
- <https://www.youtube.com/watch?v=Z7EedCwJ4ww>