



# Post Traumatic Stress Disorder: Everyone Suffers A Certain Degree Of Stress In Their Life

*Terry Mallenby*

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Post Traumatic Stress Disorder: Everyone Suffers A Certain Degree Of Stress In Their Life How about this example of Post Traumatic Stress Disorder? Includes forced retirement of one “little guy” at the age of 28 when Canadian Government employees spread false murder charge statements against him, by such employees as: • RCMP S/Sgt John Thomas Randle • M.J. Hauser • Nicole Bomberg of the Canadian Human Rights Commission • Lorisa Stein of the Canadian Human Rights Commission And the Canadian Government started harassing this current author for revealing the truth about this corruption, with bogus audits for example by Gail Shea, Revenue Minister. Ah, that feels better – how true – one feels a lot better after writing about such bull-shite!! Footnotes 1. New technique to write off anxiety / PTSD sufferers encouraged to keep journals to help treat their disorders Michio Watanabe / Yomiuri Shimbun Staff Writer <http://www.yomiuri.co.jp/dy/national/T120210005760.htm> Also see: Arnold A.P. van Emmerik, Jan H. Kamphuis, Paul M.G. Emmelkamp, “Treating Acute Stress Disorder and Posttraumatic Stress Disorder with Cognitive Behavioral Therapy or Structured Writing Therapy: A Randomized Controlled Trial”, *Psychother Psychosom* 2008;77:93-100 Also see: Brent MacKinnon, *PTSD and Expressive Writing*. Brockton Publ, 2012

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