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Charmaine Anderson
Real Art Studios, LLC.
Tigard, OR 97224

Re: Serenity Moments - Hawaiian Islands - Guided Meditation

I have had an opportunity to view and study the DVD material developed by Charmaine Anderson. This material has been used in my practice to successfully implement psychotherapy and other psychological modalities of treatment.

An example of patients I have worked with and who have benefited from this DVD include individuals with significant physical trauma as well as heightened anxiety and depression. This DVD has been very helpful in the treatment of returning veterans from both Iraq and Afghanistan.

The material is professionally developed and has been of special interest for me in treating patients with Post Traumatic Stress Disorder whatever the cause. I have also found the material relaxing when used on a personal basis. This material (DVD) has potential not just in the treatment of PTSD but for use with psychosomatic disorders such as irritable bowel syndrome, depression and anxiety disorders.

I strongly support the use of this DVD material in the treatment of the conditions noted and likely in other circumstances as well. The potential for this DVD and guided imagery may be unlimited and I highly recommend its use and distribution. I did not receive any financial compensation with regard to my recommendations or use of this product.



Ronald Turco, M.D.

Past President-American Academy of Psychoanalysis