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Thursday, August 5, 2010 Editor Greg Davis • 745-4641 ext 261

HEALTH: Military would use ecstasy to treat soldiers if proven safe and effective, senior Forces doctor says

POST-TRAUMATIC STRESS DISORDER

PTSD is caused by exposure to a psychologically traumatic event such as military combat, sexual assault, disasters or other horrific events

Symptoms

- Nightmares
- Severe anxiety
- Flashbacks
- Isolation
- Depression
- Suicidal tendencies
- Aggression and frustration that can impact the person's social, family and work-related interactions

Treatment

- Psychotherapy**
- Counselling and educating the patient about the disorder to lift stigma and work through trauma, talking about the events that led to PTSD
 - Also involves anger and stress management, coping skills, relaxation techniques and cognitive/behavioural therapy to help patients focus on less distressing thoughts

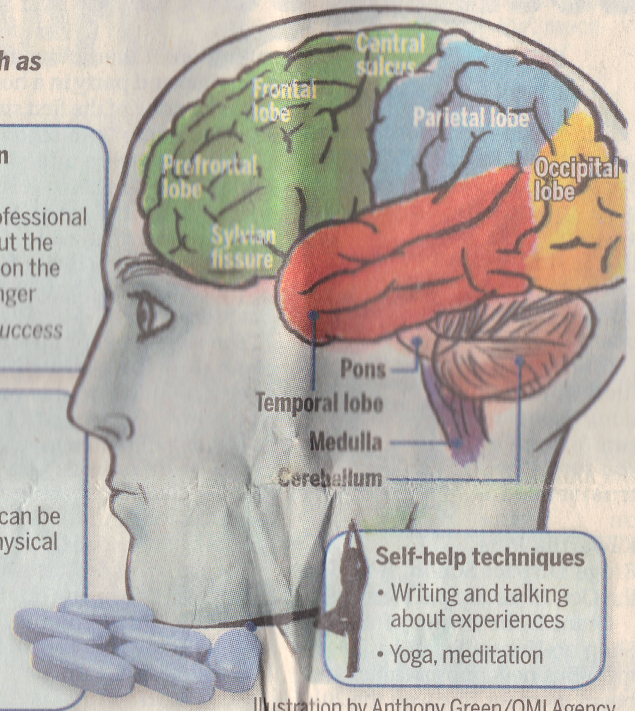
Eye movement desensitization and reprocessing

Cognitive therapy where the professional helps the PTSD patient talk about the traumatic events while focused on the professional's rapidly moving finger

Scientific opinion is split on its success

Medication

- Mood stabilizers, anti-anxiety drugs, anti-depressants, anti-psychotics and tranquillizers can be used to prevent or manage physical and psychological symptoms
- Beta blockers may lessen the symptoms by suppressing or "blotting out" longer-term emotional memories



Self-help techniques

- Writing and talking about experiences
- Yoga, meditation

Illustration by Anthony Green/QMI Agency

Street drug a potential PTSD treatment

KATHLEEN HARRIS
QMI Agency

OTTAWA — Canada's military would use the illicit dance-floor drug Ecstasy to treat soldiers with post-traumatic stress disorder, a senior military doctor says.

would entertain adding it as an approved treatment." A new study published in the *Journal of Psychopharmacology* shows a small clinical trial found 80% of chronic patients treated with psychotherapy and

“If you replaced ecstasy with substance X — whether it was an absolutely approved legal drug, a mainstream

would take many years of tests and research before it might be deemed ready for regulatory approval. Any soldiers suffering from PTSD should seek professional care and should never self-medicate or treat them-

MEDIA: Gallery bars reporters from Journal de Mon

Quebec gov't slammed over blocking paper

DAVID AKIN
Parliamentary Bureau Chief

OTTAWA — Reporters Without Borders, an international organization dedicated to promoting press freedom, is slamming the government of Quebec Premier Jean Charest for backing a decision by the press gallery at the Quebec National Assembly to bar reporters from *Le Journal de Montreal*.

Jean-Francois Julliard, the Paris-based secretary general of Reporters Without Borders, says in a letter to the speaker of the Quebec National Assembly, Liberal MNA Yvon Vallieres, that barring reporters from the assembly is “detrimental to the image of Quebec, its democracy and the institution



— since the dispute began. Recently, the press gallery in Quebec City changed its accreditation to allow it to accredit to anyone sending an organization in a labour dispute. Without press gallery accreditation, reporters can't debate in the legislature, mittee meetings, or press conferences and can't use press ties in the assembly building. But the Quebec National Assembly press gallery, like Parliamentary Press Galleries in Ottawa and press galleries at provincial legislatures, derive authority from the speaker of the legislature and, ultimately, the legislatures themselves. Julliard said the Quebec National Assembly “can reject an accreditation request by a media group to cover a legislative session, particularly if the request is made at the request by a media group