

Helping Vets Cope After War

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Researchers are testing a new method for treating post-traumatic stress disorder, especially for troops that have been in war.

They hope soldiers dealing with troubling memories can get help before depression and other health problems set in.

Using meditation and yoga, this mindful stress reduction teaches vets how to be aware of the present, so the past doesn't haunt them.

"What we teach is a way of not trying to eliminate a stressor. For instance, not trying to avoid the fireworks on 4th of July, but to be able to tolerate that. And to have a different relationship to it." said counselor Kaye Coker.

About 7.7 million Americans 18 and older have post-traumatic stress disorder or PTSD.

Twenty percent of Iraq war vets and 11% of those who served in Afghanistan have some degree of PTSD.

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