



**DEPARTMENT OF VETERANS AFFAIRS**  
**Readjustment Counseling Service**  
**Los Angeles Vet Center**  
**1045 West Redondo Beach Boulevard**  
**Suite 150**  
**Gardena, CA 90247-4129**  
**(310) 767-1221**

In Reply Refer To:

November 10, 2014

To whom it may concern;

As Team Lead at the Gardena Vets Center, I am pleased to endorse Project Welcome Home Troops and its Power Breath Meditation Workshop. I am writing to share the positive experience PWHT provided as a form of resilience training for our veterans and staff during recent Power Breath Meditation Workshop held in Los Angeles.

John Osborne and Jeff Houk led the sessions with a combination of energy, insight and compassion. I could observe a substantial improvement on a number of PTSD symptoms. Several veterans who participated in the workshop have spoken to me on various occasions following the course, remarking on how they sleep better, have reduced nightmares and feel more grounded in the present moment. They have also reported fewer emotional outbursts and a greater patience and acceptance with themselves and others.

I am very encouraged by these initial results and plan to refer more veterans, their spouses and Vets Center staff to future workshops. Our focus at the Vets Center is primarily on talk therapy and this intervention seems to help vets open up more and be more willing to go a little further in their counseling sessions.

It is without reservation that I recommend this program both to veterans and VA staff members. We have an obligation to ensure that our vets are provided with the highest standard of care and healing, both physically and emotionally. And we also have an obligation to make certain that those who care for our vets are given all the tools available to do the very best job possible; stress management is critical to our staff.

Sincerely

A handwritten signature in black ink, appearing to read "R DeCarlo", is written over a horizontal line.

Robert DeCarlo, MSW, LCSW.  
Team Leader