

FOR NCRA AWARDS

Sound Therapy Radio, CJSF 90.1

Post-Traumatic Stress Disorder

Hello, My name is Lauren McNeil, I am a mental health survivor and I co-produce Sound Therapy Radio with Jay Peachy. We have been broadcasting weekly since 2009 on CJSF 90.1fm Burnaby. This programs intention is to help others and reduce the stigma of mental health.

Sound Therapy Radio is a program to talk about mental health in other people and to explore these sensitive subjects and stories. We have discussed many subjects on our show ranging from different types of Psychosis to Post Traumatic Stress Disorder. The show that we have submitted is on Post-traumatic stress disorder. The guest on this show is named Bill, his disorder was triggered through witnessing a horrible tragedy. Going through this episode we hear his deepest thoughts and recollection of the events that occurred from this trauma. You will be soaked in on his honesty of how the events happened and occurred, as he goes back in time to reveal the image and his words, to us.