

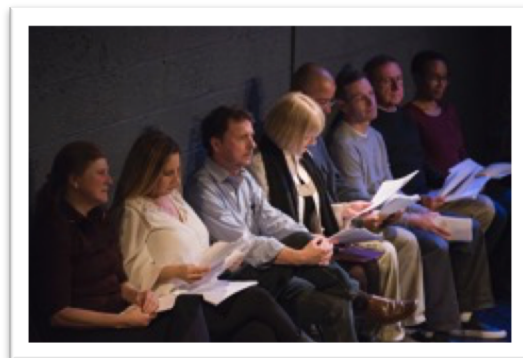
DE-CRUIT®

Veteran-created, trauma-informed, Shakespeare-based, research project



What is DE-CRUIT®

A course created by Army Veteran Stephan Wolfert, specifically designed for military Veterans, which interweaves classical stage acting with modern psychology. Through a 20-hour program it's a proven to help with everything from PTSD symptoms to everyday anxiety, from improving interacting in social settings to professional acting. session to measure any effects that this program might have on participants. Quite simply you will be guided through a short Shakespeare monologue, write a few short passages, and take three surveys along with three non-invasive measurements (EEG and heart coherence). That's it.



Veterans moments before a presentation.

Why Would I Do This?

There are three great reasons to participate:

- 1) You get paid! (\$50 for 2 "pre-readings" and \$100 for completing the course = \$150)
- 2) Every Veteran who has participated has reported significant benefits from DE-CRUIT
- 3) DE-CRUIT has working with the leading trauma scientists in the world and has been presented all over the U.S. and 5 countries.

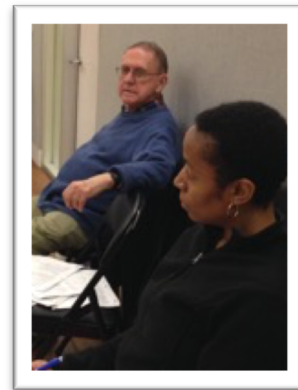


Army Veterans perform a scene from Othello.



What Will I Have to Do?

- 1) Meet me the week of July 23-28 to take “pre-measurements.”
- 2) Attend a three-hour class once a week for six weeks plus a final “presentation” in front of your class on the seventh week. Also, you will and take two surveys along with two non-invasive measurements (EEG and heart coherence).



Who Can/Should Sign Up?

Veterans of all ages, branches, eras, and military experience are welcomed to participate.



When and Where?

See attached list for details of dates, times by city.

How Do I Find Out More?

Contact Stephan Wolfert at: 323-533-2847 |

Stephan@decrUIT.org | www.decrUIT.org



WHEN AND WHERE WILL IT MEET?

DE-CRUIT DATES & TIMES—BY CITY

Lehigh Valley, PA: Tuesdays 6:30-9:30pm

July 24 th Tuesday	Lehigh Valley, PA	Pre-Readings (surveys, HRV, EEG, Video) Watch <i>Cry Havoc!</i>
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September 11 th Tuesday	Lehigh Valley, PA	Week One: Watch <i>Cry Havoc</i> And take Readings (EEG, Surveys, Heart)
September 18 th Tuesday	Lehigh Valley, PA	Week Two: Session Two
September 25 th Tuesday	Lehigh Valley, PA	Week Three: Session Three
October 2 nd Tuesday	Lehigh Valley, PA	Week Four: Session Four
October 9 th Tuesday	Lehigh Valley, PA	Week Five: Session Five
October 16 th Tuesday	Lehigh Valley, PA	Week Six: Session Six
October 23 rd Tuesday	Lehigh Valley, PA	Week Seven: Performance & final Readings

Saratoga Springs, NY: Thursdays from 6-9 pm

July 26 th Thursday	Saratoga Springs	Pre-Readings (surveys, HRV, EEG, Video) Watch <i>Cry Havoc!</i>
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September 13 th Thursday	Saratoga Springs	Week One: Watch <i>Cry Havoc</i> And take Readings (EEG, Surveys, Heart)
September 20 th Thursday	Saratoga Springs	Week Two: Session Two
September 27 th Thursday	Saratoga Springs	Week Three: Session Three
October 4 th Thursday	Saratoga Springs	Week Four: Session Four
October 11 th Thursday	Saratoga Springs	Week Five: Session Five
October 18 th Thursday	Saratoga Springs	Week Six: Session Six
October 25 th Thursday	Saratoga Springs	Week Seven: Final Presentations & Final Data Readings

Samaritan Village NYC: Fridays 6-9pm.

July 27 th Friday	Samaritan Village	Pre-Readings (surveys, HRV, EEG, Video) Watch <i>Cry Havoc!</i>
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September 14 th Friday	Samaritan Village	Week One: Watch <i>Cry Havoc!</i> And take Readings (EEG, Surveys, Heart)
September 21 nd Friday	Samaritan Village	Week Two: Session Two
September 28 th Friday	Samaritan Village	Week Three: Session Three
October 5 th Friday	Samaritan Village	Week Four: Session Four
October 12 th Friday	Samaritan Village	Week Five: Session Five
October 19 th Friday	Samaritan Village	Week Six: Session Six
October 26 th Friday	Samaritan Village	Week Seven: Presentation for audience & Heart Coherence Readings

NYC, NY (CREATE Lab in the East Village): Saturdays 2-5pm

July 28 th	Saturday	NYC-CREATE Lab	Pre-Readings (surveys, HRV, EEG, Video) Watch <i>Cry Havoc!</i>
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September 10 th Saturday	NYC-CREATE Lab	Week One: And take Readings (EEG, Surveys, HRV, Video)
September 17 th Saturday	NYC-CREATE Lab	Week Two: Session Two
September 24 th Saturday	NYC-CREATE Lab	Week Three: Session Three
October 1 st Saturday	NYC-CREATE Lab	Week Four: Session Four
October 8 th Saturday	NYC-CREATE Lab	Week Five: Session Five
October 15 th Saturday	NYC-CREATE Lab	Week Six: Session Six
October 22 nd Saturday	NYC-CREATE Lab	Week Seven: Final Presentations & Readings