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***Autism, Meditation and Stress: Webinar Explores How Transcendental Meditation Can Help Autistic Children and Teens***

**New York, NY – October 29, 2013:** The David Lynch Foundation announces *Autism, Meditation and Stress*, a free webinar featuring a distinguished panel of doctors and researchers who will explore the research, clinical applications and uses of Transcendental Meditation for aiding children and teens suffering from autism. The webinar, co-sponsored by the Joey Lowenstein Foundation and the Center for Autism Assessment and Treatment, will take place on Thursday, November 14, from 1 PM – 2 PM ET. Attendees can register by visiting [tm-autism.eventbrite.com](http://tm-autism.eventbrite.com).

Over 2 million people in the U.S. are affected by Autism Spectrum Disorder (ASD), with 1 in 88 children suffering from the disorder according to the U.S. Centers for Disease Control and Prevention (CDC). Oftentimes ASD patients are prescribed a variety of medications, which can exacerbate stress. As a result, 1 in 5 children who suffer from autism have turned to alternative therapies to treat ASD. Transcendental Meditation (TM) is a non-drug treatment that has been scientifically proven to reduce the effects of stress and anxiety and has been explored by many doctors as a treatment option for ASD patients.

“Students with autism spectrum disorders tend to be extremely easily stressed by the aspects of life that almost everyone finds stressful, namely novelty, unpredictability, perceived threat, and a low sense of control,” says **William Stixrud, clinical neuropsychologist and President of the Stixrud Group**. “Regular practice of the TM technique appears to be remarkably beneficial for many students with spectrum disorders due, in part, to the fact that it trains their brain to be less reactive to stress and thereby increases their ability to think clearly and behave effectively in challenging situations.”

*Autism, Meditation and Stress* will be broadcast nationally and will be available for download at [www.davidlynchfoundation.org](http://www.davidlynchfoundation.org) and [www.joeylowensteinfoundation.org](http://www.joeylowensteinfoundation.org).

“Many individuals with autism are extraordinarily stressed and many are overwhelmed by anxiety. This stress and anxiety often worsens the impact of their autism symptoms and

unquestionably diminishes their quality of life,” says **David Black, Ph.D., Director of the Center for Autism Assessment and Treatment**. “By practicing TM consistently, they may be able to significantly reduce the impact of this stress and anxiety, improve their functioning, and increase their overall sense of well-being.”

The positive effects of TM have been seen in numerous individuals who suffer from ASD. “Life is too stimulating,” says **Joey Lowenstein, a 17-year-old teenager who was diagnosed with ASD at age 2**. Joey has been practicing TM for two years. “Transcendental Meditation allows me to think at a pace that is more in tune with making slower and wiser life decisions.”

Joey's mother, Roberta Lowenstein established the Joey Lowenstein Foundation to bring evidence-based support to children with autism and meditates every morning with her son. “As a mother of an autistic child, I have seen a great change in our interactions and a deeper connection between us than I ever thought possible. To quote Joey, ‘TM does really calm the mind and the mom!’” says Roberta.

The webinar’s panelists include:

- **David Black**, Ph.D., Director, Center for Autism Assessment and Treatment
- **Norman Rosenthal**, M.D., Clinical Professor of Psychiatry, Georgetown University
- **William Stixrud**, Ph.D., President, Stixrud Group and clinical neuropsychologist
- **Sarina Grosswald**, Ed.D, Director of Autism Research, David Lynch Foundation
- **Roberta Lowenstein**, Chair, Joey Lowenstein Foundation
- **Rita Cosby**, television news anchor and correspondent

The benefits of meditation have been studied and found effective by the Harvard School of Medicine, the National Institutes of Health, the U.S. Department of Defense, the American Heart Association and the American Medical Association. Meditation has been proven to reduce acute and chronic stress and stress-related disorders, decrease anxiety and depression, help individuals overcome addictions and simultaneously develop the brain and creative potential of the individual for a healthy, productive and self-sufficient life.

**For media inquiries or more information about the David Lynch Foundation, contact Kamian Allen or Rida Bint Fozi at The TASC Group at 646-723-4344 or [kamian@thetascgroup.com](mailto:kamian@thetascgroup.com) / [rida@thetascgroup.com](mailto:rida@thetascgroup.com).**

#### **About the David Lynch Foundation**

The David Lynch Foundation, a 501(c)(3) organization, was established in 2005 to fund the implementation of scientifically proven stress-reducing modalities including Transcendental Meditation, for at-risk populations such as underserved inner-city students; veterans with PTSD and their families; women and girls who have been victims of violence, rape, and abuse, American Indians suffering from diabetes and high suicide rates; homeless adults and teens participating in reentry programs; and incarcerated adults and juveniles. For more information, visit [www.davidlynchfoundation.org](http://www.davidlynchfoundation.org).

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