



COMMONWEALTH DROWNING PREVENTION

November 20, 2017

NOTICE OF DIPLOMA AWARD

Dr. Stathis Avramidis
Professor Janice Miner Holden, Ed D
[Diploma Award Recipients](#)

The Royal Life Saving Society is very pleased to announce that Dr. Stathis Avramidis and Prof. Janice Miner Holden, EdD have been honoured with the Diploma Award for their significant contribution to our knowledge in the areas of drowning, near drowning, lifesaving and lifeguarding, through their book about Near Death Experiences (NDE) by drowning.

The Diploma is one of the Society's oldest and most prestigious international awards. RLSS Diploma is awarded to individuals and groups who have added to our knowledge in ways that can save lives and prevent drowning.

Dr Avramidis and Dr Miner Holden studied and summarized 40 years of research about the circumstances, contents, and aftereffects of near death experiences. Their work presents 22 illustrated drowning NDE accounts, and makes recommendations for how lifeguards can use NDE-related information in their work with people they successfully resuscitate from drowning. The co-authors were based in USA and Greece whereas their sample was international.

Due to advances in CPR/AED the past decades, people are returning from the brink of death in numbers unprecedented in human history. Of the millions of people around the world each year who survive drowning, about 20% report that they had a NDE. This book summarizes 40 years of research about the circumstances, contents, and aftereffects of NDEs, presents 22 illustrated drowning NDE accounts, and makes recommendations for how lifeguards can use NDE-related information in their work with people they successfully resuscitate from drowning.

The Royal Life Saving Society commends Dr. Stathis Avramidis and Prof. Janice Miner Holden, EdD for their stellar contribution and their commitment to drowning prevention.