

ACOPC SUMMMER CONFERENCE 2017

Trauma and Chronic Pain Relieving Practices

Presented by Gregory Nicosia, Ph.D.



If terrorists did this every three weeks?



WHAT WOULD YOU DO?

Opioid addiction is the terrorist threat that claims as many lives every 3 weeks

- 62,000 deaths due to opioid overdoses in U.S. in 2016
- Enough opioids prescribed for every man, woman and child to have over 50 doses per year.
- Americans consume 99% of the world's hydrocodone. We are less than 5% of the world's population

WHY???.

Underutilization of Effective Alternative Treatments

- It's faster to write a prescription
- Physician's have few options
- Chronic Pain is not well understood
- Effective alternatives are not well known

**INTRODUCING
ENERGY PSYCHOLOGY & EMDR**

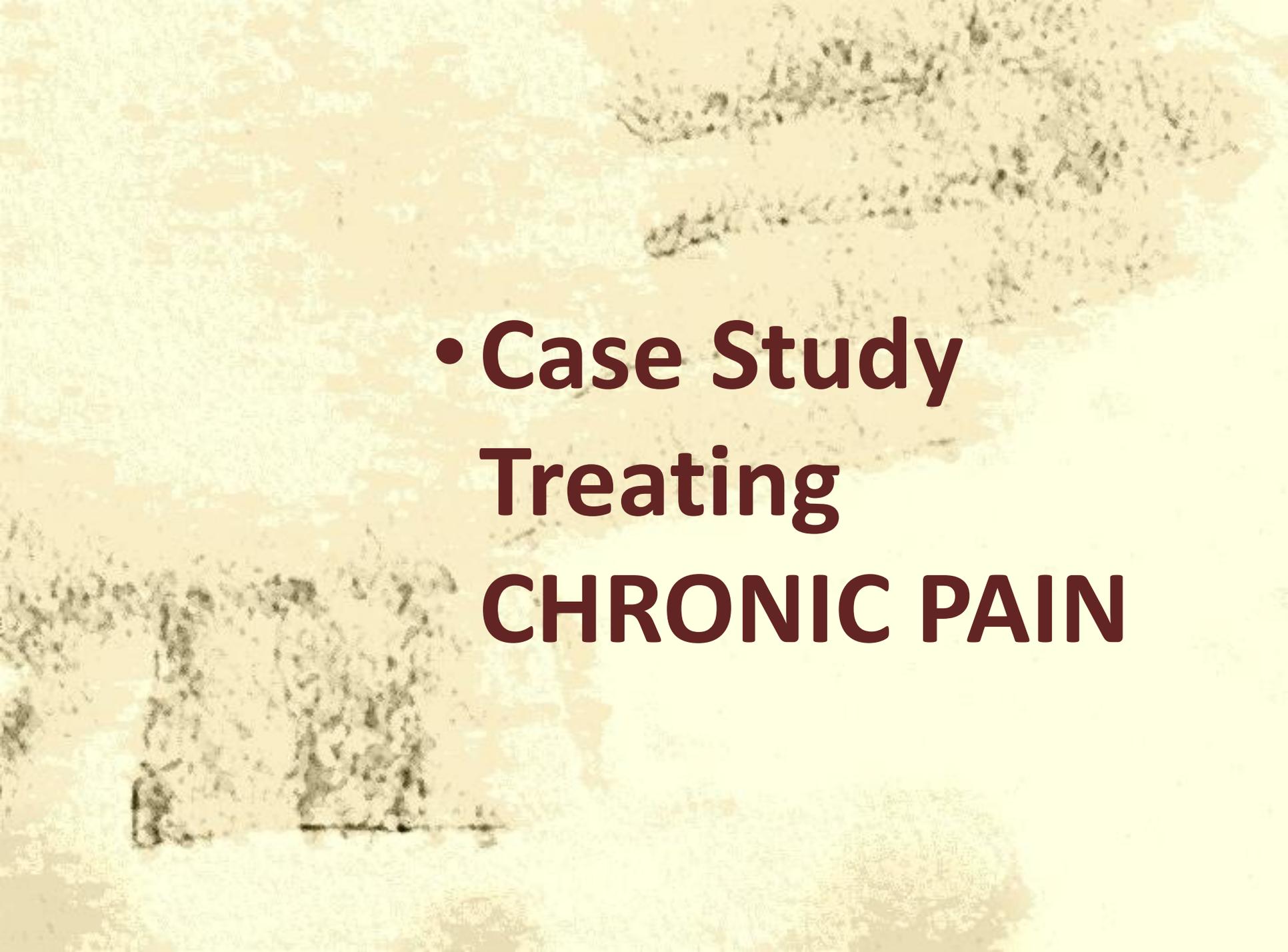
TYPES OF CHRONIC PAIN:

Simple and Complex Psychogenic Pain

- Hysteria (Charcot, Freud, Bruer)
- Unanatomical (Walters, 1961)
- Results from previous injury during fearful episode
- Non-drug treatments?

• **COMPLEX PSYCHOGENIC PAIN**

- **Is a Dissociative Disorder**
- **The pain is Dissociated from the conscious memory of the traumatic event**
- **Energy Psychology and the treatment of the conscious memories**
- **EMDR offers methods for bringing into consciousness components of the event that cause chronic pain that are not available to the conscious mind.**



- **Case Study**
Treating
CHRONIC PAIN

Treating Chronic Pain with EP

Clinician's Statement

- December 1997, Five back surgeries with severe infection
- April 1998 Aortic valve replacement resulted in seizures, coma, moderate neuropsychological impairment, severe and unremitting back pain uncontrolled with multiple medications
- Severely depressed, suicidal, pain  attacks
- Using Energy Psychology Treatment, all pain meds were discontinued within 2 weeks
- No pain, depression or panic by weeks 10

Patient statement video

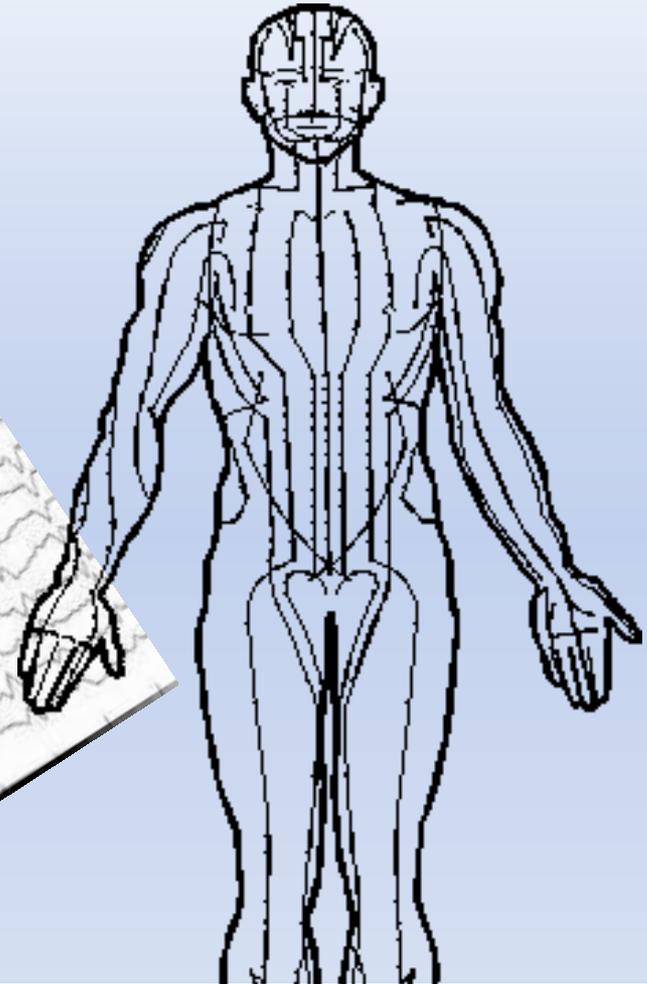
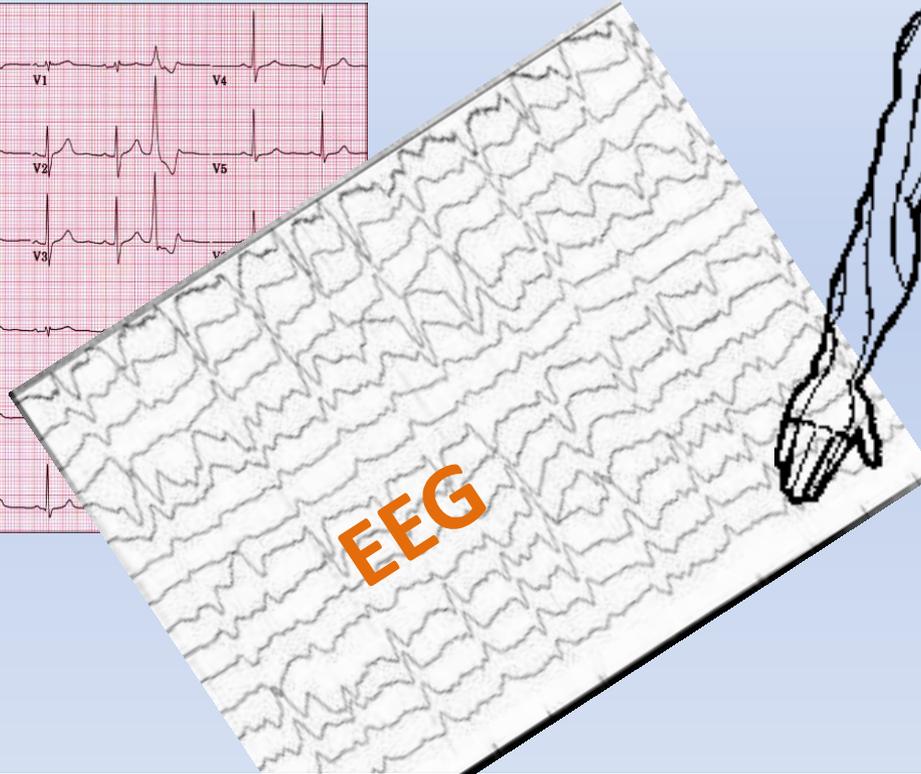
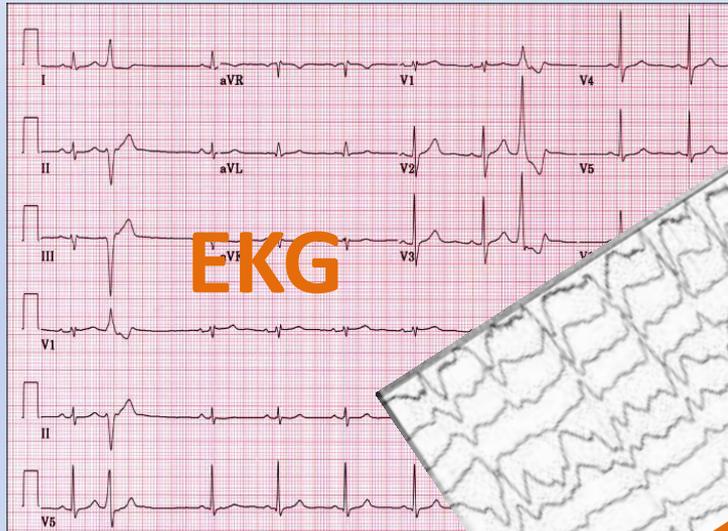
https://youtu.be/C_YD_umctN8

TREATING PHYSICAL ISSUES

Where? Type? To What Degree? Be specific

- When did it start? What was happening then?
- How do you feel, emotionally, about having this issue?
- What losses does it cause? Self worth? Activities? Independence? Work on the associated negative thoughts.
- Where is it? Does it “move”? If so, “Chase the Pain.”
- Is there a connected emotional issue?
- If it had a message, what would it be?
- If it had a color, shape, texture what would it be?
- Could there be a benefit associated with a psychological reversal ?

Our Body has a Bio- Energy System



Acupuncture affects the meridians running through out our body.

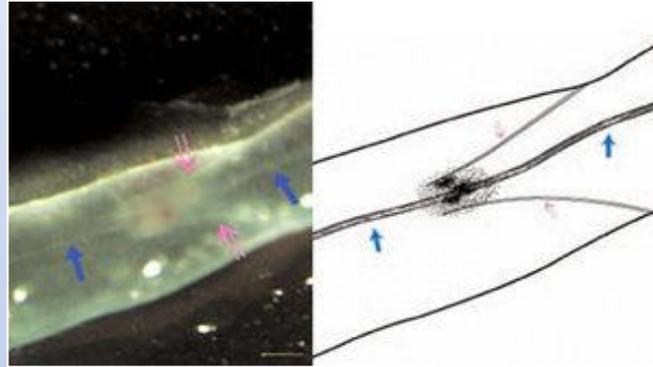
Acupuncture in the Western World



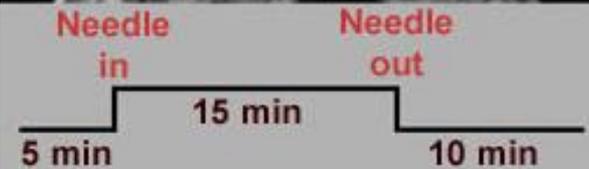
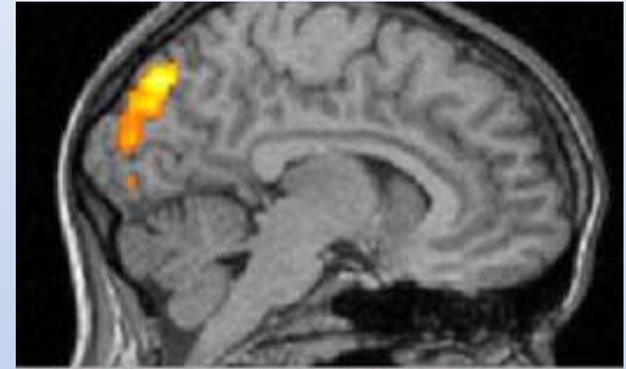
Radioactive isotope injected into acupuncture point. Research of de Vernejoul, 1985.



Radioactive isotopes injected into random point on body.



Stereomicroscopic image of a meridian, an extremely thin nerve called a C fibre. Acupuncture points are the points where the C fibres branch. Research of M. Silberstein, 2009



A.P. activation of the visual cortex due to the stimulation of an acupuncture point related to the visual system.

The Primo Vascular System

The PVS is a previously unknown system that provides a physical substrate for the acupuncture points and meridians and integrates the features of the cardiovascular, nervous, immune, and hormonal systems.

Meridian-based treatments

Agree on 3 concepts

There is a vital energy that flows throughout the body.

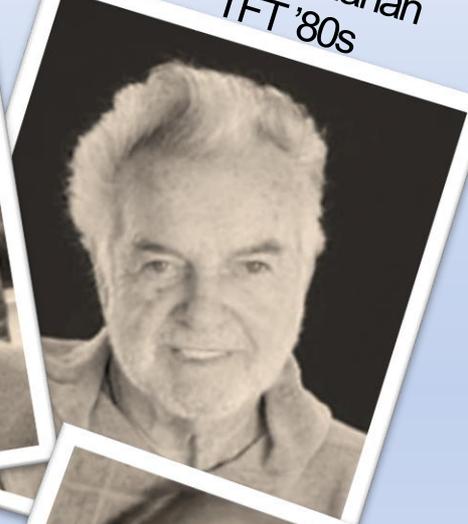
The energy flow can be blocked or reversed causing negative reactions.

Restoring the flow can help return the body and mind to health.

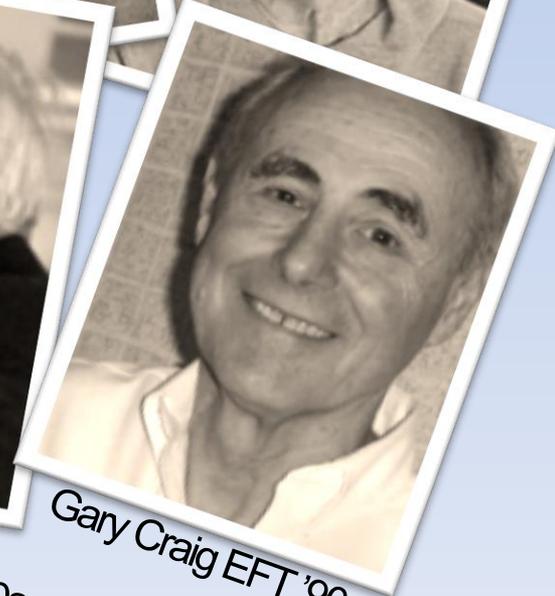
George Goodheart
Applied Kinesiology '60s



Roger Callahan
TFT '80s



John Diamond
Behavioral Kinesiology '70s



Gary Craig EFT '90s

Thought Field Therapies are a family of techniques that are

*A version of acupuncture
WITHOUT
the needles that
treats our emotions
Stimulating points
on the meridians
restores the flow
of the body's
energy system.*



Stimulate Meridians

By tapping on specific areas on the body where meridians are closest to the surface, the meridian is electrically activated



Focus on Event

...while focusing
your mind on a
negative event...



Stimulate Meridians While Focusing

...the tapping can re-balance the negative reaction, often permanently, and, many times, in just a few minutes.



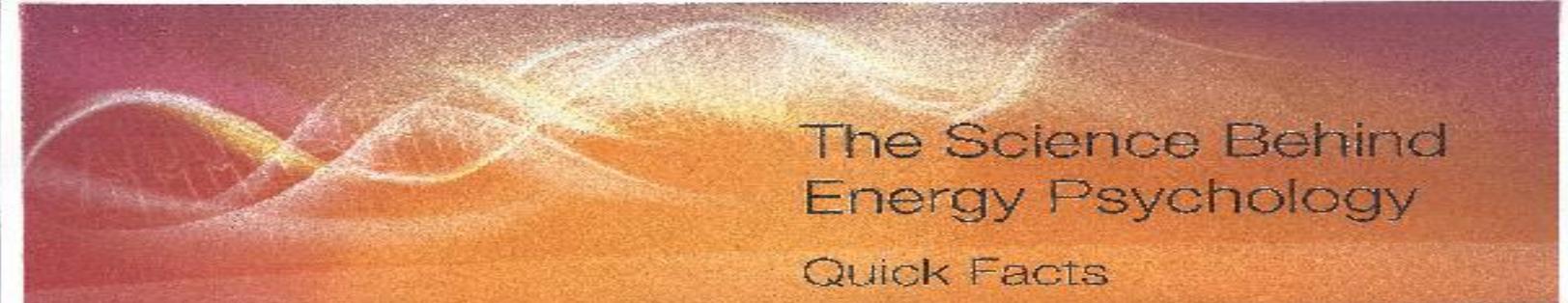
The Genius of Energy Psychology



You can pull up
what bothers you
and turn it off
ON PURPOSE.

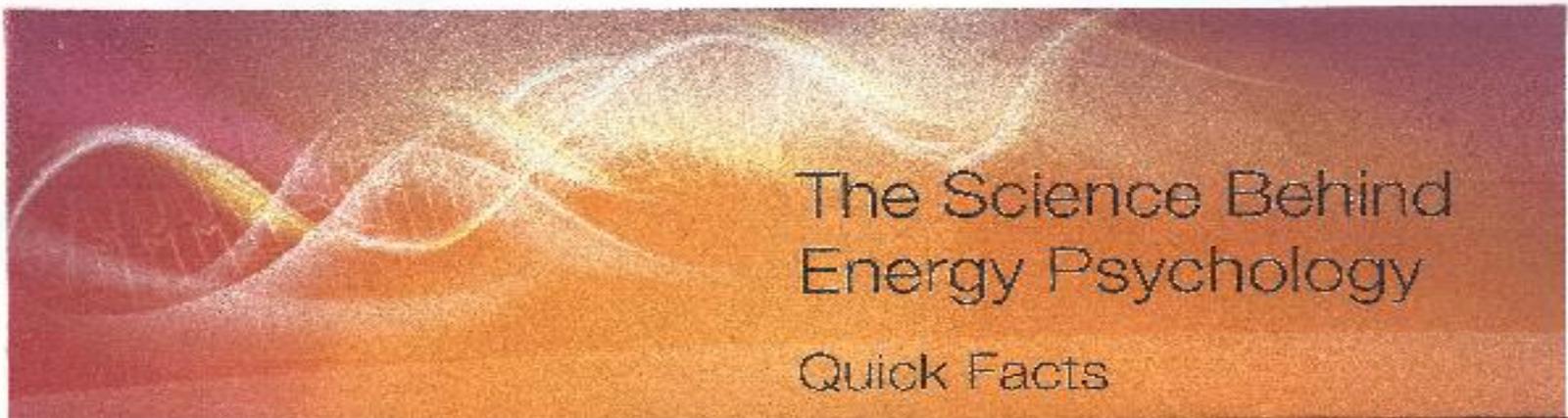
You can do it
with focus
and intention
using a series of
taps.

It's no secret that touches are comforting. We knew that.



The Science Behind
Energy Psychology
Quick Facts

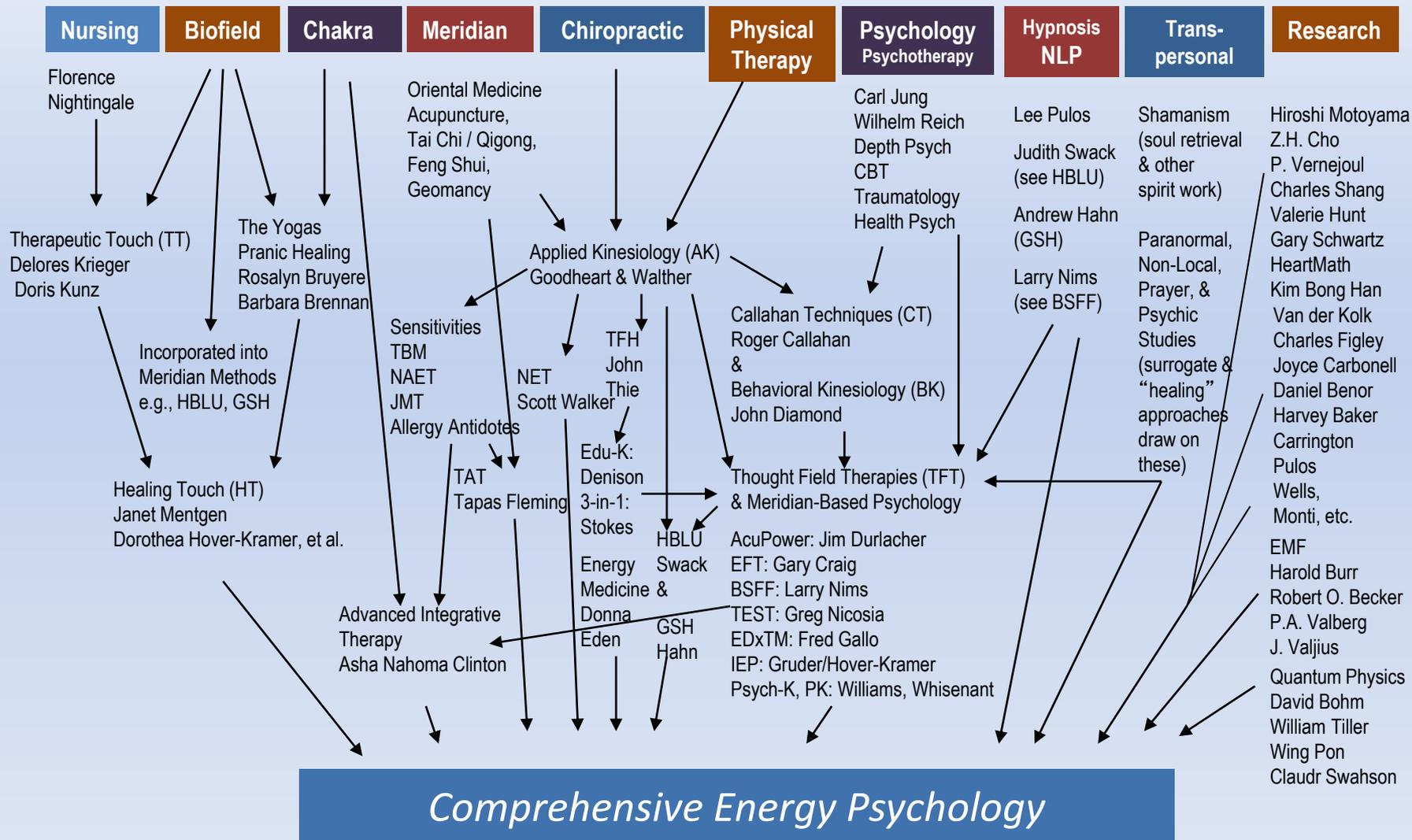
- **Over 100 Research studies, review articles and meta-analyses have been published in professional, peer-reviewed journals including:**
- **43 randomized controlled trials**
- **Two randomized controlled trials using biologic or genetic outcome measures showing positive results for Energy Psychology**
- **39 outcome studies of which 98% show positive results**
- **Five meta-analyses show strong support for Energy Psychology**
- **Four systematic reviews**
- **Hundreds of case studies**



In 2016 TFT was validated by NREPP (the NATIONAL Repertory of Evidenced Based Practices and Procedures

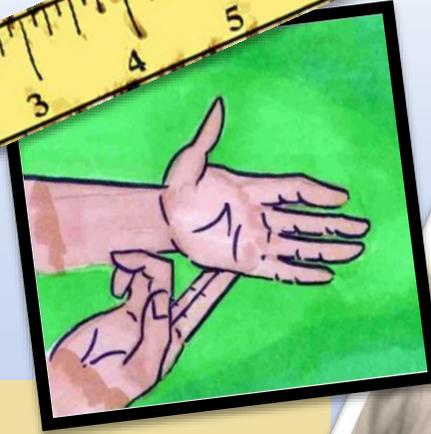
There are over 400 identified forms of psychotherapy, most of which have little or no research to validate them. Energy psychology is both evidenced based and in the top 10% in terms of research for psychotherapy modalities

Energy Psychology Heritage Tree





**Let's Try
Healthcare
EFT**



PRACTICE and DEMONSTRATING

Constricted Breathing

Constricted Breathing Exercise

Breathe in slowly 3X
as fully as you can without forcing.

Assess % of full breath
(if 100% try to go to a 120%).

Setup EFT using KC (side of hand),
“Even though I’m not breathing to my full capacity,
I deeply and completely accept myself,” 3X.

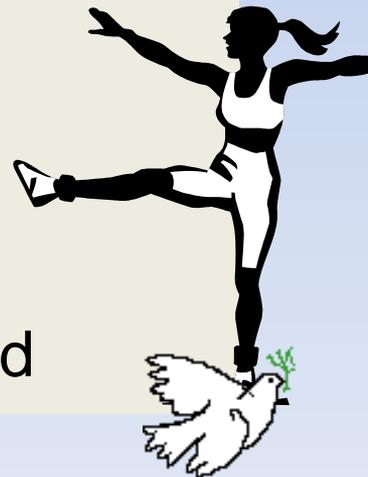
The Sequence

EFT Healthcare Recipe

Tap each point 7X,
repeating: “Not
breathing to my full
capacity.”

Then take another full
breath and reassess %.

- TH – top of head
- EB - eyebrow
- SE - side eye
- UE - under eye
- Ch – just above chin
- CB - collarbone spot
- UA - under arm
- Th - thumb
- IF- index finger
- MF - middle
- RF- ring finger
- BF - baby finger
- KC - side of hand



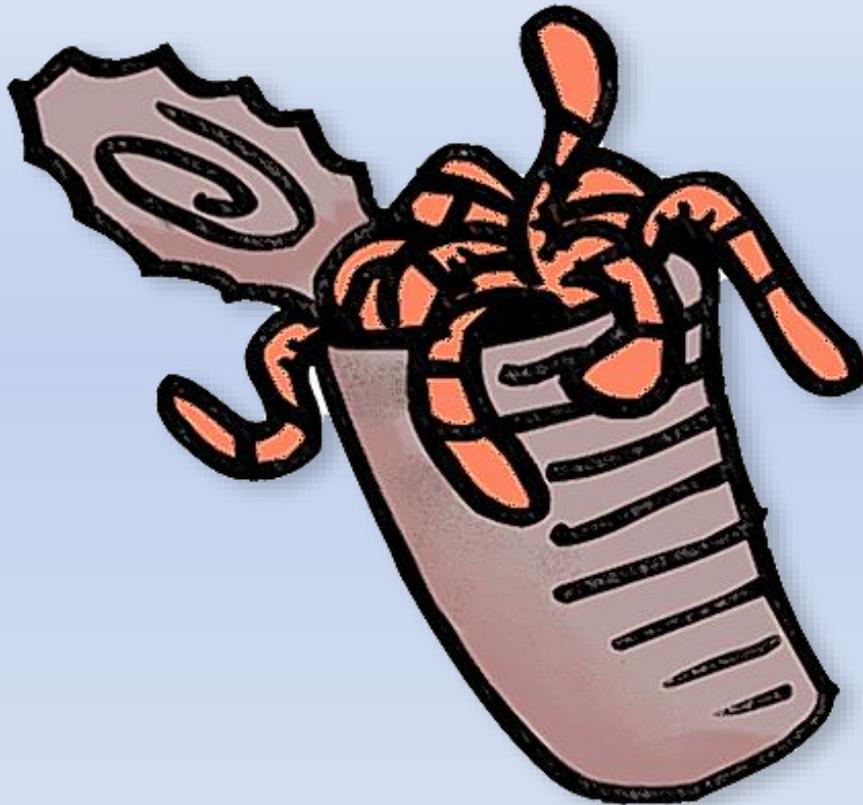
Negativity creates Disruption

This disruption, weakened signal, or “clog” in the energy system can be cleared by tapping while focusing on a negative event or emotion.



It's the thought that counts...

Might feel like opening a can of worms to focus on an upset but...



EFT balances the energy around the negative thought and neutralizes the emotion.

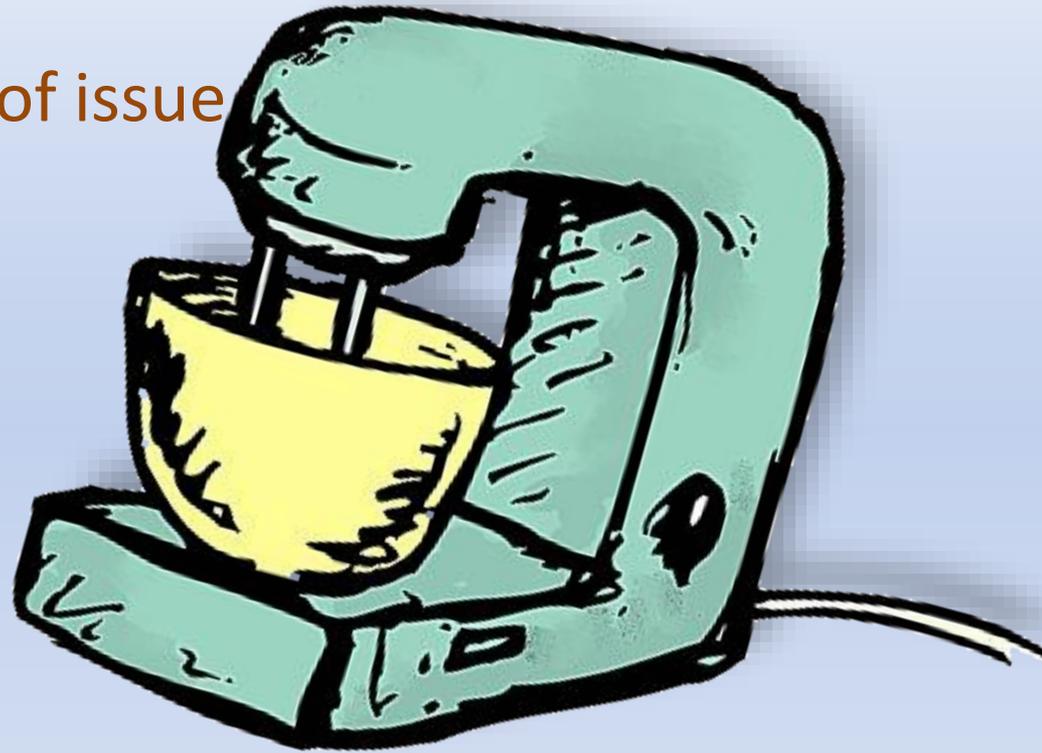
Negative thought → energy imbalance → negative emotion
EFT Treatment → energy rebalances → improved health



**EFT Healthcare
Recipe for
Treating *PAIN***

EFT Healthcare *Recipe*

1. Clarify with Specifics and Assess
2. Setup: Pair statement of issue with acceptance
3. Tap points
4. Brain Activation
5. Tap points again



After each round of the Healthcare Recipe, you'll **re-assess** until intensity measures **zero**.

Clarify by Getting Specific

The time when, what happened, how you felt.

I'm in pain vs.

Even though this pain makes me helpless and is ruining my life...

This pain is killing me vs

Even though, I'm not a real man anymore and I can't make love to my wife...

I can't take this pain anymore vs

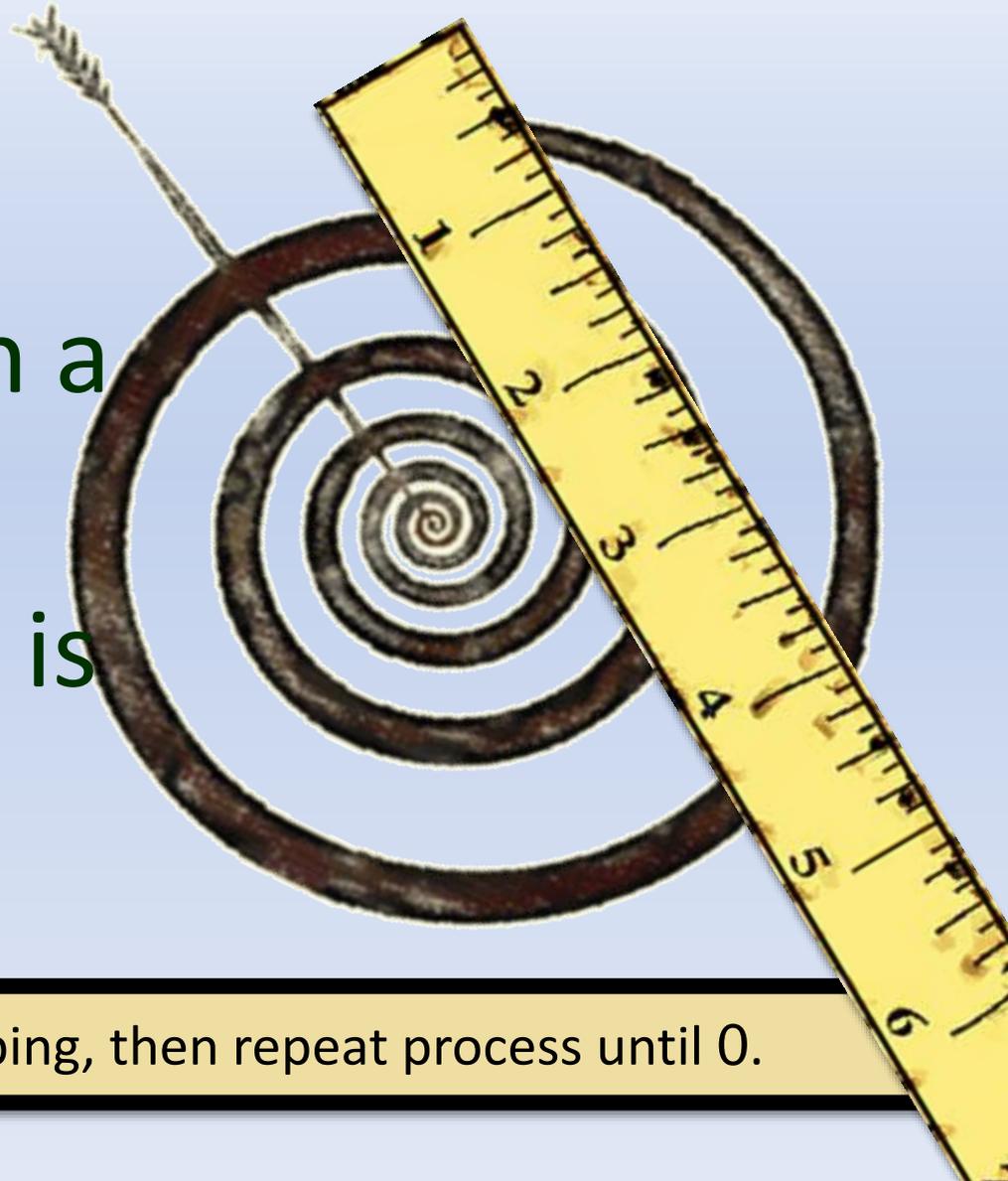
Even though everyone thinks I'm weak and worthless...

After Clarification: Assess

How much does it bother you NOW?

ASSESS

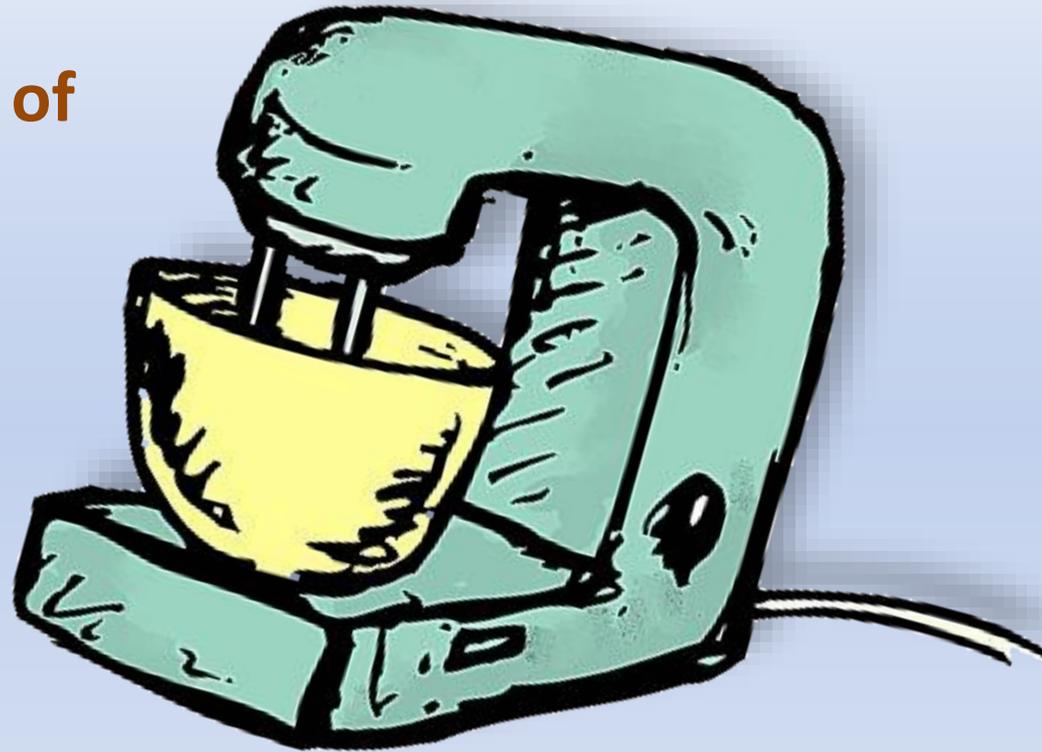
the intensity: On a
0 – 10 scale
How distressing is
The pain?



Reassess intensity after tapping, then repeat process until 0.

EFT Healthcare *Recipe*

1. Clarify and Test
2. **Setup: Pair statement of issue with acceptance**
- 3,. Tap points
4. Brain Activation
5. Tap points again



After each round of the Healthcare Recipe, you'll **re-assess** until intensity measures **zero**.

SECOND Setup: Two Parts

Say both problem AND acceptance 3X while tapping SETUP point on the side of hand

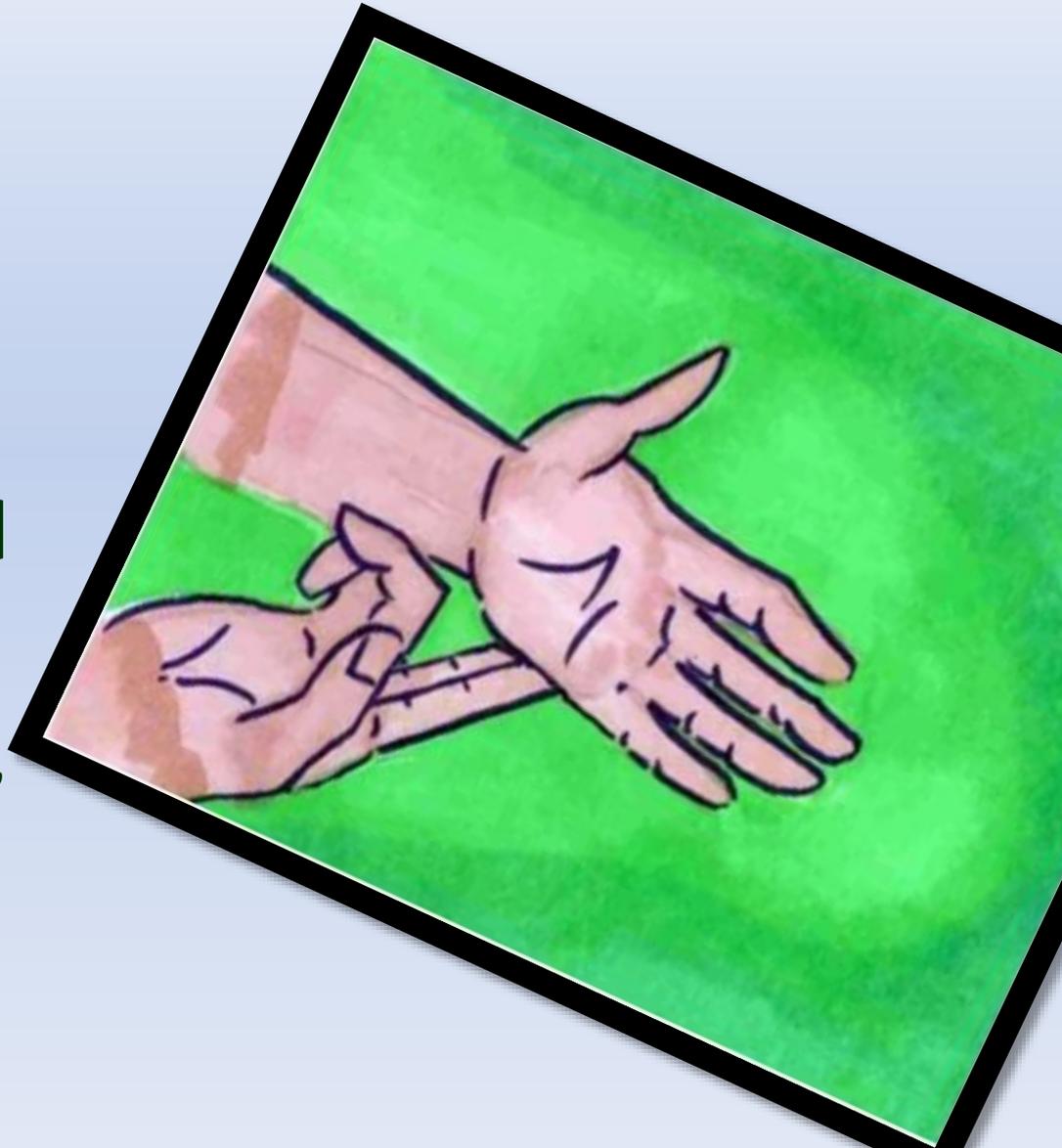
Pair the **specific** description with a statement of acceptance of self.



“Even though I have [issue], I deeply love and accept myself.”

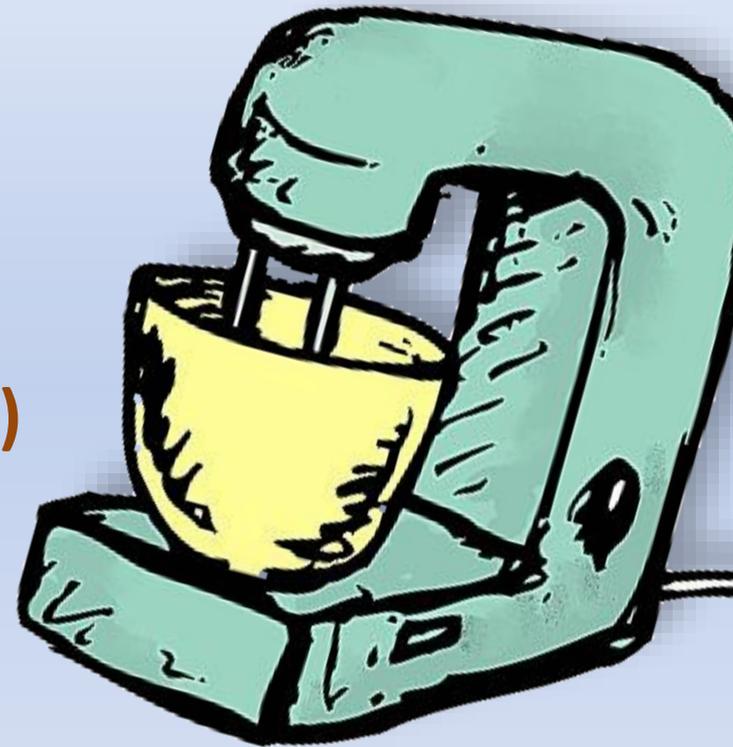
Setup: Example

“Even though, when I tried to make love to my wife and the pain was too much and I felt that I wasn’t a real man anymore, I deeply love and accept myself.”



EFT Healthcare Recipe

1. Clarify and Test
2. Setup: Pair statement of issue with acceptance
3. Tap 13 meridian points each about 7 times (head, body, fingers) while saying Reminder Phrase.
4. Brain Activation
5. Tap points again



THIRD

The Sequence

EFT Healthcare Form of
EFT

The points go

D
O
W
N

the body

- TH – top of head
- EB - eyebrow
- SE - side eye
- UE - under eye
- Ch – just above chin
- CB - collarbone spot
- UA - under arm
- Th - thumb
- IF- index finger
- MF - middle
- RF- ring finger
- BF - baby finger
- BH – back of hand
- KC - side of hand

*EXTENDED ACTIVATION WHILE
FOCUSING ON THE PAIN*



Reminder Phrase

To help stay focused.



While tapping each point,
you might use,

“ When I couldn’t
make love”

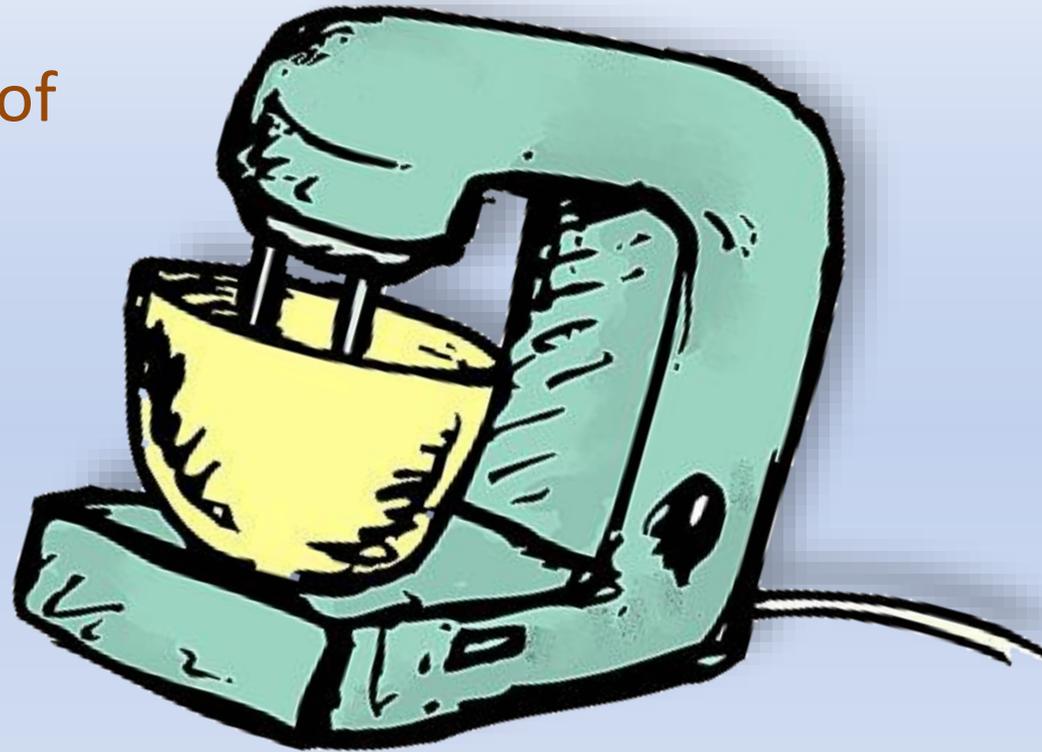
“Everyone thinks I’m weak
and worthless”



Tap, points to balance energy system.

EFT Healthcare *Recipe*

1. Clarify and Test
2. Setup: Pair statement of issue with acceptance
3. Tap points
4. **Brain Activation**
5. Tap points again

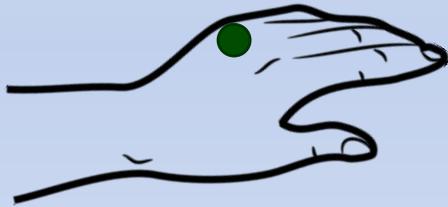


After each round of the Healthcare Recipe, you'll **re-assess** until intensity measures **zero**.

FOURTH – Brain Activation

Look straight ahead holding head still while tapping on back of hand on groove between little and ring fingers.

Keep tapping while doing these exercises:



The Healthcare form of EFT sandwiches the Brain Activation between rounds of the tapping sequence.

Eyes closed

Eyes open

Eyes down left

Eyes down right

Circle eyes clockwise

Circle eyes counter-clockwise

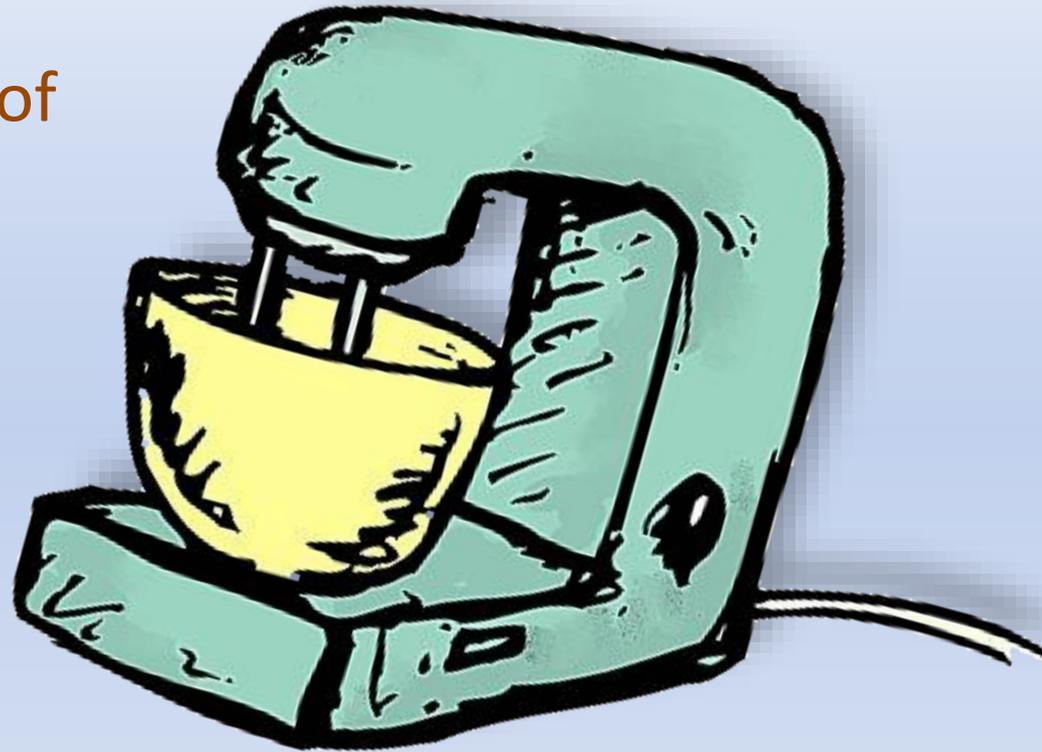
Hum a tune

Count to 5

Hum a tune

EFT Healthcare Recipe

1. Clarify and Test
2. Setup: Pair statement of issue with acceptance
- 3,. Tap points
4. Brain Activation
5. **Tap points again**



After each round of the Healthcare Recipe, you'll **re-assess** until intensity measures **zero**.

FifTH

Repeat

The Sequence

The Healthcare Form of EFT



- TH – top of head
- EB - eyebrow
- SE - side eye
- UE - under eye
- Ch – just above chin
- CB - collarbone spot
- UA - under arm
- Th - thumb
- IF- index finger
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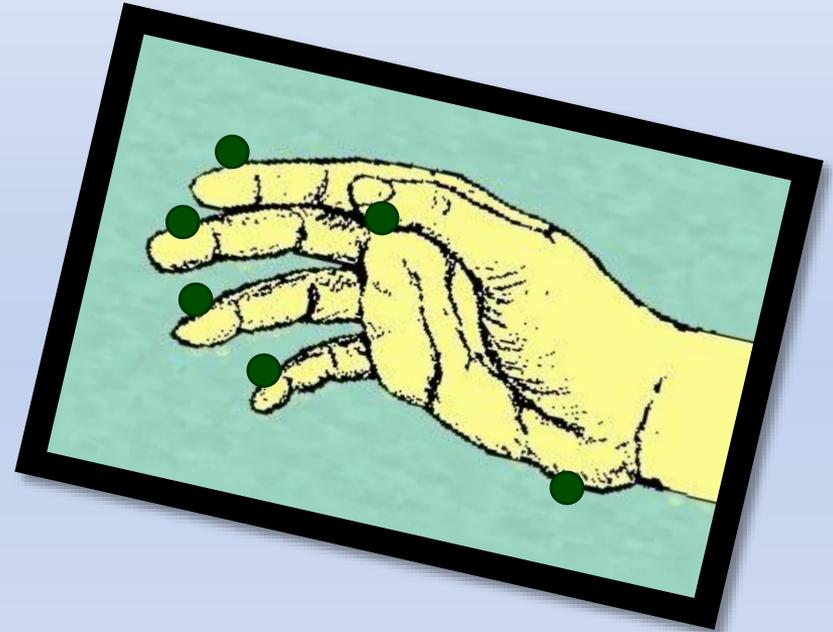
*EXTENDED ACTIVATION WHILE
FOCUSING ON THE PAIN*



Healthcare Recipe Points



Head, Face
torso



Seven additional Hand Points:
Base of the nail bed on the
body side of the nail and back
of hand

The Specifics are “Aspects”



Issue, Belief, Event

Tap for each
ASPECT until
the ISSUE
is relieved.

Thinking of issues as
“tabletops”
supported
by “legs”, events and
feelings, helps us
identify aspects.

Clarify by Getting Specific



The world is not safe.

EVENT
He stomped
another man.

SOUND/SIGHT
Cruel voice,
Heavy boot

EMOTION
Shock, fear

PHYSICAL
Rolling
sensation in
my stomach

THOUGHT
This could
happen to me.

Who?
What?
When?
Where?
Why?
How?
5 Senses.

Issues are Like Puzzles

There are many pieces:

BE SPECIFIC

Each may have several sides:

ASPECTS

Some are more critical: **CORE**

ISSUES

When some parts are put together the rest seem to fall into place: **GENERALIZATION**





Physical Issues

Clarify by Getting Specific



My back hurts.

*ENVIRONMENT
WHEN/WHERE*

When I drive

When I do yard

*work Worse when
stressed*

THOUGHTS

*I have to live
with it; it's part of
aging.*

EMOTION

*Anger, frustration
hopelessness,
resignation*

PHYSICAL

*Dull, constant ache on my
left lower side of my back*

Physical Issues

Where? Type? To What Degree? Be specific.

When did it start? What was happening then?

How do you feel, emotionally, about having this issue?

What losses does it cause? Self worth? Activities?

Independence? Work on the associated negative thoughts.

Where is it? Does it “move”? If so, “Chase the Pain.”

Is there a connected emotional issue?

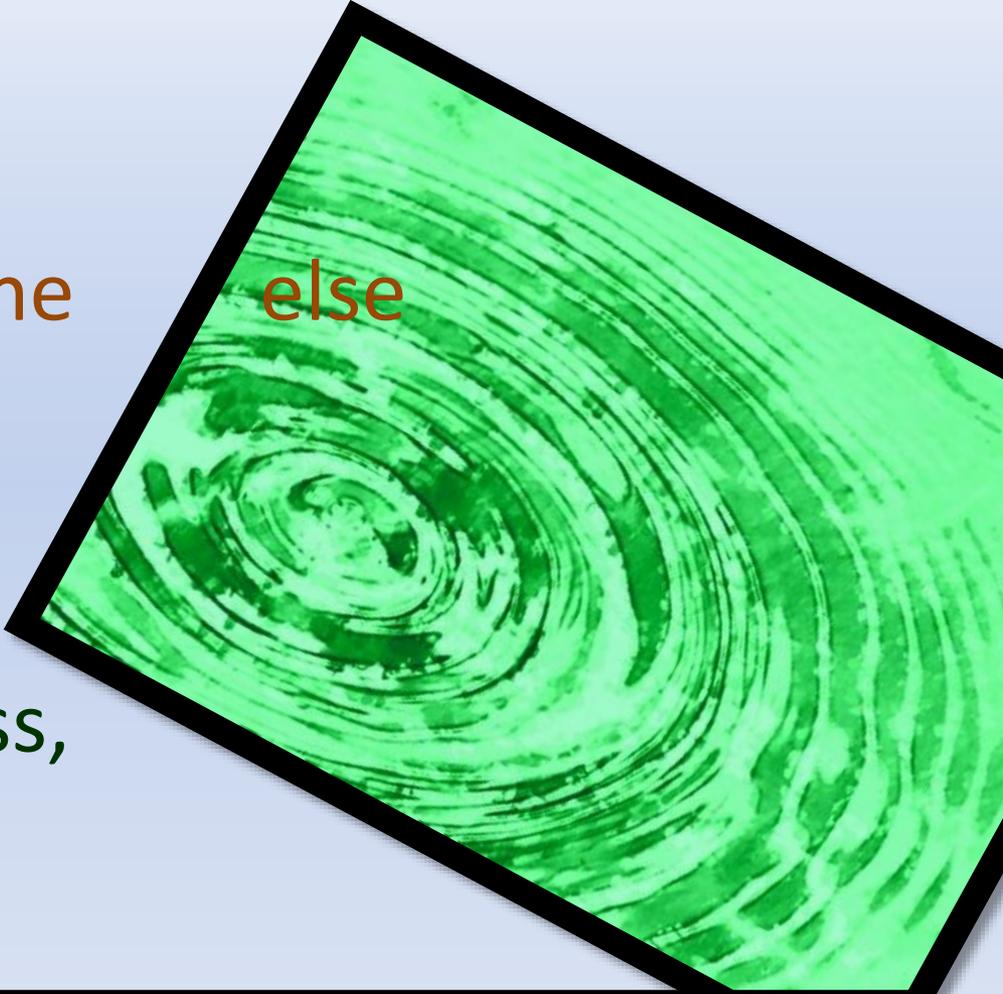
If it had a message, what would it be?

If it had a color or shape, what would it be?

Could there be a benefit that might cause a reversal ?

Borrowing Benefits

Work on your own issues as you watch someone work on theirs, while attending workshops, participating in a class, watching a DVD, etc.

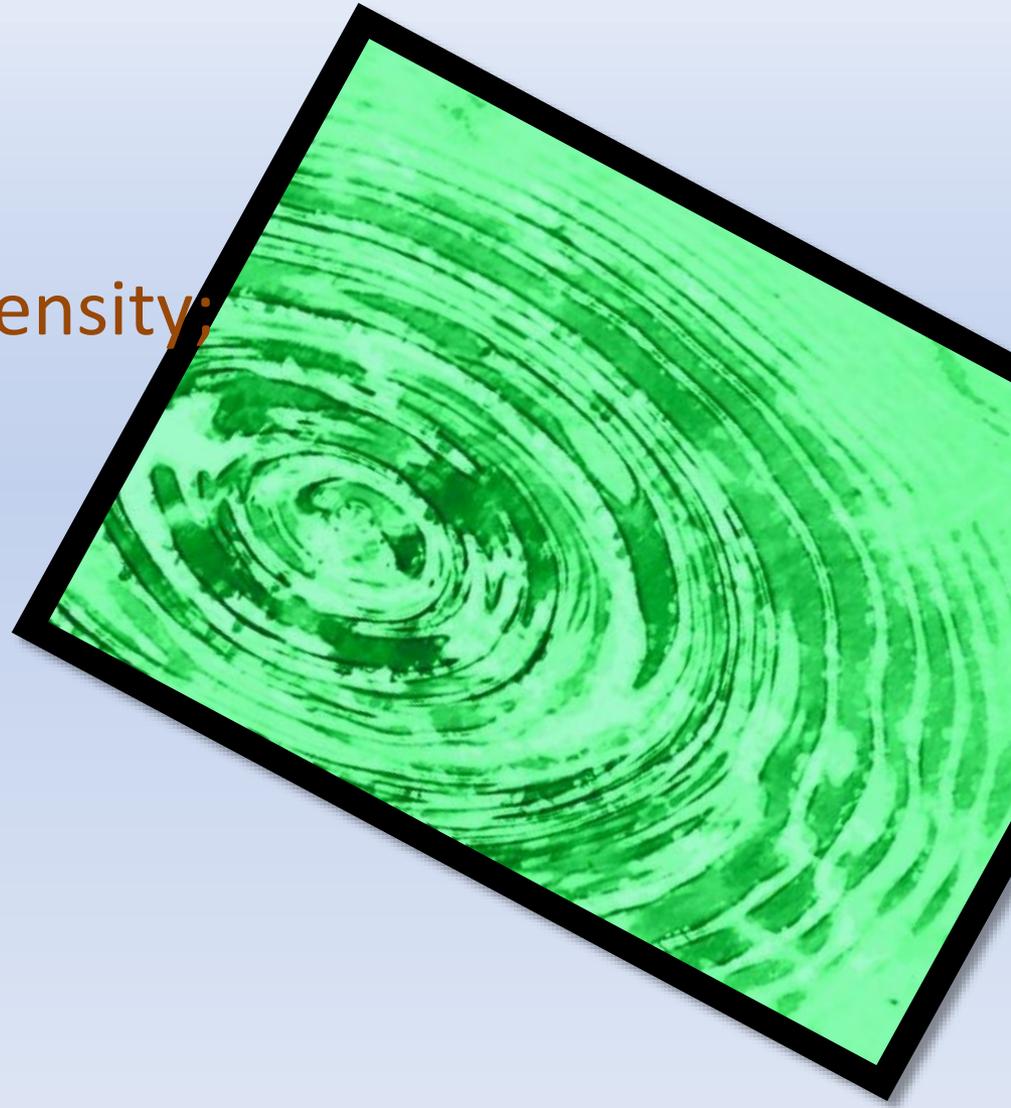


else

Like ripples in a pond, benefits of EFT for one reaches others.

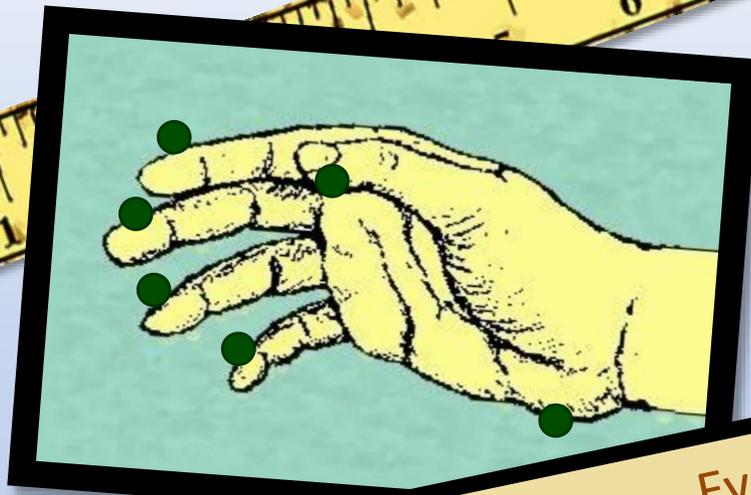
Borrowing Benefits

1. Clarify a simple issue and write it down.
2. Assess the current intensity; write down the number.
3. Set aside your issue.
4. Tap along with the other person.
5. Reassess.



Demonstration & Practice

Borrowing Benefits With Physical Issues



Eyes CLOSED
Eyes OPEN
Eyes down LEFT
Eyes down RIGHT
Circle eyes CLOCKWISE
Circle eyes COUNTER-CLOCKWISE
Hum a tune
Count to 5
Hum a tune



Persistence

Check Intensity and Repeat as Necessary.

Repeat

Repeat

Repeat

Repeat

Repeat

Repeat

Repeat

Repeat

*INTENSITY
ZERO!*

Challenging Your Results

When you THINK you're done...



REALLY challenge results.

When intensity is zero,
TRY to re-create.

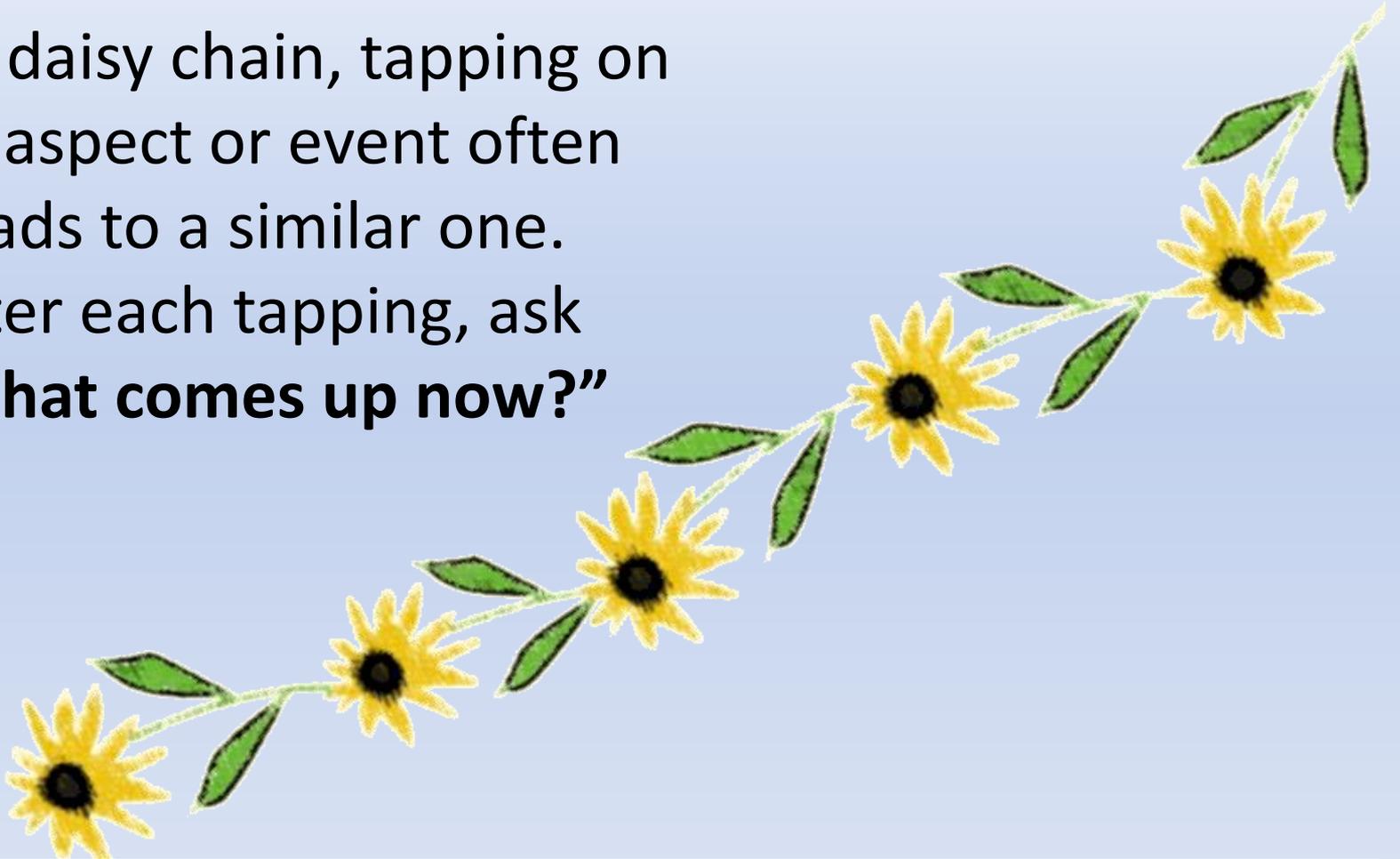
VIVIDLY imagine
the memory.

Make scene bigger, brighter.

Stop and tap at **ANY** level of distress.

Issues Can Have Many Aspects

Like a daisy chain, tapping on one aspect or event often leads to a similar one. After each tapping, ask **“What comes up now?”**



Always go back to assess the intensity for every “daisy.”

Treating Complex Psychogenic Pain

- Where does CPP come From? The MIND
- Stored memory from which the pain is dissociated
- Check out your memory
- U-Shaped relationship between norepinephrine and memorability
- Combining EMDR that helps to bring repressed information into consciousness with TFT to rapidly desensitize the disturbance, blocking the reconsolidation of the emotional response

Combining EFT and EMDR: World Trade Center Case Study

- The client, K.N., had been in the World Trade Center Tower 2 working on the 44th floor in the interior of the building when Tower 1 was struck on 9/11/01. K.N. Made his way down the stairs in about 15 minutes, and as he rounded the corner of the concourse, the building was struck. As he hugged the wall behind him with others crowded in fear, he could see burning chunks of the building bouncing off the ground; but he could hear no sound. This seemed contradictory for a man who made his living in the world of sound. This image was deeply etched into his mind, and he lived with it every day. He recalled running up the escalator stairs, but little else until he was safely outside across the street. While inside, he had no recollection of hearing any sound, nor did he recall seeing any people. However, he recalled the smell of jet fuel, and recalled seeing one man outside lying on the ground with a bloodied head. The next thing he recalled was being across the street just staring at the burning site and all the bodies laying there. He did not know for how long he stood there, but he later found himself uptown at a bar, where he became very inebriated.

World Trade Center from Tower 2



Concourse Level Escape to outdoors



Combining EFT and EMDR: World Trade Center

K.N. had some counseling, but reported that it did not help. Every day, he had to, what he described as, “to see through that curtain of shit.” He described that it was “right there in my face every day.” He suffered excruciating headaches that “the pain meds didn’t touch” and his jaws and fists were clenched whenever he was not thinking about them. He stated that he was always on the border of having an anxiety attack, and was just trying to keep himself from totally losing control. K.N expressed that he was so angry about what happened. He explained that he was also across the street in 1993 when the World Trade Center was bombed. The struggle became too much for him, and he spiraled down in fear, anger and depression. He moved to a secluded area in central Pennsylvania where he lived for several years like a hermit, too afraid to venture very far from his home. On 12/4/07, K.N. was brought to this psychologist’s office by his sister, who was also a trauma survivor and former client.

Combining EFT and EMDR: World Trade Center

- The first treatment session utilized EFT alone. Subsequent treatment sessions utilized an abbreviated form of Eye Movement Desensitization and Reprocessing (EMDR) to assist the client in recalling repressed images and memories of the event. After these images/memories were recalled during the EMDR process, EFT was used to quell the distress associated with these memories. The client was also taught EFT for home use. After 21 treatment sessions, 12 using the EMDR/EFT combination and 9 sessions using EFT alone, K.N. again completed a TSI and PAI on April 7, 2008. He had been pain free for over one month. Six additional treatment sessions were completed from May 7, 2008 through August 15, 2008 – eight months after the initial treatment and K.N. again completed a TSI and PAI., as he did two years, and four years after initial treatment.

TSI Scores The Trauma Symptom Inventory was administered 8 times.

Anxious Arousal (AA) reflects the extent of experienced anxiety and autonomic hyperarousal associated with PTSD or other anxiety related conditions. Inconsistent response (INC) to similar TSI items at this level reflects poor attention concentration or dissociative disorder. These two scales of the TSI which were clinically significantly elevated in pretesting normalized after the first EFT treatment.

TSCORE	11/27/2007	12/4/2007	12/12/2007	12/12/2007	4/7/2008	8/15/2008	1/5/2010	9/11/2012
	PRE 1	PRE 2	Immediate- Pre Tx	Immediate -Post Tx	120 days	8 months	2 years	4 years
S	53	49	49	45	49	49	45	45
ATR	45	45	45	45	45	45	49	45
RL	68	68	68	45	45	49	53	57
AA	69	68	69	64	64	64	53	48
D	62	60	60	62	59	59	48	47
AI	49	47	49	54	54	41	42	46
IE	56	56	56	58	58	58	52	48
DA	59	59	57	54	51	51	54	52
DIS	57	57	57	55	55	57	51	51
SC	49	49	49	49	49	46	48	42
DSB	47	49	49	54	52	49	52	44
ISR	52	54	55	55	55	54	48	45
TRB	55	52	52	58	58	52	49	46

The Personality Assessments Inventory (PAI) scores were all clinically significantly elevated pretreatment. Only the Anxious physiological component remained elevated on 4/7/08 (120 day score) and this was attributable to the patient's anticipatory anxiety about his imminent returning to work. On the 8 month follow up it had dropped from 72 ,more than 2 standard deviations about $p < .02$, down to 55 ,only 1.5 standard deviations which is not at all significant. ($p < .3$)

		PRE 1	PRE 2	Immediate - Post Tx	120 days	8 months	2 years	4 years
Anxiety	Cognitive		82	66	55	52	55	52
	Affective		83	75	62	57	55	47
	Physiological		81	69	72	55	47	52
Phobia			79	62	62	59	54	48
Traumatic Stress			77	75	55	55	58	55
Depression	Affective		80	55	55	50	61	50
	Physiological		77	69	45	41	43	41

What did the first EMDR uncover that EFT could then rapidly Desensitize

- Recalled the impact The sound of the jet hitting the building you could feel it through the steel, the resounding big rumble.
- Details of his escape: e.g., lights flickering out, running up the escalator, saw some light, directed to go north through the concourse, looking out the Liberty doors and seeing things like matchsticks that were on fire.
- K.N. reported that he was very relaxed that night, a first in many years!
- What does EMDR DO BEST?

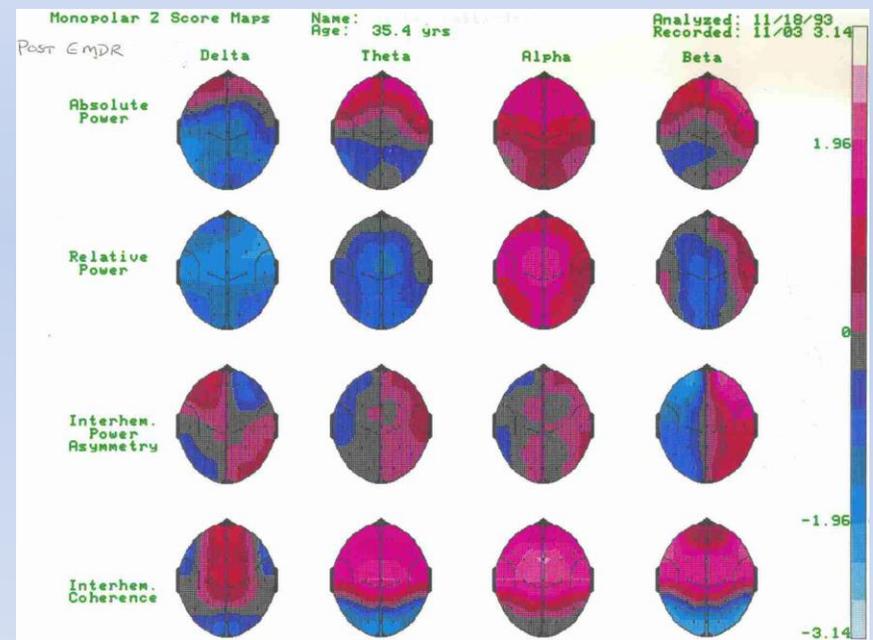
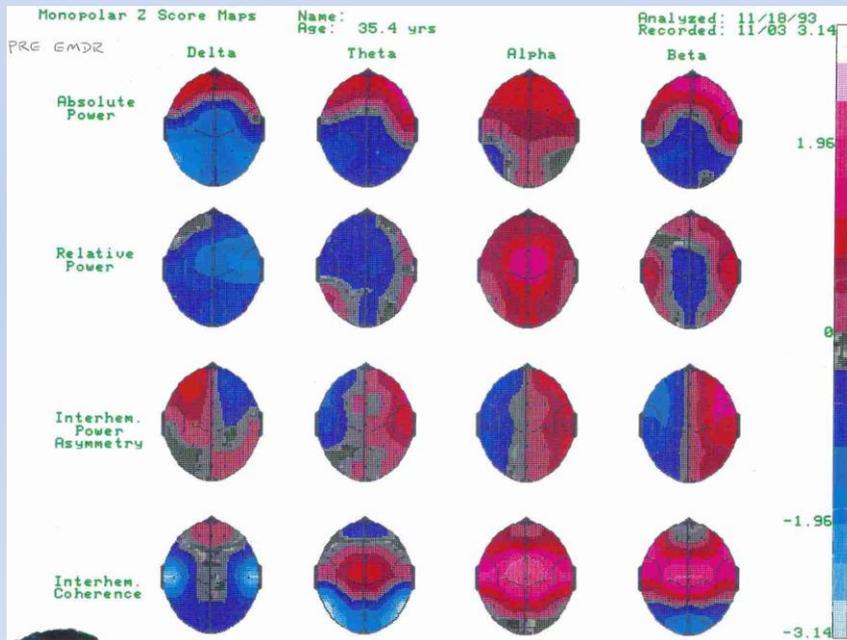
Uncovering Repressed Memories

Quantitative EEG

Pre-EMDR

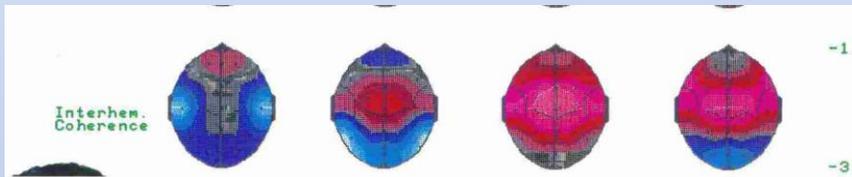
Post-EMDR

Nicosia (1993)

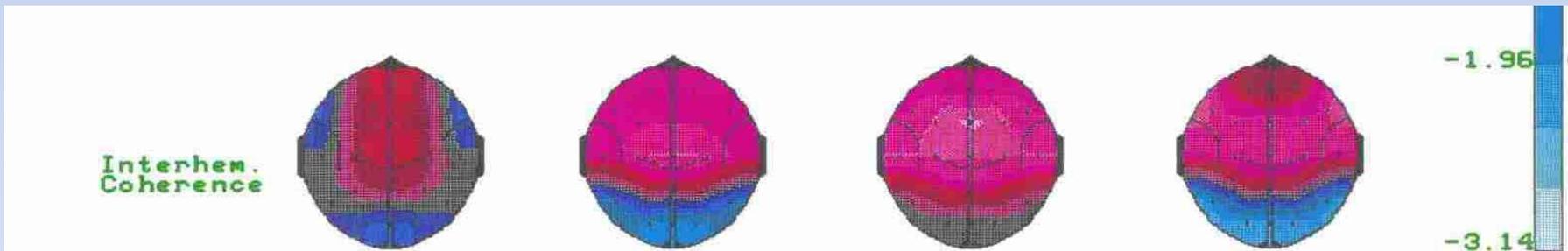


QEEG Normalized in Delta and Theta Frequencies

- Pre EMDR



- Post EMDR



Issues Can Have Many Aspects



Like onions, some issues may have many layers, or “aspects.”

Keep “peeling,” tapping and testing, until you find the **CORE ISSUE.**

Keep assessing until the intensity is zero.

Checking for Success

Found the core issue? Questions for going deeper.

What does this issue/person remind you of?

When was the first time you remember feeling this way?

If there were a deeper emotion underlying this problem, what might it be?

If you could live your life over again, what person or event would you prefer to skip?



If the answer is, "I don't know." Tell them to just guess!