ACOPC SUMMER 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, women 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, panic 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?
- 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 our body.

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Acupuncture in the Western World


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.
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.
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.
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.
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.
Nursing
Florence Nightingale
Therapeutic Touch (TT)
Delores Krieger
Doris Kunz

Biofield
Oriental Medicine
Acupuncture, Tai Chi / Qigong, Feng Shui, Geomancy

Chakra
The Yogas
Pranic Healing
Rosalyn Bruyere
Barbara Brennan

Chakra
The Yogas
Pranic Healing
Rosalyn Bruyere
Barbara Brennan

Meridian
Sensitivities
TBM
NAET
JMT
Allergy Antidotes

Applied Kinesiology (AK)
Goodheart & Walther

Chiropractic

Physical Therapy
Carl Jung
Wilhelm Reich
Depth Psych
CBT
Traumatology
Health Psych

Psychology

Psychotherapy
Lee Pulos
Judith Swack (see HBLU)
Andrew Hahn (GSH)
Larry Nims (see BSFF)

Hypnosis
NLP

Transpersonal
Shamanism
(soul retrieval & other spirit work)
Paranormal, Non-Local, Prayer, & Psychic Studies (surrogate & "healing" approaches draw on these)

Research
Hiroshi Motoyama
Z.H. Cho
P. Vernejoul
Charles Shang
Valerie Hunt
Gary Schwartz
HeartMath
Kim Bong Han
Van der Kolk
Charles Figley
Joyce Carbonell
Daniel Benor
Harvey Baker
Carrington
Pulos
Wells,
Monti, etc.

Comprehensive Energy Psychology

Advanced Integrative Therapy
Asha Nahoma Clinton

Incorporated into Meridian Methods
e.g., HBLU, GSH

Healing Touch (HT)
Janet Mentgen
Dorothea Hover-Kramer, et al.

EMF
Harold Burr
Robert O. Becker
P.A. Valberg
J. Valjius

Quantum Physics
David Bohm
William Tiller
Wing Pon
Claudr Swahson
Let’s Try Healthcare EFT
PRACTICE and DEMONSTRATING Constricted Breathing
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 %.
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...

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

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

Might feel like opening a can of worms to focus on an upset but…
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.”
“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 down 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

EXTENDED ACTIVATION WHILE FOCUSING ON THE PAIN
• KC - side of hand

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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:

- 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

The Healthcare form of EFT sandwiches the Brain Activation between rounds of the tapping sequence.
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
MF - middle
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KC - side of hand

EXTENDED ACTIVATION WHILE FOCUSING ON THE PAIN
Healthcare Recipe Points

Seven additional Hand Points:
Base of the nail bed on the body side of the nail and back of hand
The Specifics are “Aspects”

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

Issue, Belief, Event

Tap for each ASPECT until the ISSUE is relieved.
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
My back hurts.

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

ENVIRONMENT
WHEN/WHERE
When I drive
When I do yard work
Worse when stressed

Clarify by Getting Specific
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?
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 else work on theirs, while attending workshops, participating in a class, watching a DVD, etc.

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

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Persistence

Check Intensity and Repeat as Necessary.

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*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.

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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 Densitization 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.

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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 \( p < 0.02 \), down to 55, only 1.5 standard deviations which is not at all significant. \( p < 0.3 \)

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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!