



# MediTrip

PTSD treatment package



The impact of a natural disaster or traumatic event goes far beyond physical damage.



Natural disasters like earthquakes, fires, floods, hurricanes, volcanos, draughts and other catastrophic events, such as motor vehicle accidents, plane crashes, nuclear meltdowns, and terrorist attacks, are extraordinarily stressful—both to survivors and observers. Such disasters shatter your sense of security, making you feel helpless and vulnerable in a dangerous world. Whether or not you were directly impacted by the traumatic event, it's normal to feel anxious, scared, and uncertain about what the future may bring.



### Common reaction to trauma and disaster

- **Shock and disbelief** – you may have a hard time accepting the reality of what happened
- **Fear** – that the same thing will happen again, or that you'll lose control or break down
- **Sadness** – particularly if people you know died
- **Helplessness** – the sudden, unpredictable nature of natural disasters and accidents may leave you feeling vulnerable and helpless.
- **Guilt** – which you survived when others died, or that you could have done more to help or prevent the situation.
- **Anger** – you may be angry at God or others you feel are responsible
- **Shame** – especially over feelings or fears you can't control
- **Relief** – you may feel relieved that the worst is over, and even hopeful that your life will return to normal



# Post-Traumatic Stress Disorder (PTSD)

After a traumatic experience, it's normal to feel frightened, sad, anxious, and disconnected. But if the upset doesn't fade and you feel stuck with a constant sense of danger and painful memories, you may be suffering from post-traumatic stress disorder (PTSD). It can seem like you'll never get over what happened or feel normal again. But by seeking treatment, reaching out for support, and developing new coping skills, you can overcome PTSD and move on with your life.

## What is post-traumatic stress disorder (PTSD)?

### PTSD Story

Three months ago, Wendy was in a major car accident. She sustained only minor injuries, but two friends riding in her car were killed. At first, the accident seemed like just a bad dream. Then Wendy started having nightmares about it. Now, the sights and sounds of the accident haunt her all the time.

Wendy has trouble sleeping at night, and during the day she feels irritable and on edge. She jumps whenever she hears a siren or screeching tires, and she avoids TV programs that might show a car chase or accident scene. Wendy also avoids driving whenever possible, and refuses to go anywhere near the site of the crash.



Post-traumatic stress disorder (PTSD) can develop following a traumatic event that threatens your safety or makes you feel helpless.

Most people associate PTSD with battle-scarred soldiers—and military combat is the most common cause in men—but any overwhelming life experience can trigger PTSD, especially if the event feels unpredictable and uncontrollable.

Post-traumatic stress disorder (PTSD) can affect those who personally experience the catastrophe, those who witness it, and those who pick up the pieces afterwards, including emergency workers and law enforcement officers. It can even occur in the friends or family members of those who went through the actual trauma.

PTSD develops differently from person to person. While the symptoms of PTSD most commonly develop in the hours or days following the traumatic event, it can sometimes take weeks, months, or even years before they appear.



## Traumatic events that can lead to PTSD include:

- War
- Natural disaster
- Car or plane crashes
- Terrorist attacks
- Sudden death of a love one
- Rape
- Kidnapping
- Assault
- Sexual or physical abuse
- Childhood neglect

## The difference between PTSD and normal response to trauma

The traumatic events that lead to post-traumatic stress disorder are usually so overwhelming and frightening that they would upset anyone. Following a traumatic event, almost everyone experiences at least some of the symptoms of PTSD. When your sense of safety and trust are shattered, it's normal to feel crazy, disconnected, or numb. It's very common to have bad dreams, feel fearful, and find it difficult to stop thinking about what happened. **These are normal reactions to abnormal events.** For most people, however, these symptoms are short-lived. They may last for several days or even weeks, but they gradually lift. But if you have post-traumatic stress disorder (PTSD), the symptoms don't decrease. You don't feel a little better each day. In fact, you may start to feel worse.

### PTSD Story

Libby Busbee is pretty sure that her son William never sat through or read Shakespeare's Macbeth, even though he behaved as though he had. Soon after he got back from his final tour of Afghanistan, he began rubbing his hands over and over and constantly rinsing them under the tap.



"Mom, it won't wash off," he said.

"What are you talking about?" she replied.

"The blood. It won't come off."

On 20 March last year, the soldier's striving for self-cleanliness came to a sudden end. That night he locked himself in his car and, with his mother and two sisters screaming just a few feet away and with Swat officers encircling the vehicle, he shot himself in the head.

At the age of 23, William Busbee had joined a gruesome statistic. In 2012, for the first time in at least a generation, the number of active-duty soldiers who killed themselves, 177, exceeded the 176 who were killed while in the war zone. To put that another way, more of America's serving soldiers died at their own hands than in pursuit of the enemy.

Across all branches of the US military and the reserves, a similar disturbing trend was recorded. In all, 349 service members took their own lives in 2012, while a lesser number, 295, died in combat. Shocking though those figures are, they are as nothing compared with the statistic to which Busbee technically belongs.



He had retired himself from the army just two months before he died, and so is officially recorded at death as a veteran – one of an astonishing 6,500 former military personnel who killed themselves in 2012, roughly equivalent to one every 80 minutes.

Busbee's story, as told to the Guardian by his mother, illuminates crucial aspects of an epidemic that appears to be taking hold in the US military, spreading alarm as it grows. He personifies the despair that is being felt by increasing numbers of active and retired service members, as well as the inability of the military hierarchy to deal with their anguish.

William was sent on three separate year-long tours to Afghanistan. It was the fulfillment of his dreams, but it came at a high price. He came under attack several times, and in one particularly serious incident incurred a blow to the head

that caused traumatic brain injury. His body was so peppered with shrapnel that whenever he walked through an airport security screen he would set off the alarm.

The mental costs were high too. Each time he came back from Afghanistan, between tours or on R&R, he struck his mother as a little more on edge, a little more withdrawn. He would rarely go out of the house and seemed ill at ease among civilians. "I reckon he felt he no longer belonged here," she said.

Once, William was driving Libby in his car when a nearby train sounded its horn. He was so startled by the noise that he leapt out of the vehicle, leaving it to crash into the curb. After that, he never drove farther than a couple of blocks.



Nights were the worst. He had bad dreams and confessed to being scared of the dark, making Libby swear not to tell anybody. Then he took to sleeping in a closet, using a military sleeping bag tucked inside the tiny space to recreate the conditions of deployment. "I think it made him feel more comfortable," his mother said.

After one especially fraught night, Libby awoke to find that he had slashed his face with a knife. Occasionally, he would allude to the distressing events that led to such

extreme behavior: there was the time that another soldier, aged 18, had been killed right beside him; and the times that he himself had killed.

William told his mother: "You would hate me if you knew what I've done out there."



## Signs and symptoms of post-traumatic stress disorder (PTSD)

The symptoms of post-traumatic stress disorder (PTSD) can arise suddenly, gradually, or come and go over time. Sometimes symptoms appear seemingly out of the blue. At other times, they are triggered by something that reminds you of the original traumatic event, such as a noise, an image, certain words, or a smell.

While everyone experiences PTSD differently, there are three main types of symptoms:

1. Re-experiencing the traumatic event
  - Intrusive, upsetting memories of the event
  - Flashbacks (acting or feeling like the event is happening again)
  - Nightmares (either of the event or of other frightening things)
  - Feelings of intense distress when reminded of the trauma
  - Intense physical reactions to reminders of the event (e.g. pounding heart, rapid breathing, nausea, muscle tension, sweating)
2. Avoiding reminders of the trauma
  - Avoiding activities, places, thoughts, or feelings that remind you of the trauma
  - Inability to remember important aspects of the trauma
  - Loss of interest in activities and life in general
  - Feeling detached from others and emotionally numb
  - Sense of a limited future (you don't expect to live a normal life span, get married, have a career)
3. Increased anxiety and emotional arousal
  - Difficulty falling or staying asleep
  - Irritability or outbursts of anger
  - Difficulty concentrating
  - Hyper vigilance (on constant "red alert")
  - Feeling jumpy and easily startled

### Other common symptoms of post-traumatic stress disorder (PTSD)

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• <b>Anger and irritability</b></li><li>• <b>Guilt, shame, or self-blame</b></li><li>• <b>Substance abuse</b></li><li>• <b>Feelings of mistrust and betrayal</b></li></ul> | <ul style="list-style-type: none"><li>• <b>Depression and hopelessness</b></li><li>• <b>Suicidal thoughts and feelings</b></li><li>• <b>Feeling alienated and alone</b></li><li>• <b>Physical aches and pains</b></li></ul> |
|--|---|

**A normal response to trauma becomes PTSD when you become stuck**



## Soldiers' psychological damage

For William Nash, a retired Navy psychiatrist who directed the Marine Corps' combat stress control programme, William Busbee's expressions of torment are all too familiar. He has worked with hundreds of service members who have been grappling with suicidal thoughts, not least when he was posted to Fallujah in Iraq during the height of the fighting in 2004.

He and colleagues in military psychiatry have developed the concept of "moral injury" to help understand the current wave of self-harm. He defines that as "damage to your deeply held beliefs about right and wrong. It might be caused by something that you do or fail to do, or by something that is done to you – but either way it breaks that sense of moral certainty."



Contrary to widely held assumptions, it is not the fear and the terror that service members endure in the battlefield that inflicts most psychological damage, Nash has concluded, but feelings of shame and guilt related to the moral injuries they suffer. Top of the list of such injuries, by a long shot, is when one of their own people is killed.



"I have heard it over and over again from marines – the most common source of anguish for them was failing to protect their 'brothers'. The significance of that is unfathomable, it's comparable to the feelings I've heard from parents who have lost a child."

Incidents of "friendly fire" when US personnel are killed by mistake by their own side is another cause of terrible hurt, as is the guilt that follows the knowledge that a military action has led to the deaths of civilians, particularly women and children. Another important

factor, Nash stressed, was the impact of being discharged from the military that can also instill a devastating sense of loss in those who have led a hermetically sealed life within the armed forces and suddenly find themselves excluded from it.

That was certainly the case with William Busbee. In 2011, following his return to Fort Carson in Colorado after his third and last tour of Afghanistan, he made an unsuccessful attempt to kill himself. He was taken off normal duties and prescribed large quantities of psychotropic drugs which his mother believes only made his condition worse.



Eventually he was presented with an ultimatum by the army: retire yourself out or we will discharge you on medical grounds. He felt he had no choice but to quit, as to be medically discharged would have severely dented his future job prospects.

When he came home on 18 January 2012, a civilian once again, he was inconsolable. He told his mother: "I'm nothing now. I've been thrown away by the army."

Until 2012, the majority of individuals who killed themselves had seen no deployment at all. Their problems tended to relate to marital or relationship breakdown or financial or legal worries back at base.

The most recent department of defense suicide report, or DODSER, covers 2011. It shows that less than half, 47%, of all suicides involved service members who had ever been in Iraq or Afghanistan. Just one in 10 of those who died did so while posted in the war zone. Only 15% had ever experienced direct combat.

The DODSER for 2012 has yet to be released, but when it is it is expected to record a sea change. For the first time, the majority of those who killed themselves had been deployed. That's a watershed that is causing deep concern within the services.

"We are starting to see the creeping up of suicides among those who have had multiple deployments," said Phillip Carter, a military expert at the defense think-tank Center for a New American Security that in 2011 published one of the most authoritative studies into the crisis. He added that though the causes of the increase were still barely understood, one important cause might be the cumulative impact of deployments – the idea that the harmful consequences of stress might build up from one tour of Afghanistan to the next.

Over the past four years the Pentagon, and the US Department of Veterans Affairs, have invested considerable resources at tackling the problem. The US Department of Defense has launched a suicide prevention programme that tries to help service members to overcome the stigma towards seeking help. It has also launched an education campaign encouraging personnel to be on the lookout for signs of distress among their peers under the rubric "never let our buddy fight alone".



Despite such efforts, there is no apparent let up in the scale of the tragedy. Though President Obama has announced a draw-down of US troops from Afghanistan by the end of 2014, experts warn that the crisis could last for at least a decade beyond the end of war as a result of the delayed impact of psychological damage.

(Ed Pilkington - The Guardian)



## Why Should I Seek Help for PTSD?

- **Early treatment is better.** Symptoms of PTSD may get worse. Dealing with them now might help stop them from getting worse in the future. Finding out more about what treatments work, where to look for help, and what kind of questions to ask can make it easier to get help and lead to better outcomes.
- **PTSD symptoms can change family life.** PTSD symptoms can get in the way of your family life. You may find that you pull away from loved ones, are not able to get along with people, or that you are angry or even violent. Getting help for your PTSD can help improve your family life.
- **PTSD can be related to other health problems.** PTSD symptoms can make physical health problems worse. For example, studies have shown a relationship between PTSD and heart trouble. By getting help for your PTSD you could also improve your physical health.



### Help for veterans

As a soldier, I saw things no one ever should. Have you ever seen what a .50-caliber round does to a person's head? Imagine a large wooden mallet smashing a watermelon. The .50-cal. does the same. Brain matter was splattered all over the inside of the Iraqi's truck. At the time, I didn't feel anything. I felt numb. It was as if nothing had happened. No emotion at all.

In war, you learn to shut out such horror. It's called "survival mode." Your mind and body go numb. You don't recoil from the horror; instead, you make jokes about it. For six years, I trained to be strong and to follow orders. I was trained to fight and to kill. I was trained to be a robot. That is the Army way. You are not to think, nor to ask questions. Nothing fazed me.



Once I came home, I had time to think and to detox from the military. And as I processed my memories, I wondered if something was wrong with me. In truth, my family and my wife knew before I did.

Before I deployed, I was very laid-back, an easygoing guy. I joked around a lot. When I returned from Iraq, I was edgy and short-tempered. The smallest thing could trigger an outburst. I viewed everything from a life-or-death perspective. I would get ticked off if my wife and I left five minutes late for an appointment. On a mission, "five minutes late" can get someone killed. I couldn't get out of The Zone.

I couldn't focus on any one particular task. I had to juggle several jobs at once to relax. I had trouble sticking to a conversation, and I had no patience. I couldn't sit still for more than five or 10 minutes before I had to walk around the house. I couldn't sit through a movie with my wife unless it was full of action. I played war-based video games to put me in my comfort zone. They soothed me.

At a moment, I felt something different. I felt emotion for the first time in years. My eyes began to swell up, and tears streamed down my face. At first, I wondered what was wrong with me. But it felt good. It felt like I was breaking free from my turmoil, free from my private war. Suddenly, there was clarity. I was able to step back and see what my family had seen for so long. I needed some help.

At my Vet Center, the staff told me what benefits I was eligible for and walked me through enrollment. They helped me with my job hunt. They gave me their personal phone numbers and told me to call if I needed anything. And they got me the help I needed. A Vet Center counselor had me tested for traumatic brain injury and PTSD, and got me into group and individual therapy. It's still a struggle, but I'm taking back control of my life and my feelings. It took me a long time to learn that asking for help is not a sign of weakness, but an act of courage. **Post-traumatic stress doesn't mean you're crazy. It's a natural reaction to trauma.** With help, you learn to understand it and how to cope with it.

And I've wondered, does American society understand what these veterans bring home with them? Sometimes I've wondered how much society cares. I've heard the jokes. I've heard co-workers whisper about another vet, "he's crazy." This guy put his life on the line for his country. Where is the respect? Thousands of U.S. military personnel suffer from PTSD. They live in our cities, in our towns, in our homes. It's our duty to pick up our brothers and sisters and help them through these hard times. As a nation, we sent them to war. Now we have to help them find peace at home.

(Jeremy Profitt - Published February 21, 2010, on New America Media)

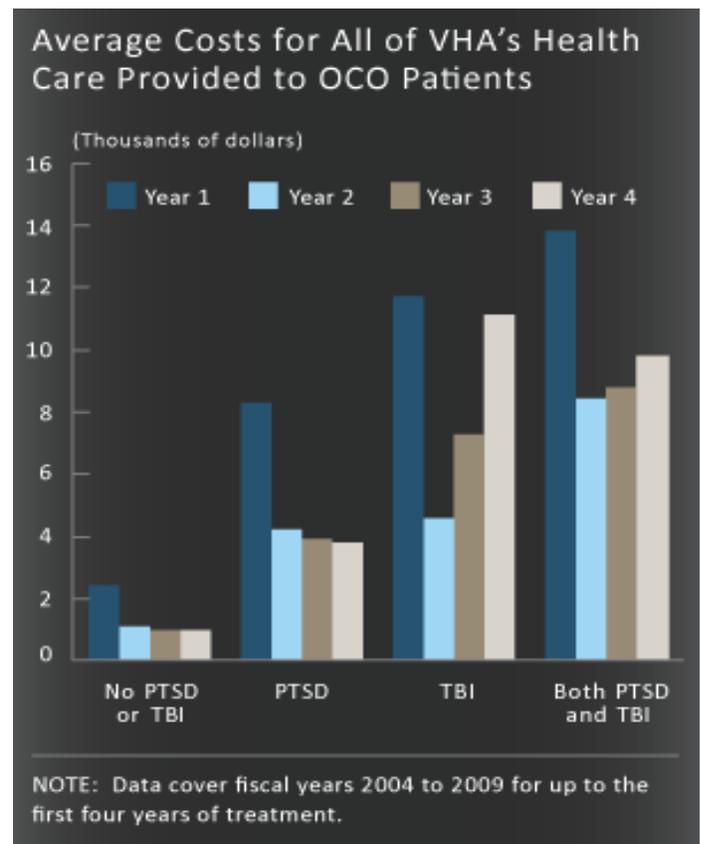
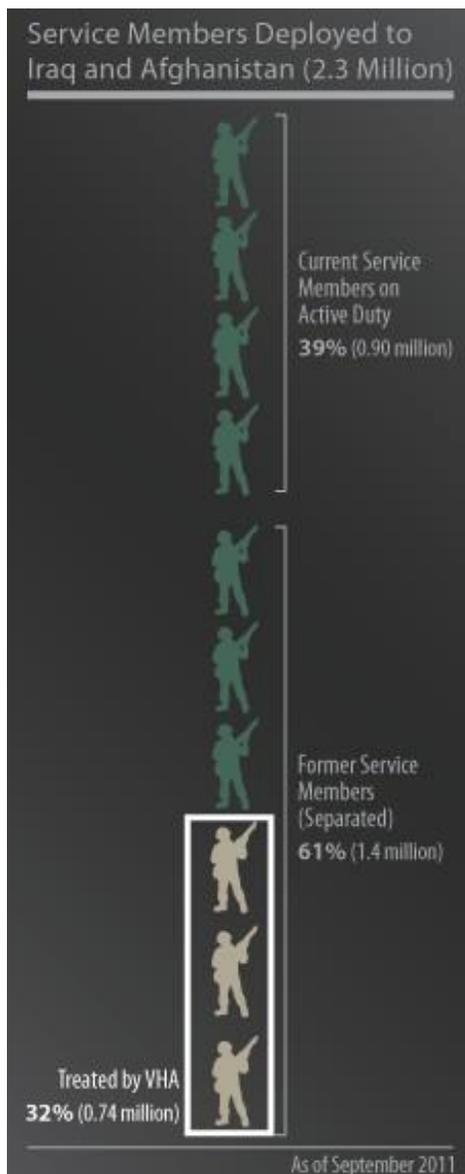


Between 5 percent and 25 percent of those deployed to Iraq and Afghanistan, when screened after returning from war may have PTSD.

Veterans Health Administrations (VHAs) spends billions of dollars each year to treat veterans from Overseas Contingency Operations (OCO) for PTSD or traumatic brain injury (TBI).

In 2010, VHA spent \$1.9 billion to treat 400,000 OCO patients. The medical costs associated with VHAs treatment of OCO veterans could, in CBOs estimation, total between \$40 billion and \$55 billion over the 10-year period from 2011 through 2020.

Cost per person in 4 years treatment provided by VHA:  
20,000 USD.



# Treatment for post-traumatic stress disorder (PTSD)

Treatment for PTSD relieves symptoms by helping you deal with the trauma you've experienced. Rather than avoiding the trauma and any reminder of it, treatment will encourage you to recall and process the emotions and sensations you felt during the original event. In addition to offering an outlet for emotions you've been bottling up, treatment for PTSD will also help restore your sense of control and reduce the powerful hold the memory of the trauma has on your life.

In treatment for PTSD, you'll:

- Explore your thoughts and feelings about the trauma
- Work through feelings of guilt, self-blame, and mistrust
- Learn how to cope with and control intrusive memories
- Address problems PTSD has caused in your life and relationships

## Types of treatment for post-traumatic stress disorder (PTSD)

- **Trauma-focused cognitive-behavioral therapy.** Cognitive-behavioral therapy for PTSD and trauma involves carefully and gradually "exposing" yourself to thoughts, feelings, and situations that remind you of the trauma. Therapy also involves identifying upsetting thoughts about the traumatic event—particularly thoughts that are distorted and irrational—and replacing them with more balanced picture.
- **Family therapy.** Since PTSD affects both you and those close to you, family therapy can be especially productive. Family therapy can help your loved ones understand what you're going through. It can also help everyone in the family communicate better and work through relationship problems caused by PTSD symptoms.
- **Medication** is sometimes prescribed to people with PTSD to relieve secondary symptoms of depression or anxiety. Antidepressants such as Prozac and Zoloft are the medications most commonly used for PTSD. While antidepressants may help you feel less sad, worried, or on edge, they do not treat the causes of PTSD.
- **EMDR (Eye Movement Desensitization and Reprocessing)** incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation, such as hand taps or sounds. Eye movements and other bilateral forms of stimulation are thought to work by "unfreezing" the brain's information processing system, which is interrupted in times of extreme stress.
- **NLP (Neuro-Linguistic Programming) Double Dissociation Protocol** is supported by constant reports by practitioners that cover nearly a quarter century. Among these reports are those provided by Richard Bandler, Steve and Connierae Andreas, Robert Dilts, William McDowell who severally relate that each of them has treated thousands of persons suffering from PTSD and phobic conditions with **immediate, lasting results** from this **short term intervention**. In many cases they report **complete symptom alleviation** after long term follow-up. Consistent with the pattern of memory reconsolidation, the intervention includes minimal evocation of the problem response along with multiple overlays of new associations that, in essence, rewrite the memory. As in previously reported reconsolidation studies, the traumatic event either becomes inaccessible, significantly modified, or subject to non-traumatic declarative access.



## WHAT IS NLP?

***"NLP gives you Powerful Tools for overcoming challenges to your health, happiness and peace of mind and achievement of Excellence. Resolve problems quickly... NLP will help you understand the problems, get past them, transform them, go over them, under them, around them or right straight through them. Faster, cheaper and easier..." - J.D. Hoag***

NLP stands for Neuro-Linguistic Programming, a name that encompasses the three most influential components involved in producing human experience: **neurology, language and programming**. The neurological system regulates how our bodies function, language determines how we interface and communicate with other people and our programming determines the kinds of models of the world we create. Neuro-Linguistic Programming describes the fundamental dynamics between mind (neuro) and language (linguistic) and how their interplay affects our body and behaviour (programming).

NLP provides tools and skills for the development of states of **individual excellence**, but it also establishes a system of empowering beliefs and presuppositions about:

- **what human beings are,**
- **what communication is** and
- **what the process of change is all about.**

NLP is not only about **competence and excellence**; it is about wisdom and vision. NLP is a way of enriching the choices that you have and perceive as available in the world around you. **Excellence comes from having many choices. Wisdom comes from having multiple perspectives.**

"How your individual brain selects representations is highly unique - no two people do it exactly the same. The end result is that your brain's representations create unique "maps" of the world for you.

And you use your maps for everything you do, everything you think, and everything you feel.

The thing is, maps can get outdated -- things change, and old maps may omit important new landmarks, even miss entire continents (like the ancient "world maps"), or tell us something is there when it no longer is.

Update your maps, and... You'll be able to:

- ✓ Achieve what you want to achieve
  - ✓ Do the things that are important efficiently
- You'll make better decisions...because the basis of your decisions will be more accurate.

- ✓ You'll create better choices
- ✓ You'll get new perspectives
- ✓ You'll have clearer vision

Your health will improve...because you'll learn how to communicate effectively with yourself, not just internally with your own thoughts, but with your entire mind-body system, enabling you to

- ✓ Accelerate healing
- ✓ Strengthen your immune system
- ✓ Heal in ways beyond medical science

**Self -Healing**

**Self-Management**

**Attitude**

**Expectation**

**Consistency**

**Choice**

**Balancing Needs**

**Getting to 'Yes'**

**Communication Skills**

**Curiosity & Receptivity**



Your career will go better...because you'll be able to

- ✓ Communicate better
- ✓ Be more organized
- ✓ Set clear direction and goals

Your communication process will improve...because you'll be able to establish and maintain rapport with people quickly and naturally. You'll be able to

- ✓ Be a leader
- ✓ Create intimacy
- ✓ Be trusted

Your relationship with yourself will improve...because your inner conflicts will be resolved, childhood history issues will be put to rest, and your inner critic will be won over to your side. At last you can have

- ✓ Calm and Peace of Mind
- ✓ An inner sense of validation
- ✓ Solid self-confidence that no one can shake

Is it REALLY possible?

I know it sounds like a lot. And it is! And what's more, it's just the tip of the iceberg.

Personally, I didn't believe any of it when I first encountered NLP. I'm a pretty sceptical fellow, myself, and critical thinking is one of my strong points. I'm not easily convinced of anything. Sure, I'm willing to consider new ideas. But it takes a lot to convince me that something new is actually valid.

It takes even more to convince me that something new is practical.

In the case of NLP...The answer is, "YES!"

I remember the first time I ever heard of NLP. A friend of mine and I were driving in London -- I can still picture the place -- discussing some of his explorations in learning. He told me he'd heard of something that can cure a Post-Traumatic Stress Disorder (PTSD) in one day.

My response was, "No way. That's Impossible! It takes YEARS of psychotherapy to do that." He said, "Well, maybe. But that's what they're saying. It's something called Neuro-linguistic programming."

(Adapted after J.D. Hoag)

## **Structuring Effective Goal**

**Peaceful States      Desirability**

**Capability      Releasing Worries**

**Focus & Concentration**

**Organizing Thoughts**

**Accessing Resources**

**Motivation      Achieving Clarity**

**Creativity & Inspiration**

**Opening Possibilities**

**Putting Change into Action**

**Self Esteem      Undoing Mistakes**

**Becoming Authentic**

**Accomplishing More**



## NLP BENEFITS

NLP began as the study of excellent communicators in therapy, with the idea of uncovering exactly what these exceptional people did to achieve their outstanding results. The developers of NLP were so successful that they created *new* models of how thoughts and behaviors work, which make it possible to uncover the exact mental processes to achieve any humanly attainable result, or to *modify* a person's mental processes to easily *change* behaviors and responses for the *better*. This has led to the creation of many effective techniques for working with all kinds of issues including:

- ✓ **Developing and maintaining rapport, and improving communication skills**
- ✓ **Converting *limiting* beliefs to positive and *useful* beliefs**
- ✓ **Converting bad habits and negative behaviors into *positive* ways of being**
- ✓ **Successfully healing all kinds of relationship issues**
- ✓ **Clearing many common Allergies**
- ✓ **Clearing all kinds of fears and even debilitating phobias**
- ✓ **Overcoming procrastination and creating dynamic motivation**
- ✓ **Creating inner congruence for starting and *completing* goals**
- ✓ **Converting "stuck" feelings into powerful *resource* states**
- ✓ **Teaching people how to tap into the excellence of someone they admire**
- ✓ **Assisting people to tap into their *own* wellspring of internal resources anywhere**
- ✓ **Finding the true origins of problems so they can be thoroughly addressed and cleared**
- ✓ **Assisting people to let go of unhealthy attachments to people**
- ✓ **Assisting people to really heal from traumatic experiences**

Creative NLP solutions will give you a whole new toolbox of powerful and effective methods and understandings to add to the skill set you already possess. These effective tools can easily be integrated into your existing practice, to give you more options and flexibility.

**The brilliant outcomes from NLP tools and techniques will help you to**





**Create & Maintain Good Relationships  
at home and at work**



**Having Better Choices in life**



**Being at Peace with Ourselves**



**Feeling More Self-Confident**

***You will experience peak performance, rock solid confidence, real stress relief or personal transformation that really works with the powerful tools and techniques of NLP.***



## Who Uses NLP?

Ask the average person on the street about NLP and he'll say, "NL...what?" But here are a few surprises...

- **NASA** uses NLP to design instrument panels
- **The National Health Service** in the United Kingdom uses NLP to improve patient care
- Businesses like **Oracle, IBM, American Express, Apple Computer, Xerox, Merrill Lynch, Mercedes Benz, BMW**, and many others use NLP to improve communication, build teams, and increase productivity
- In **Politics** (like **president Obama**) or in public communication NLP is used heavily
- **The Defence Industry**: dr. John Grinder served in the US Special Forces in Europe during the Cold War; following this he apparently went on to work for a US intelligence agency

### PTSD TREATMENT WITH NLP DOUBLE DISSOCIATION PROCEDURE

***"It's like watching a movie about some distant world while knowing it is movie and we have anytime rewind, fast forward , muting flipping upside down , changing the sounds an music or just change the channel, at our freewill. You are free!" Maj. Michael J. Portman***

#### Steps:

##### Prescreening

Before proceeding with the treatment of PTSD, it is essential to ensure that the client meets specific diagnostic criteria: the client's difficulties are essentially a phobic, instantaneous conditioned response to a stimulus related to a traumatic event. PTSD is to be distinguished from problems that represent the client's responses to the meanings of the event in the client's larger life and the impact of such events on the client's sense of self-worth.

**If both kinds of response are present we advise the client that the procedure will work for the phobic elements--eliminating flashbacks and other immediate panic responses to reminders of the traumatic event—but will not work with larger life issues which will require other kinds of treatment, that can and will be provided at request.**

In order to qualify as a traumatizing event both of the following must appear:

1. The person experienced, witnessed, or was otherwise confronted with one or more events that actually involved or threatened death, serious injury or some other threat to the physical integrity of that individual or others.
2. The individual's response involved intense feelings of horror, fear or helplessness

**A testing procedure and a listing of DSM (The Diagnostic and Statistical Manual of Mental Disorders) symptoms can be provided on request.**

For this PTSD Double Dissociation Procedure to work effectively, the problem must

1. Be rooted in the personal experience of trauma threatening death or injury to one's self or others, and
2. Be expressed as an intense, suddenly arising experience of the trauma symptoms usually experienced as flashbacks or panic reactions.

**NOTE: This procedure does not address secondary issues including substance abuse, marital disturbances, work problems, etc. While in some cases these may be positively impacted, they will, for the most part require separate treatment. That can be provided at request based on an initial pre-screening procedure.**



## **Rapport**

NLP begins most of its interventions with the establishment of rapport. This is done for several reasons. NLP views change work as occurring in the subjective space between two or more people. NLP also assumes that each person has a distinctive map of the world that does not in all points correspond either to another person's map or to the common reality with which they must deal. In order to communicate across this representational space and to establish a common set of understandings for such communication, rapport is an essential tool.

Rapport may be understood not only as the establishment of a state of trust or empathy between persons but also as a state of mutual sensitivity to the meanings and values held by the participants in the communication. Moreover, given that NLP often requires the client to perform relatively sophisticated behavioral tasks, a felt sense of rapport is a crucial element in the procedure.

## **Content**

It is important to understand that most NLP interventions may be pursued content free. During the procedure the practitioner does not need to know the specific content of the presenting problem; physiological changes should be enough. If the procedure is pursued as a content-free intervention, then the notations regarding the client's verbal behavior are somewhat mooted. One of the most reliable content free signs of having identified an appropriate trigger is the fast onset of the physiological and paralinguistic symptoms of fear or trauma. These symptoms may include changes in breathing, heart rate, skin tone and color, vocal pitch and speech rate. Muscular tension, tremors and postural changes may also be noted as the client moves into the problem state.

## **Dissociation**

Dissociation ensures that the client will not be re-subjected to the emotional impact of the original trauma. Nevertheless, contact with an imagined self-watching the trauma events, and/or having the capacity to monitor postural and breathing changes that the client might exhibit stillness, lack of facial expression and animation as well as changes in breathing and posture. As the PTSD procedure unfolds a series of personal "deal-with" options develop in the client that can and will be memorized and used as new resourceful ways of managing with the trauma memories triggered by the specific stimulus.

## **Test**

Once the client has completed the procedure and has returned to a present neutral state, the determination of success must be made based on physiological indicia. Once again the practitioner should make every effort to evoke the problem traumatic state. At this point it may be useful to systematically probe each sensory system for possible triggers for the problem behaviors.

If there is no reaction, the intervention is presumed to have worked. And the transformation is achieved forever.

### **PTSD treatment with NLP story**

"I visited the NLP therapist for help with anxiety and panic attacks that I had had for at least fourteen years. I have seen a number of GP's, 3 Psychologists and 3 Psychiatrists.

**I have had monthly appointments with my GP for the past 10 years.** In this time I have been prescribed numerous depression and anxiety medications and experienced a wide range of side effects and associated costs. I had also in desperation tried marijuana and alcohol in an attempt to find relief a few times.



I'd estimate I spent \$3000 on depression and anxiety medications. There have been a number of other medications, vitamins, etc. that I have also tried which added to the overall cost. The energy expended in taking this route of therapy cannot be measured

I like my GP very much and he has always been caring, but I have not found relief from my anxiety in the 10 years I have been with him. Other medical assistance I have found to be traumatic and ineffectual. Some staff and practitioners in the hospital system have been quite hostile while others have been gentle and kind. However nothing any of them have done has worked.

My sister found out about NLP therapy and encouraged me to give it a try. I had lost hope, my life had effectively ground to a halt and I was daily considering suicide due to the severity of the anxiety and the trauma of trying so hard to find a solution within the usual medical channels and finding no answers. Sadly, I came to NLP therapy as a last resort.

**I had one ninety minute NLP therapy session.** The most important moments for me during that session were when the therapist asked me to try and find the anxious feelings and I could not. And when it clicked with me that I could "frame" situations in order to obtain a new perspective. After the session I found that I could eat and drink again. (I hadn't been able to very well for four days.) **The constant fear and anxiety were no longer present and I felt hopeful for the first time in years. I no longer had suicidal thoughts.**

I am looking forward to my future and suddenly the possibilities are exciting. As soon as I left my appointment I chose to no longer take the valium which I'd been prescribed and I have also chosen to slowly come off my medication.

Since the session four days ago I'm experiencing a slight nervous feeling in my body but I feel it may be a temporary situation resulting from changes that I have implemented in my medications. I am not overly concerned about it and am able to function normally around it. I had one moment where I felt the faintest stirrings of a panic attack but it was almost like it just couldn't escalate. I was able to just continue on with what I was doing. I do feel like the positive changes I am experiencing are permanent.

I believe that the NLP therapeutic approach is the first that I have found that offers me any solution or relief from symptoms of anxiety and panic attacks.

I am incredibly grateful for the result that I got. The therapist conducted the sessions in such a way that I felt safe, positive and empowered (which in itself is incredible since I had been contemplating suicide just the night before). I cannot thank him adequately. I am hoping some of my friends and relatives will also give this approach a go and I have already talked to them about this. I was impressed with the speed with which results can be achieved, especially in contrast to the last ten years of inadequate medical care that I have experienced. Bless you."

Jannine MacQueen, Lismore NSW Australia (12/1/2012)



## PTSD treatment with NLP story

As a rape survivor, of course I felt blessed to make it out alive. And so, I accepted nightmares as part of my post-trauma life forever. Night after night, I was forced to relive the horrific details of a hellish night from my past. The men who held me captive and drugged years ago were continuing to have as strong a hold on me years after.



So what were my options? Sleep with the light on. Avoid dark places and images that could bring up flashbacks. Counseling? It wasn't really for me. I never felt comfortable with the idea of sitting on a stranger's couch week after week, year after year, retelling the disturbing event. I wasn't avoiding or denying, I just simply wanted to move on and forward with my life. It was then that I found out about NLP.

For those of us strong souls who have been faced with monsters in this lifetime, my NLP therapist is living proof that there are angels in this world. I had never really known much about NLP, but upon instantly meeting my therapist I knew she was a true healer, and finally felt as though help was on the way.

The most incredible part about the work she does is that you don't ever have to talk about your trauma. She always offers a listening ear, but it is not necessary for the work to be achieved. No retelling or discussing of your personal life or the details of your trauma. Everyone has his/her treatment preferences, but for someone like me this was a dream come true. If it actually worked it would be even better! What I am about to say may possibly shock you. Within one ninety minute session of NLP therapy my nightmares were gone. Within 4 sessions the flashbacks had disappeared. I was sleeping like I had never slept in my life and felt like a million bucks. I understand that this may sound farfetched. If you told me this some months ago I probably wouldn't have believed it myself. For this reason I insisted on writing a testimonial. And so, I say this from the bottom of my heart: If you are out there suffering, searching for help – or maybe you have abandoned the idea, as had I – consider working with an NLP therapist. This treatment has truly given me my life back and for that I am forever grateful. I would be more than happy to speak to you about my personal experience. Please feel free to contact me at [1LoveLife82@aol.com](mailto:1LoveLife82@aol.com)

Some therapies focus on the content of what happened but this is something that is best addressed after the negative emotions have been ameliorated. **NLP focuses on the process**, on what the client does inside their mind to maintain the problem. Working with process means that we can assist the client to neutralize the trauma - without having to re-experience it. NLP is used to teach the client how to run their own brain and create **states of confidence, relaxation and happiness**.



## **The NLP double dissociation procedure for PTSD treatment has also the advantages of being**

- **Non-intrusive** (is based upon dialog between you and the therapist)
- **Ecological** (does not involves chemical drugs or other substances)
- **Content free**
- **Time effectively** (produces significant results within very short time - 2-3 sessions)
- **Collateral advantageous** (has benefic effects in the relationships with the family, friends, at work)

If you suffer from post-traumatic stress disorder (PTSD) you can feel disconnected from others. You may be tempted to withdraw from social activities and your loved ones. But it's important to stay connected to life and the people who care about you. Support from other people is vital to your recovery from PTSD, so ask your close friends and family members for their help during this tough time. Also, spend time in nature. Anyone with post-traumatic stress disorder can benefit from the relaxation, seclusion, and peace that come with being in the natural world. Outdoor activities can also help challenge your sense of helplessness and help your nervous system become "unstuck" and move on from the traumatic event.

If a loved one has post-traumatic stress disorder (PTSD), it's essential that you take care of yourself and get extra support. PTSD can take a heavy toll on your mental and physical health and on the family if you let it. It can be hard to understand why your loved one won't open up to you—why he or she is less affectionate and more volatile. The symptoms of PTSD can also result in job loss, substance abuse, and other stressful problems. Letting your family member's PTSD dominate your life while ignoring your own needs is a surefire recipe for burnout. In order to take care of your loved one, you first need to take care of yourself.

All advices regarding PTSD healing include relaxation and activities meant to distract you from memories and reactions.

## **Relaxation is a necessity, not a luxury**

**Making time for rest and relaxation will help you bring your brain and body back into balance. Both you and your love one can now leave all your problems behind and regain your happy life. A vacation is the perfect way to do it!**



# PTSD treatment package in Romania offer



## **11 days holiday (22.09-03.10.2013) with one to one tailored coaching program included**

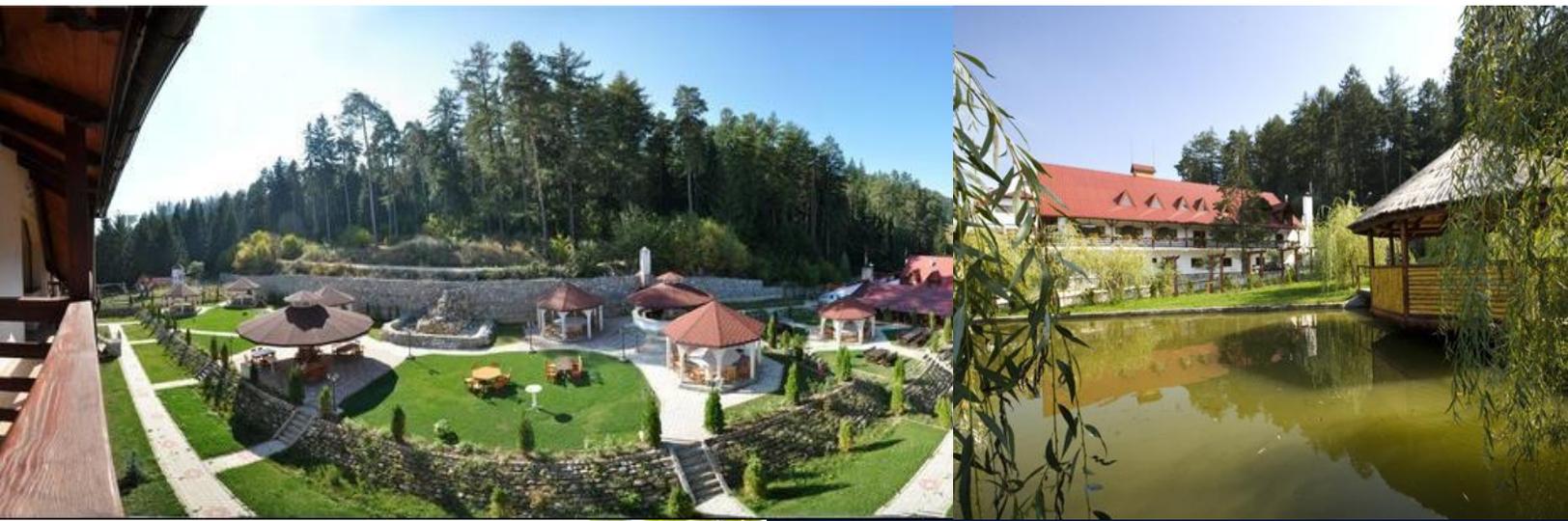
Travel and change of place impart new vigor to the mind, Seneca said. For ancient times people with needs for health and wellness care considered to find them by traveling. They knew that it is not enough to heal your body, but to comfort your mind as well.

The place we find for your healing vacation is peacefully surrounded by forests and mountains and it will help you reconnect with the natural environment. Discovering a new country while receiving short term interventions for healing your PTSD is an experience you will most benefit of.

Romania is a beautiful country with astonishing and varied landscapes: mountains with undisturbed forests, green hills with small villages, large plains, seaside with sand at the Black Sea, wild rivers and the famous Danube Delta – the third largest biodiversity in the world. We also have a great diversity of wildlife, historic cities and medieval fortified castles, lovely villages where visitors can experience beautifully preserved traditions, good wines and food. Romania is well known for its painted monasteries in Moldova and the Dracula castle myth. You can enjoy and relax in a wonderful 4 stars resort where you will be indulged with traditional tasty Romanian food and drinks, you will pamper with SPA treatments and you will spend time with your family and friends.

You will benefit from the natural organic fresh food. Also you will visit beautiful new places and discover people and tradition. No matter where you are from, when you are in Romania you are among friends. If you have a friend who has ever traveled to Romania, you will find that he or she is in love with this country. People are nice, friendly and willing to help you have a great time here.





# Your package includes

## PTSD therapy pack

### 3 PTSD individual sessions + one group session

During your stay here you will receive **three short time sessions** for your post-traumatic stress disorder which will make gentle and rapid change in your state - no need to relive the symptoms - no need to talk about the trauma - **the NLP dissociation protocol** will help you to learn from the event and develop an understanding at the level of the unconscious mind that will allow **the negative emotions to disappear**. The **individual therapy is customized** to address your specific issues.

#### The family therapy (group session) will help you to:

- (1) Recognize the trauma as a family crisis requiring a shared response,
- (2) Recognize and respond to the needs of each member,
- (3) Encourage appropriate self-disclosure, and
- (4) Understand that the damage caused by the trauma is not irreparable.

**NOTE: Due to the various problems and causes that result in PTSD, the procedure does not guarantee 100% recovery for all cases. While in most cases PTSD problem may be positively impacted, there are however some cases which may necessitate longer and various treatment. If the case, we guarantee 100% treatment cost payback.**

## Travel package

- ✓ **Transportation from/to airport**
- ✓ **Accommodation for 11 nights in apartment or double room**



- ✓ All meals during your stay (breakfast, lunch, dinner)
- ✓ Beverages during meals (still/sparkling mineral water, sodas, coffee, beer, wine, whisky, bourbon, vodka, Campari, gin, Baileys, traditional Romanian alcoholic drinks – tuica, afinata)



- ✓ Barbeque party with traditional Romanian food and drinks, folklore dances and songs, folk music band and fire camp



- ✓ **Unlimited access to inside pool, dry sauna, outside Jacuzzi, fitness area, billiard and ping pong table**



- ✓ **60 US dollars voucher for SPA treatments (massages, body wraps, slimming treatments) – one 50 minutes massage is 20 dollars**
- ✓ **20% discount for all SPA treatments price list**



✓ **Touristic activity**

**Brasov** sightseeing – the city is located 15 kilometers from your resort, in the center of the country and surrounded by the Carpathian Mountains. The city provides a mix of wonderful mountain scenery in the nearby luxury ski resort Poiana Brasov and medieval history with German influences in the old town.



**Bran Castle** - near Brasov is a Gothic fairy-tale structure, often associated with 15th century Walachian Prince Vlad Tepes (Vlad the Impaler), the inspiration for Bram Stoker's Dracula.



**Rasnov fortress** - a medieval citadel near Brasov preserved like a small town where you can visit the peasant houses, a museum, and the chapel.



**Sighisoara Citadel** - an inhabited citadel that has preserved in an exemplary way the features of a small medieval fortified city and it has been listed by UNESCO as a World Heritage Site. The 64 meters clock tower from the 14th century, the old secret passageways and the house of Vlad Dracul (the place where Vlad the Impaler was born) are among the attractions.





**Fagaras fortress** - built first as a wooden fortress, it was enlarged between the 15th and 17th centuries and was considered one of the strongest fortifications in Transylvania surrounded by a deep moat. During the communist regime it became a fearful political prison before was turn into museum.



**Fortified churches Prejmer, Harman, Cristian** - The picturesque villages in southern Transylvania offer a great variety of architectural styles through more than 150 well preserved, out of an original 300, fortified churches. 7 villages (six Saxon and one Szekely) are listed as UNESCO Heritage Site (Biertan, Valea Viilor, Prejmer, Calnic, Darjiu, Saschiz and Viscri).



**Peles Castle** – is located in Sinaia, on Prahova Valley, the summer residence of the first royal family, King Carol I, and Corvinesti Castle in Transylvania, built mainly in Gothic style, but with Renaissance architectural elements.



**For detailed information regarding prices and reservation please click the link bellow:**

**<http://www.meditrip.eu/register>**

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