

Independent Rehabilitation Services - April 2008 Newsletter

Hi,

We hope you all had a good Easter and are enjoying the sunshine of the last couple of days. With spring in the air and the anticipation of new things to come we would like to share an article with you we received from Caroline Khambatta, about a new treatment for Post Traumatic Stress Disorders.

Caroline Khambatta,(BSc) , is a fully licensed Reverse Therapy Practitioner and Clinical Supervisor, who uses Reverse Therapy for the treatment of Post Traumatic Stress Disorder. She has since qualified in the Reverse Trauma Process in 2005 and worked with many clients on a wide range of traumatic experiences. We came across Caroline`s work about two years ago and have since then enjoyed some joint working with great results.

Caroline writes:

“Reversing Post Traumatic Stress Disorder

When something traumatic occurs in our lives our body goes onto ‘red alert’ with the sole purpose of getting us back to a place of safety and re-establishing balance in our lives. For 20% of people this does not occur because they end up suffering with Post Traumatic Stress Disorder (PTSD).

Sufferers of PTSD deal with traumas slightly differently. They produce a record of the event taking the form of a ‘horror movie’. This is done by the thinking or cognitive mind (we call this Headmind in Reverse Therapy), with the purpose of working out logically why this thing has happened and who’s fault it was. Sadly, there is very rarely anything logical about trauma, be it a physical accident, violence or observing something very frightening. The horror movie is repeatedly run, either triggered by something external that reminds the individual of some aspect of the trauma, or for the purpose of analysing the situation. Over time the movie can get distorted and exaggerated, so that the person becomes increasingly distressed.

Unfortunately, while the ‘movie’, is running the individual is denied access to their natural instincts that would guide them to move forward in their lives. These natural instincts, we call Bodymind, are expressed as emotions and body symptoms. Bodymind will continue to flag up emotions such as fear, anger and frustration, in order to encourage the person to create safety for them self now and in the future and start to move on.

The Trauma Reversal Process works in 2 stages. The first stage involves scrambling the ‘movie’, which gives the client access to their emotions at a manageable level. With access to these the individual works with their Reverse Therapy Practitioner to put together a plan to learn from the situation, regain confidence and move on. Most clients start with very small steps, while they are re-building confidence.

Lynn, whose car was hit by a 40 tone lorry on the M1, found she was unable to drive on any motorway until the ‘movie’ was scrambled. After that she started driving with someone

else on dual carriageways and allowed her confidence to build before she did a short trip on the M1. She is now able to drive up the M1 and has been past the spot of the accident several times. Lynn no longer has the full panicky feeling, but she does find she is very alert when driving on motorways. This is an example of her using the learning from the situation and applying it to her life to increase her personal safety.”

For more information on Reverse Therapy and other conditions they treat, contact Caroline on Tel. 01280 822422 or e-mail: [caroline\[at\]wisesteps.co.uk](mailto:caroline[at]wisesteps.co.uk) or visit the Reverse Therapy website: www.reverse-therapy.com

In our next newsletter we look forward to another article from Caroline about her interventions using the Reverse Therapy process with individuals suffering from Depression.

We look forward to hearing from you soon

Kind Regards

Birgit & Jayne

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P.S. We hope you have found this bulletin interesting. If you did, one of your colleagues might do too. Please forward this e-mail to them, we would appreciate it very much. To subscribe to our bulletin, please e-mail your details to birgit@irs.gb.com and we will include you in our mailing list.

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