Treating Trauma in the Chronically Ill Patient – An Integrative Approach

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Conflict of Interest Statement:
I have no conflicts and nothing to disclose

Patients got stuck,
Patients were afraid,
Patients were complex
and they wouldn’t go away.

So I started to look for the
why and the where in this
picture.

Trauma as an everyday part of our patient’s lives
turned out to be a natural occurrence to their
experience(s)
Where Does Trauma Come From?

- Childhood abuse/neglect
- War and other violence
- Abuse
- Accidents and natural disasters
- Witnessing violence
- Cultural, intergenerational, historical
- Medical interventions
- Grief and loss

Where to look for trauma:
- Body – soma, viscera
- Emotions
- Psyche
- Spirit
- Brain and central nervous system
- POLY VAGAL THEORY

Subtle Energetic Body
Integrative Medicine (East + West) “nonlocal medicine”
The basis of physical reality does not lie within the physical universe, but rather, in the subtle planes and energies that run through everything.

To understand traumatic memories, one must study traumatized people.

Memories are different in traumatized patients, this effects our history taking with the patient.

PHYSICAL ENERGY
- More concrete
- Is what we are used to
- Makes good sense
- May be overpowering
- Needs integration

Subtle Energy
- Difficult to measure
- May feel inconsistent
- May be hard to find
- Different than what we may have been taught
- May be too subtle
- Needs integration.

Bessel Van Der Kolk, MD
The Body Keeps the Score

POSITIVE MEMORIES
- Organized
- Physical reaction but in a calm manner

TRAUMA MEMORIES
- Disorganized
- Strong physical sensations
- Some details very clearly others not
- Not able to talk with precision
- Repeated flashbacks
- Overwhelm
Every survivor has a story, a trauma story. It is in the body, it is in the tissues, it is in their soul.

Listen to Survivors, this changes everything.

Trauma is overwhelming, unbelievable and unbearable.

Fight Flight or Freeze….what then shall we do?

The Stress of Life – Sayles
The Polyvagal Theory – Stephen Porges, PhD
The Body Keeps the Score – Bessel Van Der Kolk, MD

History and good listening
Exam and Labs
- CBC, CMP, Thyroid panel, Lipids
- Cu, Zn, Ceruloplasmin, histamine
- Genomic panel
- Hormonal panel
- Other special tests, mold, metals and metabolome.

TRAUMA Work - up
Address anatomic, biochemical, metabolic imbalances ease and disease. Subtle and direct energy treatment

Keys to a good outcome

Physician Heal Thyself and Others

- Mindfulness
  - Meditation
  - Music
  - Writing
  - Art
  - Talk therapy
  - Yoga
  - Contemplative

- Acupuncture
- Massage
- Body work – Reiki
- Compassionate touch
- Osteopathic Treatment
  - Cranial Sacral
  - Somato emotional
  - Visceral

- Doctor – Patient Relationship
- Complete work up
- Consultant(s) involvement
- Integration of diagnosis and treatment methods
- Osteopathic tenants
  - Structure and function
  - Body has inherent healing capacity
  - Restoration of circulation

- Identify our own trauma and triggers
- Self care and compassion
- Empathy v. Sympathy
- Integration and healing
Thank-you