

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.

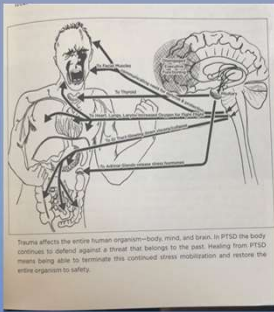
So I started to look for the
why and the where in this
picture.

Trauma as an everyday part of our patient's lives
turned out to be a natural occurrence to their
experience(s)

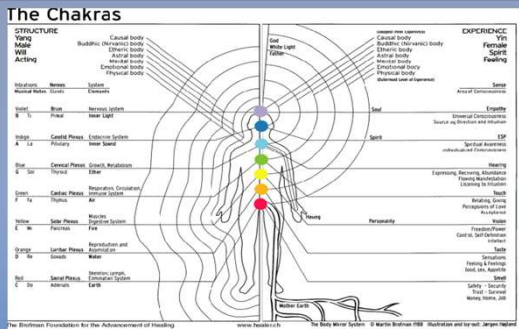
- Childhood abuse/neglect
- War and other violence
- Abuse
- Accidents and natural disasters
- Witnessing violence
- Cultural, intergenerational, historical
- Medical interventions
- Grief and loss



Where Does Trauma Come From?



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



Subtle Energetic Body

<p>PHYSICAL ENERGY</p> <ul style="list-style-type: none"> ↳ More concrete ↳ Is what we are used to ↳ Makes good sense ↳ May be overpowering ↳ Needs integration 	<p>Subtle Energy</p> <ul style="list-style-type: none"> ↳ 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.
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Integrative Medicine (East + West) "nonlocal medicine"
The basis of physical reality does not lie w/in the physical universe, but rather, in the subtle planes and energies that run through everything.

↳ To understand traumatic memories, one must study traumatized people.

↳ How the memories are organized

↳ Their physical responses to the memories

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

<p>↳ POSITIVE MEMORIES</p> <ul style="list-style-type: none"> ↳ Organized ↳ Physical reaction but in a calm manner 	<p>↳ TRAUMA MEMORIES</p> <ul style="list-style-type: none"> ↳ Disorganized ↳ Strong physical sensations ↳ Some details very clearly others not <ul style="list-style-type: none"> ↳ Not able to talk with precision ↳ Repeated flashbacks ↳ Overwhelm
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Bessel Van Der Kolk, MD
The Body Keeps the Score

☒ Listening to Survivors, this changes everything
 ☒ Trauma is overwhelming, unbelievable and unbearable.

Every survivor has a story, a trauma story. It is in the body, it is in the tissues, it is in their soul.

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

The Stress of Life ~ Seyle

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

- ↳ Mindfulness
 - ↳ Meditation
 - ↳ Music
 - ↳ Writing
 - ↳ Art
 - ↳ Talk therapy
 - ↳ Yoga
 - ↳ Contemplative
- ↳ Acupuncture
- ↳ Massage
- ↳ Body work – Reiki
- ↳ Compassionate touch
- ↳ Osteopathic Treatment
 - ↳ Cranial Sacral
 - ↳ Somato emotional
 - ↳ Visceral

Address anatomic, biochemical, metabolic imbalances ease and disease. Subtle and direct energy treatment

- ↳ 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

Keys to a good outcome

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

Physician Heal Thyself and Others



Thank-you
