



3070 referrals have been received to date. An average of 8 referrals continue to be received per week.

Sensory/vibrational therapy abuse - Call for examples

A fourth person has self referred, having been abused/re traumatised by xxxx using EMDR and their sensory/vibrational therapy without any form of talking therapy, psychoeducation, or symptom management. In the client's own words....."for days before hand I would dread going in for another session, they would just hook me up to the vibrators and leave me alone in the room, then tell me to come back in two weeks. I couldn't sleep or stop shaking for days afterwards. I couldn't leave the house or do anything functional. It's the reason we split up".

Please let me know of any other similar cases using this technique, so that we can consider making a report, email contact@ptsdresolution.org

Activity Worksheet - Helpful offer

The wife of a client is an Occupational Therapist, who felt inspired to compile an [Activity Worksheet](#). It is attached for any of us to use as and when necessary. She would very much appreciate any feedback any of you may have, by sending it to contact@ptsdresolution.org

Substance use by clients - Topical notice

Many psychotherapy clients will rely on some form of substance to alleviate symptoms. As well as socially sanctioned methods such as alcohol, there are a range of illicit drugs such as marijuana, heroin and cocaine. Prescribed medicine can also be misused. Our guidance on client use of these substances is in line with that of many mental health charities and institutions, i.e. their use is accepted although the therapist will work with the client to reduce reliance on them and a client's attendance at a session while intoxicated in some form is a point where their ability to engage with psychotherapy will need to be reviewed. This will not be news to the vast majority of therapists, but it may be worth adding some detail about the range of psychoactive substances available and the mainstream research on their therapeutic use. A class of substances known as 'entheogens' (such as mescaline, dimethyltryptamine (DMT) and psilocybin) have long been associated with healing practices in the cultures where they naturally occur in the local flora. There is increasing research interest in their medical use as well as a reappraisal of other psychoactive chemicals, for example; micro-dosing of LSD so that the amount ingested falls well below that normally taken for recreational use. Research into these areas has historically been limited because of legal constraints.

The future is likely to see changes in how psychoactive material is viewed by clients, mainstream medicine and the law. To help therapists become acquainted with some of the ideas in this emerging area, we have included some links to YouTube talks by experts in the fields of ethnobiology, psychology and mycology whose research focuses on the medicinal use of entheogens and psychedelics. These talks are engaging and relatively brief, but you are welcome to find your own material based on search terms using the names provided; they are well-established researchers and speakers with decades of experience and they have a lot of material available online.

Ethnopharmacologist Dr Dennis

McKenna: <https://www.youtube.com/watch?v=miVCwTjQWio>

Psychologist Dr James Fadiman on micro-dosing of psychedelics: <https://www.youtube.com/watch?v=6AfFM8pfy4s>

Mycologist Paul Stamets on the medical use of mushrooms: <https://www.youtube.com/watch?v=1Q0un2GPsSQ>

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