

ALTERNATIVE TREATMENT OPTIONS  
FOR  
CHRONIC PAIN PATIENTS

(CRPS, Fibromyalgia, EDS, AMPS, SFN, etc.)



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# Traci Patterson, MD, MBA, CH, CI

Founder, Advanced Pathways  
CSO, Intensive Healing Therapy (IHT)



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## Session Goals

- Learn about evidence based, non-invasive and drug-free treatment options.
- The importance of treating the whole person.
  - Physical, Mental, Emotional and Spiritual components.
  - Addressing fight/flight, pain loop, stress, anxiety, PTSD, insomnia & co-existing conditions.
- Importance of having an individualized treatment to meet your specific needs.
- Finding hope in a seemingly hopeless world of 'chronic pain'.



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## Dr. Traci Patterson

Traci has a dynamic background from a perspective that few if any other clinicians, physicians, or practitioners can offer. Her background as a chronic pain patient diagnosed with Complex Regional Pain Syndrome (CRPS), someone that traveled the world looking for answers and eventually used mind body medicine to get into remission and is now treating other chronic pain patients is rare. She has patients, pediatrics to geriatrics, which contact her globally searching for answers and relief.

Traci is a clinician, a hypnotherapist, CRPS Survivor, author and speaker.



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## What does CRPS feel like?

Think about what it should feel like  
to have a feather touch your skin.

Now visualize: Instead of the feel of  
the feather – it feels like a torch or  
fire. That is CRPS.



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## Incidence of Chronic Pain, as Compared to Major Conditions

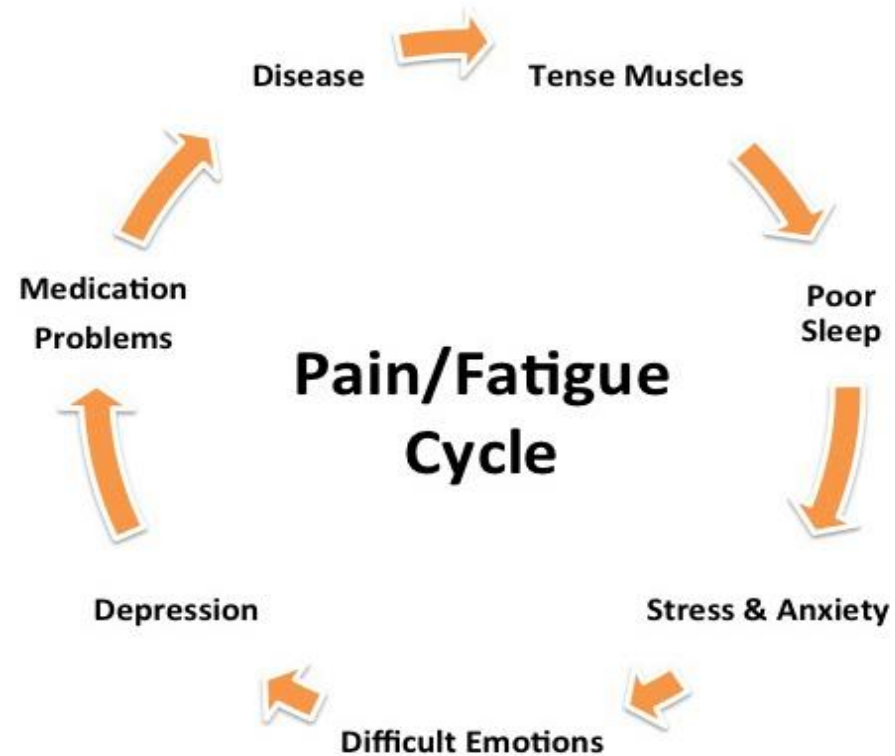
Condition	Number of Suffers	Source
Chronic Pain	100 million Americans	Institute of Medicine of The National Academies
Diabetes	25.8 million Americans (diagnosed and estimated undiagnosed)	American Diabetes Association
Coronary Heart Disease (heart attack and chest pain)	16.3 million Americans	American Heart Association
Stroke	7.0 million Americans	
Cancer	11.9 million Americans	American Cancer Society



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## Pain Cycle



## How Is Chronic Pain Treated?

### **Traditional / Conventional Treatment(s) include:**

- Rehabilitation, physical and/or occupational therapy
- Medications
  - Nonsteroidal anti-inflammatory drugs and acetaminophen
  - Anti-depressants
  - Anticonvulsants (anti-seizure) medications
  - Muscle relaxants
  - Opioids
- Epidural steroid injection
- Facet joint injection
- Sympathetic nerve blocks
- Stellate ganglion block
- Spinal cord stimulation (SCS), Neurostimulation, and DRG stimulators.





## The Problem:

- Most chronic pain patients are not getting relief from traditional allopathic treatments.
- As a matter of fact, the majority of chronic pain patients are getting worse with conventional medical treatments.



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We are as individualized as our fingerprint.



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## HCT (Hypnosis Combined Therapy)

- HCT is a multi-modality protocol that is individualized to meet the specific needs of each patient and treating them as a whole.
- HCT is an evidence based, non-invasive, drug free treatment option that is helping chronic pain patients to regain function and regain their lives.
  - Many are gaining long-term remission.
- HCT is a combination of: clinical hypnosis/hypnotherapy, cold laser, PEMF, biofeedback, neurofeedback, neuroplasticity training, light/sound therapy, working with the limbic system, etc.
  - HCT is set up as an “Intensive”.
    - This is a 5-day protocol where the patient is treated for approximately 5-6 hours/day.
    - Then they are sent home with a 90-day home program.





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Hypnosis as an adjunct to medicine allows one to decrease pain and enhance healing. Often, a person with chronic pain may feel helpless, lost, and victimized. Hypnosis gives the person greater self-control, which decreases the effects on the autonomic system that activates the *fight or flight* response. Self-control also decreases the level of stress hormones. Both the reduction in *fight or flight*, and the decrease in stress hormones, can lead to a significant decrease in pain.

***Temes, Roberta, PhD. (1999).*** Medical Hypnosis and Introduction and Clinical Guide. New York: Churchill Livingstone.

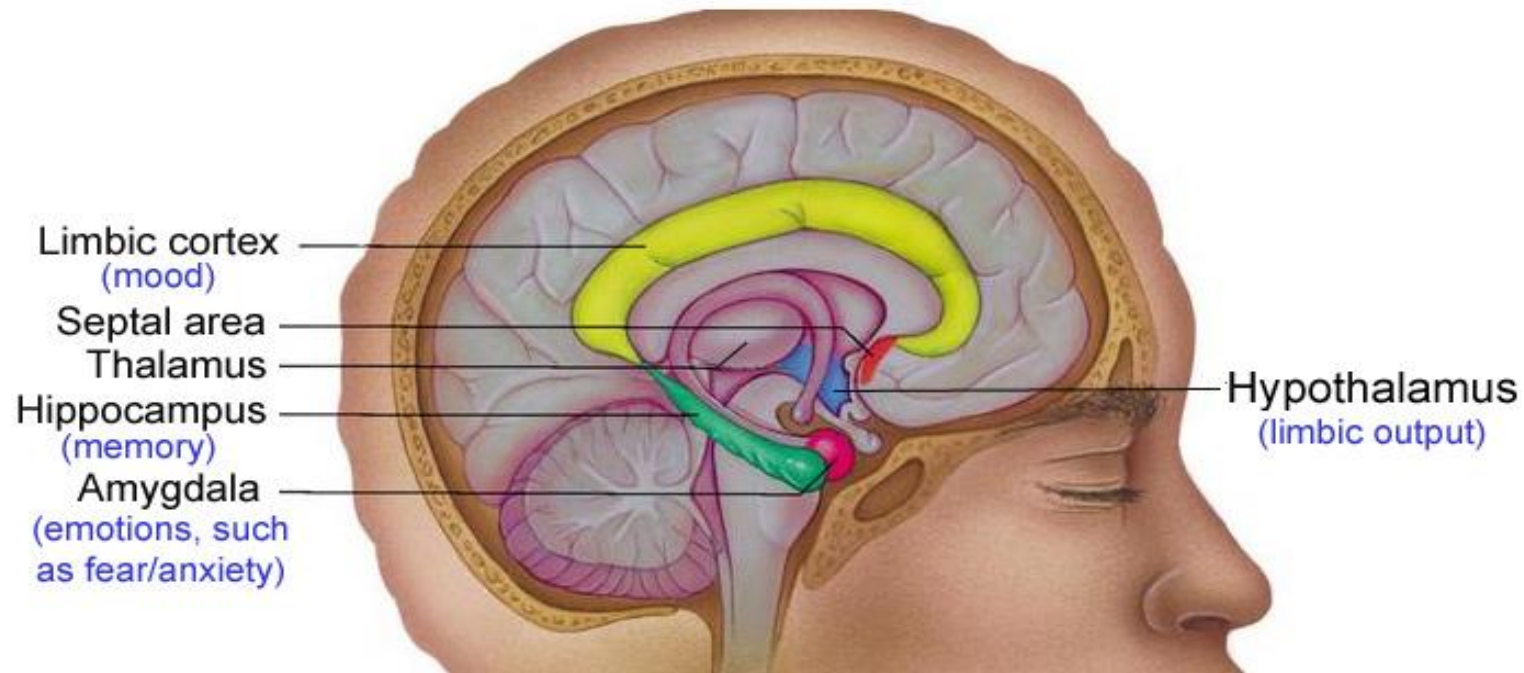


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## Limbic System Parts and Location

### Limbic System





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Hypnosis works well with the limbic system, specifically the Amygdala and the Hypothalamus, to change the stress response. Hypnosis allows a focused concentration and relaxation, resulting in an increase in oxygen throughout the body's cells. This increase in oxygen has a major influence on decreasing a patient's autonomic response to stress.

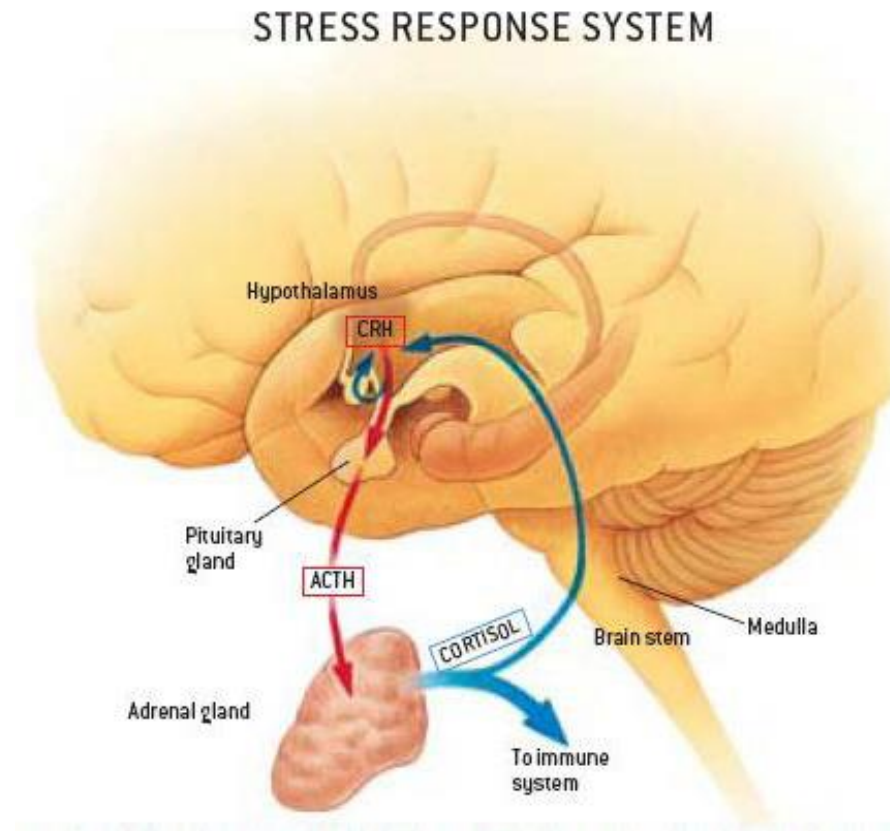
**Dr. John Rowlingson, the director of the University of Virginia Department of Anesthesiology Pain Management Center, is quoted as saying, *“The limbic system might explain why therapies that act primarily in the brain, such as hypnosis, biofeedback, and brain stimulation, work so well to control pain.”***



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## Stress Response

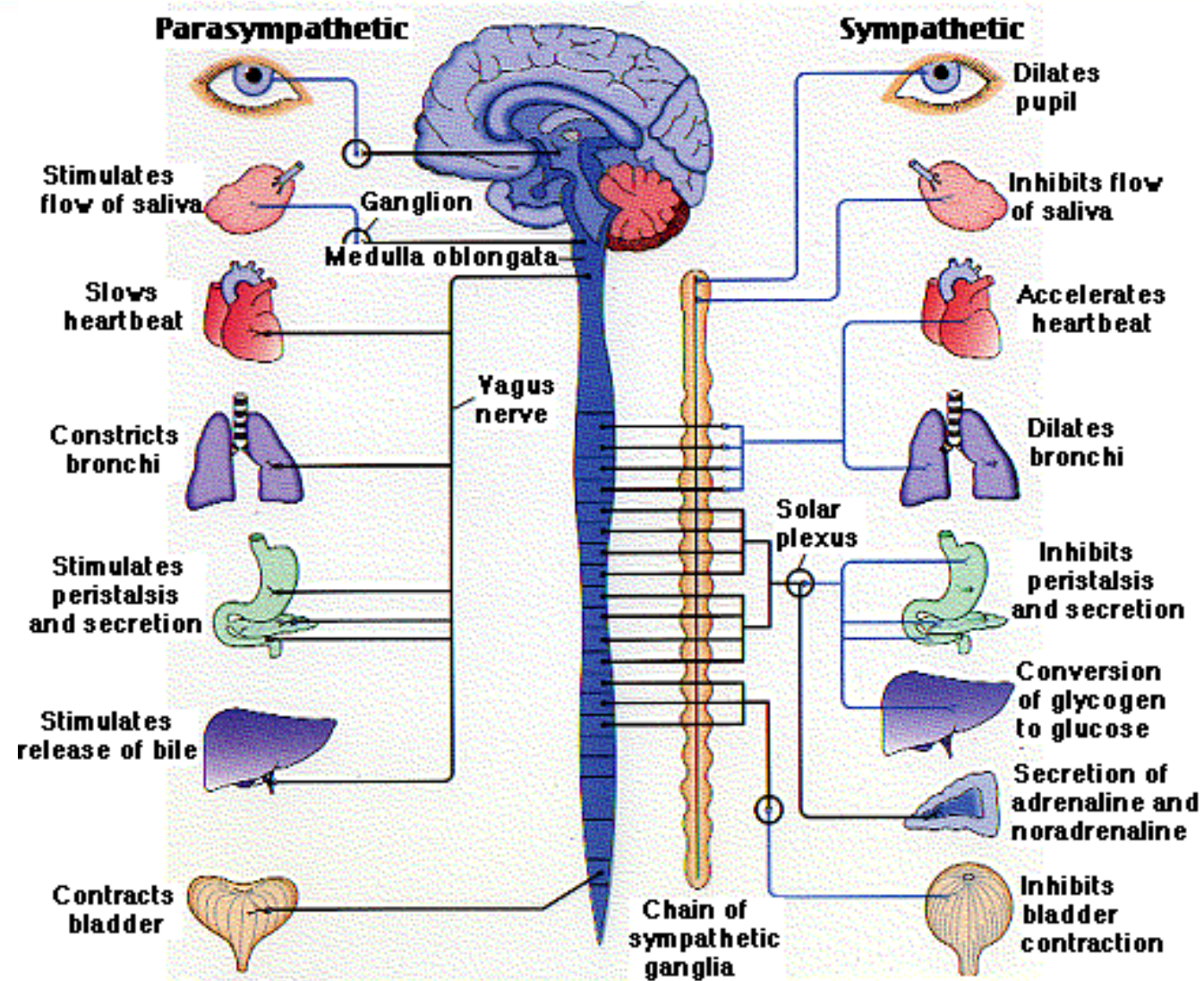


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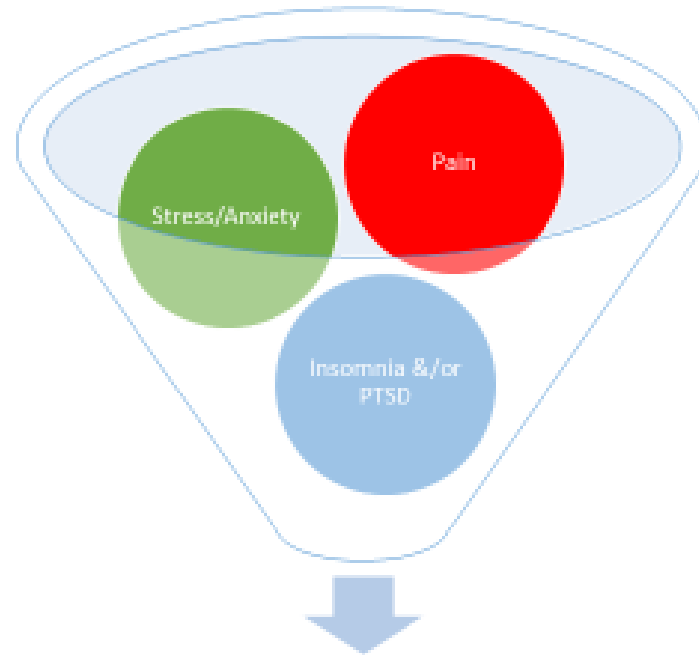


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Ingredients to Positive Outcomes:  
You must deal with all the issues not just pain.



Positive Outcomes (dramatic decrease in pain & possible remission)



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## HCT

- Proven to be excellent drug-free, non-invasive & evidence based treatment protocol
- Providing positive outcomes
  - Patients diagnosed with chronic pain
    - CRPS
    - Fibromyalgia
    - Neuropathic Pain
    - Chronic Migraines
    - Cancer Pain
    - Lower Back Pain & Failed Back Surgeries
    - PTSD
    - Stress
    - Anxiety
    - Insomnia



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## CASE STUDIES

14-year-old female diagnosed with CRPS type 2. When she arrived her average pain level was 9-10/10 (10 being worst pain imaginable), sleep quality 9/10 (10 being worst) and quality of life 8/10 (10 being worst). She completed a week-long intensive with HCT. At the conclusion of the week her pain levels were 0/10, sleep quality was 1/10 (10 being worst) and quality of life 1/10 (10 being worst).

This patient is now 3 years out and continues at a zero pain level. She is back at school full-time, she is playing competitive ice hockey, field hockey, soccer, etc.



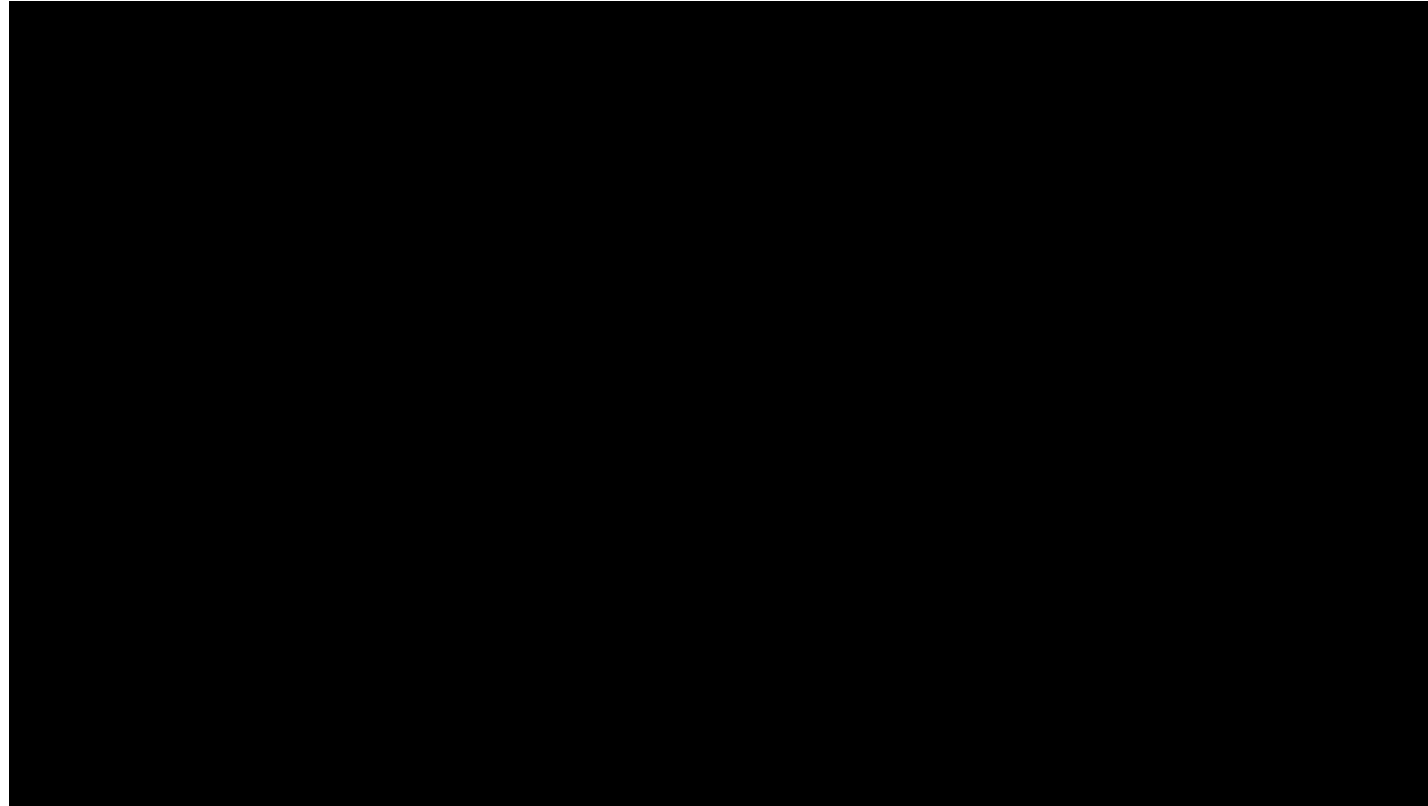
## CASE STUDIES

52-year-old female diagnosed with Fibromyalgia for 30 years. When she arrived her average pain level was 9/10 (10 being worst pain imaginable), sleep quality 9/10 (10 being worst) and quality of life 8/10 (10 being worst). She completed a week-long intensive with HCT. At the conclusion of the week her pain levels were 0/10, sleep quality was 1/10 (10 being worst) and quality of life 2/10 (10 being worst).

This patient is now 4 years out and continues at a zero pain level. She is working, able to shop on her own, traveling and enjoying her family.



# CASE STUDY: SHANNON



## Take Aways

1. Integrative and complementary treatments can develop a means for a more comprehensive treatment approach for patients with chronic pain.
2. Treating chronic pain with a multi-modality protocol or treatment plan can help the patient regain functional levels.
3. A well rounded treatment plan that addresses the individual needs of the patient(s) is key to positive outcomes.
4. The mind-body connection is an important factor in dealing with chronic pain.
5. It is possible for chronic pain patients to regain function and regain their lives utilizing a non-invasive and drug free treatment protocol.





## Questions?



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## Contact Information

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