PILOT PROJECT FOR OEF/OIF VETERANS WITH PTSD

The Oklahoma City VAMC was awarded a national VA grant to conduct a pilot project using Healing Touch and guided imagery as a three-week treatment series for PTSD, to be used along with traditional PTSD treatment. The treatment series was developed by the Scripps Center for Integrative Medicine in California. It has been used with post-deployment Marines from Afghanistan with PTSD symptoms, getting good results in decrease of symptoms.

Methods Used:
Healing Touch is a gentle, nurturing energy therapy that uses the hands to direct energy (Chi). This balances the energy centers and clears and balances the energy field. It is not invasive and is not religiously based. This can be done either by using a light touch or by directing energy a few inches above the body. Treatment sessions are about an hour each.

Guided Imagery
Guided imagery is a way of using the imagination to help a person heal. The imagery used is “Healing Trauma” by Bellereth Naparstek. It is on an audio CD, about 30 minutes long.
WHO IS THIS FOR
OEF/OIF Veterans diagnosed with PTSD. Staying with ongoing PTSD treatment is recommended during this pilot project.

WHAT IS INVOLVED
- Two Healing Touch sessions per week for three consecutive weeks
- Listening to the guided imagery “Healing Trauma” daily
- Keeping a log of when you listened to the imagery and the effects you notice from it and the Healing Touch sessions
- Two short measurement instruments; before, immediately after, and 30 days after the treatment sequence.

POTENTIAL BENEFITS
- Lessening of some PTSD Symptoms (Marines at Camp Pendleton had good results)

POTENTIAL DRAWBACKS
- No side-effects to Healing Touch or to Guided Imagery
- Don’t drive while playing guided imagery
- There is some time involved, and commitment to using the imagery

OTHER INFORMATION
- No group work involved
- Listen to Guided Imagery when and where you choose
- Guided Imagery CD is yours to keep
- Can learn Healing Touch for self-use if desired
- Some evening and weekend appointment times available
- Also available at the Lawton VA Outpatient Clinic and the Tulsa VA Outpatient Clinic.

HOW TO SIGN UP
Tell the OEF/OIF Program Office, or any provider, that you are interested in this pilot project.

PILOT PROJECT PROVIDER
- Terry Sparks
- Staff Chaplain
- Certified Healing Touch Practitioner/Instructor
- (405) 456-5138