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THE UPLEDGER FOUNDATION VIETNAM VETERAN INTENSIVE PROGRAM

Introduction:

Of the twenty-four veterans that participated in The Upledger Foundation's Vietnam Veteran Intensive Treatment Programs (June 7-18; August 30-September 10; October 18-29, 1999; and December 6-17, 1999), twenty-two veterans completed the entire two week intensive program. Each of these participants completed diagnostic and assessment tests on the first and last day of the 10-day treatment program. These tests were used to confirm the prior diagnosis of PTSD, to assess the level of physical and psychological distress of each veteran prior to the program's onset, and to determine the nature and extent of changes following the treatment program. This report provides a summary of the data analysis.

Pre and Post Test Data Analysis:

Results of the Intensive Program, as assessed immediately after completion of the program, are quite impressive. The pre and post means are presented on Graphs A & B. Every scale showed improvement, that is, a reduction in symptomatology. Further, all of these improvements are statistically significant. There is more than a 95% chance that the improvement noted on each of the scales in Table A was the result of the treatment program.

At the conclusion of the treatment program, the Vietnam veterans experienced fewer symptoms, and the intensity of reported symptoms was less. Specifically, reductions were noted in the following areas:

Vietnam Veteran Intensive Program

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- Distress arising from the perception of bodily dysfunction
- Thoughts, impulses, and actions that are experienced as unremitting and irresistible
- Feelings of personal inadequacy and inferiority
- Sadness and a lack of motivation and interest
- Nervousness and panic attacks
- Anger, hostile thoughts and feelings
- Irrational and disproportionate fears
- Disordered thinking; blaming others and suspiciousness
- A withdrawn, isolated lifestyle
- Hopelessness

One of the most dramatic improvements was noted in the area of hopelessness. After completion of the treatment program, the veterans resembled the adult population at large.

Summary:

Test results are quite encouraging and supporting of CranioSacral Therapy and SomatoEmotional Release as effective therapies for reducing the distress caused by physical pain and dysfunction, releasing pent up trauma, and reducing interpersonal sensitivity, depression, anxiety, suspiciousness, guardedness, and behavioral isolation.

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