

EDITOR'S NOTE: In the last newsletter, we concluded our series of four articles about polio memories and we have placed them online (www.post-polio.org/ipn/pnn18-4B.html#fin). We also posted on the Internet, the extensive chart – Treatment Approach Options – compiled by one of the authors, Linda L, Bieniek, CEAP. Because the response to the chart was so positive, we decided to publish it for all of our readers. Our goal is not only to explore the problems polio survivors are facing, but also to provide solutions. Our hope is that within these pages you will find interesting and compatible options to explore.

TREATMENT APPROACH OPTIONS

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STRESS MANAGEMENT	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Relaxation Techniques <i>-Progressive Muscle</i> <i>-Diaphragmatic Breathing</i>	Improves energy, sleep, breathing, circulation; reduces pain.	Focusing, breathing, stretching, imaging.	... respond well to structure; want to increase their physical energy, feel calm, or reduce their pain; are busy, have active minds, or are sensitive to feelings of others.	Audio/videotapes, books, classes at medical, community, & wellness centers	Research-based health benefits. Can do alone or with others.
Journaling	Clarifies thinking; helps to solve problems & make decisions.	Writing about thoughts, feelings, desires, needs, & experiences.	... like to write or read; are list-makers; are shy, reserved, imaginative, perceptive, or dreamers; need private time to sort out decisions.	Books, workshops, specialty journals www.tcm.com/hr-books/journaling.htm Cameron: <i>The Artist's Way</i>	Private, can do alone or in groups. Person controls depth of subject matter.
Biofeedback	Reduces pain; improves breathing, heart rate, blood pressure.	Focusing, breathing, & visualizing, monitoring changes with machine.	... need structure; are good at following instructions; prefer concrete & logical approaches; or who like technology & visual results.	http://aapb.org www.aabt.org Assn for Applied Psychophysiology & Biofeedback (303-422-8436)	Research-based. Offered at rehab & pain centers. Covered by some health insurance policies.
HeartMath	Improves blood pressure, heart rate, cholesterol levels.	Breathing, visualizing, shifting focus; monitoring progress with computer.	... are active or need immediate relief; seek structured approaches to increase their energy or reduce stress-related medical problems.	www.heartmath.com (800-450-9111) Books, workshops, training, & computer programs Childre & Martin: <i>The HeartMath Solution</i>	Research-based. Used in hospitals & corporations.
Guided Imagery	Strengthens immune system; reduces tension, pain; improves respiration & heart rates.	Visualizing while listening to music or narration; interpreting images.	... are visually-oriented; enjoy movies & plays; are energized by nature; dream or are imaginative; want to develop their intuition.	www.nancyjnapiet.com www.healthjourneys.com/guidedimagery.asp www.healthyroads.com/gi (877-330-2746)	Research: effective for immune-related conditions. Useful for stress, decision-making, health.
SOLUTION-FOCUSED THERAPIES	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Dialectical Behavior Therapy (DBT) <i>Created by Marsha Linehan, PhD</i>	Regulates emotions; reduces distress & therapy-interfering behaviors. Increases self-responsibility, relationship skills.	Training in mindfulness & interpersonal effectiveness skills.	... have had difficulty being in therapy or with interpersonal relationships; are judgmental or emotionally reactive; need structure.	www.phoenixinflight.homestead.com/Linehan.html www.priory.com/dbt.htm (Professional)	Research-based results. Useful approaches & skills for traits that interfere with developing & maintaining healthy relationships.
Hypnotherapy	Shifts beliefs & perceptions; identifies options; builds self-esteem & resources to take action & make positive changes.	Exploring sensory images & affirming language; using symbolic language to engage client; focusing on intentions & positive outcomes.	... have difficulty making changes; value humor, lightheartedness, & playfulness; are sensual or sensitive to external environments. Caution: Useful for trauma work ONLY when client knows how to pace the work, contain overwhelming feelings, & stay grounded in reality.	www.stephengilligan.com www.erickson-foundation.org www.hypnosiscanada.com	Post-polio research: useful results. Clinician needs to be well-trained & integrate into therapy.
Neuro-Linguistic Programming (NLP)	Identifies goals & strategies; improves communications, learning, performance, resourcefulness.	Using sensory observations, language, cognitive-behavioral & hypnotherapy techniques.	... want to achieve results & learn how to improve their work performance, health, & relationships; teaching, training, & interpersonal effectiveness.	Books, tapes, training programs www.nlpanchorpoint.com (800-544-6480) O'Connor: <i>Introducing NLP</i>	Very useful. Does not probe deep feelings; not a "quick fix" for trauma issues.

**SOLUTION-FOCUSED
THERAPIES, CONT.**

	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Cognitive-Behavioral Therapy	Helps in shifting negative thoughts, limiting beliefs, & unhealthy coping behaviors.	Identifying aspects of problems; challenging negative thinking; creating action plans; offering problem-solving skills.	... are "thinkers" and "doers"; tend to see the world in opposites; are cynical & critical or stuck in problematic behavior patterns; want to focus on present-day issues; are emotionally reactive.	Workbooks, workshops, counseling National Assn of Cognitive Behavioral Therapy http://iacp.asu.edu/links.htm	Focuses on thinking, social interactions, & behaviors. Limited in affecting deep feelings; useful with other approaches.

**INSIGHT-ORIENTED
THERAPIES**

	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Relational Therapy	Improves self-esteem, communication, & relationship skills; reduces interpersonal conflicts, loneliness.	Discussing issues; strengthening awareness of self & others; setting goals; learning skills; resolving conflicting needs.	... are couples/partners with interpersonal conflicts or sexuality problems; are individuals seeking a life partner or greater satisfaction with their relationships; are willing to learn about themselves & others.	Books, workshops, video/audiotapes www.mastersandjohnson.com www.imagotherapy.com www.aamft.org	Learn skills & insight for health, self-esteem, & relationships. Affects medical, disability, or trauma issues.
Psychodynamic Therapy	Develops insight into behaviors & decisions; resolves inner conflicts; builds self-esteem; improves relationships & health.	Exploring needs, desires. Discussing unconscious motivations & impact of family of origin issues on present-day situation; discovering healthy coping options.	... are curious and want to make positive changes; are insightful or sensitive to others' reactions; are "thinkers" and "doers" wanting to strengthen their ability to be intimate; have difficulty expressing feelings and ideas; value relationships.	www.mental-health-matters.com/treatments/trt_details.php?trtID=54	Important to improve relationships & satisfaction with life. Useful for understanding attitudes.

**EXPRESSIVE
THERAPIES**

	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Dance & Movement Therapy	Releases feelings & physical tension; improves body awareness & self-esteem; empowers client, increases energy, playfulness.	Expressing spontaneous physical movement with or without sound; connecting to body; reflecting on, discussing, & learning from experiences.	... value dance or music; are affected by sounds; busy "doers" who do not pay attention to their bodies or their feelings; individuals who tend to be compulsive or obsessive; those who want to have fun; have difficulty expressing feelings.	www.adta.org (USA/International) Levy: <i>Dance Movement Therapy: A Healing Art</i> Needham-Constonis: <i>Therapy in Motion</i> Chodorow: <i>Dance Therapy & Depth Psychology</i>	Research: very effective for people with trauma, medical, or disability issues. Can be done in a sitting or lying position; client can use imagination.
Art Therapy	Improves self-awareness, cognitive abilities, intuition, safe expression of emotions.	Using art materials; creating spontaneous expressions; interpreting meaning from visual images.	... learn visually and tactilely; enjoy working with their hands or concrete objects; value art, spontaneity, & playfulness; have difficulty expressing feelings.	www.arttherapyincanada.ca Malchiodi: <i>The Art Therapy Sourcebook</i> Allen: <i>Art is a Way of Knowing</i>	Research: increases self-esteem; useful for people with health problems, disabilities, or trauma.
Music Therapy	Shifts moods; reduces tension; improves heart rate, breathing, releases endorphins.	Using sounds to evoke feelings, soothe, support, & comfort.	... enjoy or find sounds stimulating, uplifting, or comforting; are private, reserved, shy, or outgoing & active; need control over their environment & support in releasing feelings.	www.musictherapy.org Bruscia: <i>Defining Music Therapy</i> Gaynor: <i>The Healing Power of Sound</i>	Research: good results; useful for people with medical, disability, or trauma issues.
Personality-Focused -Gestalt -Parts Work -Internal Family Systems (IFS)	Identify & resolve conflicting needs; strengthens awareness, acceptance, decision-making, & ability to take action.	Journaling, drawing, or dialoguing about self: personality characteristics.	... are expressive; value plays, movies, books, character development; are private about their feelings; are very busy or over-committed; have strong, forceful personalities; are sensitive or creative; have conflicting priorities or needs; want to understand reasons for unhealthy coping behaviors.	info@gestalttherapy.org www.selfleadership.org/ifsmode.htm Stone & Stone: <i>Embracing Our Selves: The Voice Dialogue</i> Cappacchione: <i>Healing the Inner Child & The Well-Being Journal</i> Schwartz: <i>Internal Family Systems Therapy</i>	Parts exercises reveal positive reasons for unhealthy traits. Valuable alternative to worrying & obsessing.

ENERGY-FOCUSED THERAPIES	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Focusing <i>Developed by E. Gendlin, PhD</i>	Gain awareness of intuition & body's messages.	Noticing & interpreting sensations, feelings, thoughts, & dreams.	... want to develop their intuition; need to respect their health conditions; discount their physical or emotional needs; have difficulty making decisions; are unaware of their feelings.	Gendlin: <i>Focusing</i> Gendlin: <i>Focusing-Oriented Psychotherapy</i> www.focusing.org (845-362-5222)	Extremely useful self-awareness skills. Serves many purposes.
EMDR: Eye Movement Desensitization and Reprocessing <i>Originated by Francine Shapiro, PhD</i>	Identifies & resolves anxieties, phobias, distress, traumatic memories in contained way.	Visualizing images & moving eyes; expressing feelings; discussing meaning.	... have problems stemming from one incident; have a history of trauma & have a trusting relationship with an ethical, well-trained therapist; know how to use grounding, pacing, & containment skills.	www.emdria.org www.emdr.com Shapiro: <i>EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma</i> Parnell: <i>Transforming Trauma: EMDR</i>	Research: useful for trauma issues. Health cautions with certain cardiac, respiratory, or neurological conditions.
Energy Therapies <i>Emotional Freedom Technique (EFT) or Thought Field Therapy (TFT)</i>	Reduces distress, anxiety, phobias, physical tension; improves cognitive functioning, stabilizes emotions.	Using fingers to tap or press Chinese medicine points on the body; stating positive intentions; measuring distress levels.	... need immediate relief from distress; are open to exploring different approaches & have a trusting relationship with well-trained, ethical therapists.	www.tftrx.com www.energypsycho.org http://emotionalrelief.org www.meridianpsych.com/methods.htm Gallo: <i>Energy Psychology in Psychotherapy</i>	Clinician needs high level of experience to integrate with content. Can be adapted without tapping for clients who cannot use their hands.
Somatic Trauma Therapy	Reduces highly aroused "fight, flight, & freezing" impulses to trauma triggers.	Employing body awareness, expression of feelings, use of images.	... have endured traumas, surgeries, accidents, medical complications, or diseases; are unaware of body sensations; want to reduce the distress of physical symptoms/pain; need to release blocked feelings.	www.traumahealing.com www.fsu.edu/~trauma/v6i3a3.html www.nwc.net/personal/babette/somatic.htm Rothschild: <i>The Body Remembers</i>	Harvard University research finds effective for treating trauma. Clinicians must be well-trained & support client before & after processing.
TREATMENT PROGRAMS	BENEFITS	METHOD	GOOD FOR PEOPLE WHO ...	RESOURCES	COMMENTS
Trauma Resolution Programs <i>Affiliated with behavioral health or major medical centers or universities. Available in some nations.</i>	Stabilizes & strengthens client's ability to function; provides structure, expertise to resolve unhealthy responses to traumas; builds responsibility.	Assessing effects & triggers of traumas; developing healthy coping skills; creating plans to prevent relapses; using multiple treatment approaches.	... have a history of intense or ongoing neglect or abuse; are at risk medically; are potentially harmful to self or others; are unable to function adequately or to process traumas in outpatient setting; are highly emotional or have difficulties expressing emotions safely.	www.trauma-pages.com www.sidran.org/traumabr.html www.issd.org (Internat'l) www.estss.org (Europe) www.isst.org (Internat'l) www.mastersandjohnson.com http://traumacenter.org www.rossinst.com	High quality programs are extremely valuable. Clinicians need to be well-trained, ethical, & able to understand how emotional & psychological traumas can get replayed in treatment.
Chemical Dependency Programs	Stabilize & manage client's compulsive behavior; increase self-awareness & healthy coping skills.	Teach skills to intervene; learn about underlying needs & how to respond to emotions.	... use alcohol, medication, or illegal drugs to numb their feelings; depend on substances to function, relax, sleep; or cannot function or react harmfully because of usage.	http://helping.apa.org/therapy/alcohol.html (Professional)	Quality of program, staff's boundaries, & training critical to prevent emotional trauma to client.
Chemical Interventions	Relieve emotional pain & cognitive distress; improve mood, functioning, sleep, appetite; increases physical & mental energy & emotional resilience; reduces pain, obsessiveness, & emotional reactivity.	Using drugs prescribed by MD/DOs; taking medication to stimulate & balance the brain's chemistry, replenishing its neuro-transmitters depleted from trauma or accumulated stress.	... have difficulty sleeping, eating, remembering, concentrating, managing emotions, or lacking energy, and/or feeling hopeless for extended period of time; whose anxiety, depression, or dissociation interferes with daily functioning or responsibilities; or whose mood changes frequently and/or rapidly.	www.mental-health-matters.com/medication/index.php	Avoid addictive medications & using them to mask feelings. Post-polio research showed that polio survivors with depressive symptoms were under-diagnosed & under-treated for depression.