

Rachel is a qualified and trained practitioner of Dr David Muss' Rewind Trauma Therapy, having been trained by the founder himself, Dr Muss.

Rewind is an internationally recognised treatment for post-traumatic stress disorder and phobias. The technique utilises the recall of your traumatic event or events and works by instructing the brain to 'file away' your trauma and the images that appear involuntarily, converting the trauma to a memory like any other that you can choose to access, should you wish to do so.

Rewind is extremely well researched and has been implemented successfully by Dr Muss and those he has trained on huge numbers of PTSD sufferers including veterans, survivors of genocide, victims of rape, sexual abuse and rapid response team members.

### **Phobias**

A phobia is an irrational reaction to an object or situation which would otherwise be generally harmless, such as injections, spiders, flying, etc. It can develop naturally from a frightening experience or be a learned behaviour from observing the reactions of others.

Most people have a certain amount of fear to some degree, but when these fears start to interfere with our everyday life it can have a huge impact on us and those around us. We start to live our lives based around the fear, avoiding certain places, animals or situations, fully aware of our inability to cope if faced in their direction.

A phobia is the primitive brain's way of keeping you 'safe', ensuring you avoid these 'dangerous' threats at whatever cost. But when a phobia starts to significantly interfere with us living our lives, we need to help the brain process the object/situation and associated fear so that it no longer stands in the way of us doing the things we want to do.

### **Symptoms of Phobia**

These can include trembling, sweating, unease, nausea, shortness of breath, palpitations, upset stomach, light-headedness and dizziness on exposure to the fearful situation.

### **Treatment**

The Rewind technique helps you change the experience and move it to a place where it can be controlled, so the next time you're exposed to the troubling stimulus a more rational and less traumatic response is experienced. The treatment is quick and usually one session is enough, though repeat sessions may sometimes be required.

- Phobia sessions include Consultation, Rewind and Follow up.
- However long your phobia has been present it is never too late to be helped.

### **PTSD**

When we think of PTSD (Post Traumatic Stress Disorder) it is quite common to think only of combat veterans, but it can apply to anyone who has experienced or witnessed a traumatic event which begins to hinder their everyday life. It can even set in after the death of a loved one if they died in traumatic circumstances. The images that haunt you can be real or imagined as the brain can't tell the difference.

When we suffer a reasonable level of anxiety our brain will process this experience and move it to a more suitable area of the brain where it can be controlled, it is moved into memory.

When we experience trauma, the brain can stop this process occurring so the experience floats around with nowhere to go. Any smells, sights or sounds involved in this moment can trigger flashbacks and panic.

### **Symptoms of PTSD**

There are many symptoms of PTSD which can include intrusive thoughts, nightmares, difficulty sleeping, flashbacks, anxiety, feeling on constant alert, anger, depression, guilt, alcohol or drug abuse, avoidance of certain places or situations. There can even be a delay after an event before symptoms can occur.

### **Treatment**

Using a process called Rewind which will be fully explained, the treatment for PTSD is quick and can be done in one to two sessions depending on your recall of the event. The worry of disclosing sensitive information is eradicated and by not discussing your experience you do not have to relive your trauma. It is important to note here that the event is not removed during this process but locked away, and any further recall is chosen.

- PTSD sessions include Consultation, Rewind and Follow up.
- It is usual for PTSD not to be diagnosed before one month after a traumatic event to allow your brain time to process it naturally but if you are suffering severely and desperately need help before this timeframe, rewind can still be used.

Even if the trauma happened many years ago it is never too late to be helped, but you must have recall for the technique to be helpful. If you suffer symptoms but don't have any memory of why you are suffering, then Rewind cannot be used.

### **Complex PTSD**

If you have experienced multiple traumas over days, weeks, months or years, then further sessions may be needed depending on how you recall these events.

Examples of multiple trauma can include: combat, severe neglect, sexual abuse and domestic violence, anything where there is more than one recalled event. These are usually dealt with on separate sessions but can be dealt with in one if your recall allows.