

# “IM Resolved My PTSD”

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## OUTLINE

1. DSM-IV Diagnostic Criteria for Post Traumatic Stress Disorder:
  - A.1 & A.2 Traumatic Event –
  - B.1-5 Re-experiencing Symptoms-
  - C.4-6 Avoidant/Numbing Symptoms –
  - D.1, 2-5 Hyper-arousal Symptoms –
  - E. Duration of Symptoms in Criteria B, C and D longer than one month.-
  - F. Significant Disturbances in Social, Occupational or Other areas of Functioning.-
2. “Improving Motor Planning and Sequencing to Improve Outcomes in Speech and Language Therapy”  
by Dr. LorRaine Jones
3. Overview of Eye Gate, Ear Gate, Motor Gate
4. Protocol followed fo IM Therapy
5. “Hitting a Wall” Phenomenon, Neurogenesis and Neuroplasticity
6. Psychobiological Abnormalities for PTSD
  - Alterations in Brain Structure
  - Highly Active Adrenal Systems with Excessive SNS Activation
  - Chemical Messengers are Altered in Brain
7. Common Psychological Treatments: & Medical Treatments for PTSD:
  - Global Therapies Medications that target B, C and D Symptoms
  - Individual Psychotherapies
  - Group Therapies
8. Hebbian Learning Rule
9. Overview of Hippocampus
10. Questions????

## RECOMMENDED READINGS:

Friedman, Matthew J, 2000, Post Traumatic Stress Disorder: The Latest Assessment and Treatment Strategies, Kansas City, MO: Compact Clinicals

“Neurobiology of Posttraumatic Stress Disorder” CNS Spectrums (January, 2009) 14:1, Supplement 1 pg 13-24, Helm, C. and Nemeroff, C.B.

“Structural and Functional Plasticity of the Human Brain in Posttraumatic Stress Disorder” Progress in Brain Research. (2008) 167: 171-186, Bremner, J.D., Elzinga, B., Schmahl, C., and Vermetten, E.

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