

Hidden Faces of Post-Traumatic Stress Disorder

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Assessment Considerations

- It is important to inquire more thoroughly into the state of the patient's feelings about being "an infertile couple".
- This patient's sadness and despair are relevant emotions to consider for treatment.
- It will be helpful to assess the timeline regarding past history...under what past circumstances did this patient have feelings like she is presently experiencing? Her exhaustion, burn-out, and "giving up" are reminiscent of her college years when she had EBV. EBV is a condition of emotional/physical collapse/"giving up". Under what circumstance or in relation to which past events are these feelings triggered?

Management Considerations:

- This is an opportune time to prescribe a constitutional homeopathic remedy.
- This patient will benefit from lifestyle counseling regarding emotional eating. It will be helpful to devise a selection of "comfort" foods that are nutritious and will nourish and restore her well-being on physical and emotional levels. This will also create opportunities for her to identify and associate the behavior of healthy eating with feelings of empowerment.
- This patient should be referred to a Cognitive Behavioral Therapist in order to gather a repertoire of positive emotion techniques. These techniques will create scenarios for nurturing herself and avenues for "birthing" her creative potential in ways other than creating a child.
- Investigate other disciplines outside of the conventional fertility practices she has used. Successful disciplines for fertility are chiropractic, homeopathy, naturopathy, acupuncture, nutrition, stress management (yoga/meditation/mindfulness/guided imagery/creative visualization).

Insights/Perspectives:

For the patient/person:

- Never, never, never give up on your dreams!
- Remain open to all possibilities.
- Seek out a team of integrative professionals that allows for your participation
- Create the life that nourishes and sustains you

For the practitioner:

- Collaboration with other professionals who offer skills and techniques that are not your area of expertise widens the circle of healing and encourages cooperation and opportunities for learning through relationship and unexpected outcomes - I call them miracles.