

Testimonial for Sage CounterStrain as a Treatment for my PTSD

Decades have passed since my discharge from the Navy in 1971. In those years I've spent time reading, reflecting and in psycho-therapy attempting to tame the after effects of my military experiences. Not without some success but, I couldn't escape the effects of a neighbor's gun fire or the Fourth of July fireworks barrage. I continued to anticipate and couldn't fully recover from these kinds of loud noises. My outbursts of anger and frustration at work and in personal relationships and the sense of helplessness in trying to control Post Traumatic Stress had left me to believe I'd done everything I could and needed to just "get over it" or "suck it up".

Recently, while recovering from shoulder surgery, I found myself at SoundView Center for Physical Therapy. It was my good fortune to meet Shannon Arndt and to experience her application of CounterStrain to assist people living with the effect of Trauma.

I had three treatments intended to help me with my PTSD. They worked extraordinarily well. The treatments were totally unlike any I'd received before and thus the outcome feels somewhat magical. More truthfully, it is that I didn't need to understand the underlying science of the intervention for it to work.

It's not that [I] no longer dislike unexpected noise, gunfire or fireworks, it is that I feel more able to manage their effect on me. I describe it as an absence of some need to respond. I have a sense of distance from the physical effects and don't experience the kind of anticipatory anxiety guilt, or anger I've felt in the past. My wife tells that I am less reactive in general and display fewer outbursts of anger. Personally, I experience an increased ability to stay centered or calmer during arguments. This not to say I've had a personality make over or anything, but from inside myself I feel more at ease and less likely to ruminate over old issues regarding traumatic events.

I would recommend anyone with post trauma issues to consider this treatment. I would especially encourage my Vet. Brothers and Sisters to look at this treatment. It is unlike anything they will have experienced and I can only hope and trust their outcomes are as positive as mine.

Sincerely,

PM

RM-2 (Radioman 2nd class) 1967-1971

Fleet Airwing 8 home based in Sangley Point and Subic Bay PI flying recon over the South China Sea. 70-71