

I underwent Counterstrain treatment with Shannon Arndt in 2019, following the Bridge Back Protocol. I was chosen as a test patient because I am a veteran with PTSD. I have been seeing Shannon off and on for a couple years to address physical injuries. Her treatments always improve whatever symptom she was addressing. I was intrigued when she asked if I would participate as a test subject for this protocol. I was not disappointed.

I can see how this treatment would be beneficial to PTSD patients. It was calming, noninvasive, and it did not require me to divulge or consider the cause of PTSD. This was significantly different than any other PTSD treatments I have undergone in the last 20 years (i.e.; Cognitive, Behavioral, Talk Therapy and Exposure Therapy).

Some of my symptoms of PTSD that were affected by the treatment were light sensitivity, taste and smell. During the session I experienced a surge of strong emotions that I had not experienced with Shannon's treatments before, they were neither positive nor negative but very strong. One of my PTSD symptoms that affected my life regularly was a negative reaction to light changes that in turn caused panic attacks. After the treatment I no longer have a negative reaction or panic attacks due to change in light. I have also experienced an increase in smell and taste, both were limited prior to the treatment.

I would highly recommend this to other PTSD patients if it was available. Shannon was thorough, easy mannered, professional, and knowledgeable. She created an environment where I felt safe and was able to let go and let the process work.

**- D.S. AMH3**