



Ms Mel Abbott

Certified NLP Master Practitioner
Empower Therapies

Saturday, June 22, 2019

(Room 12)

11:00 - 11:55 WS #133: Case Studies in Chronic Fatigue and Chronic Pain - Successful Interventions
12:05 - 13:00 WS #145: Case Studies in Chronic Fatigue and Chronic Pain - Successful Interventions
(Repeated)



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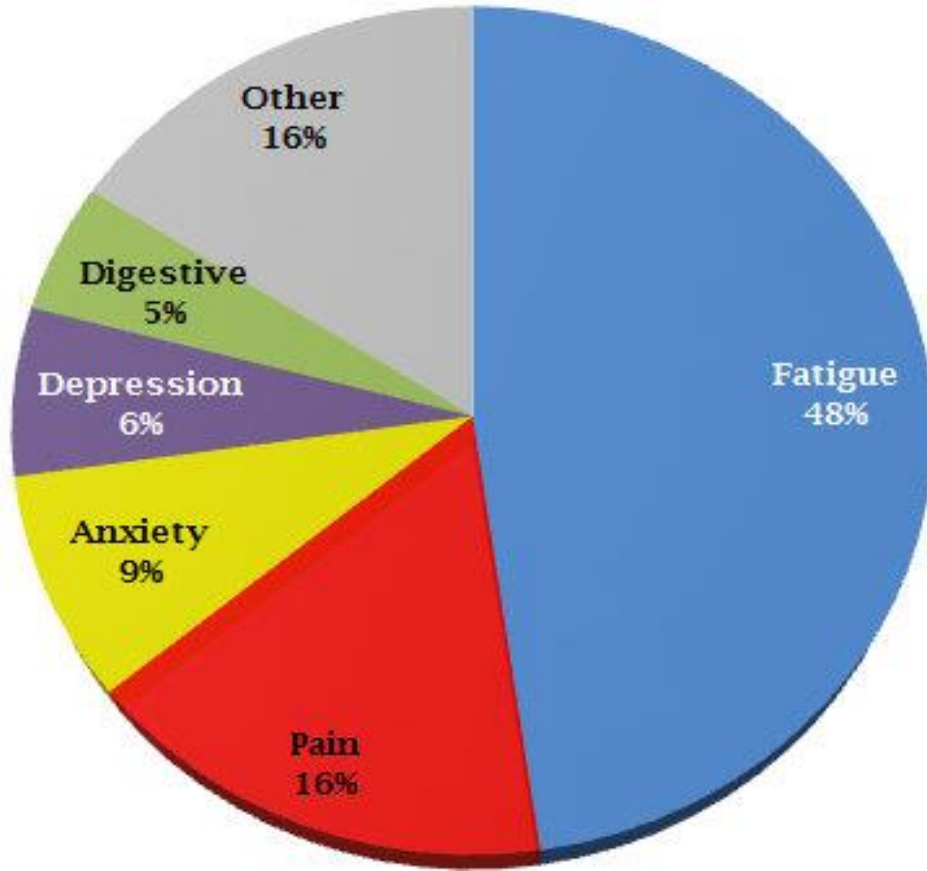
Case studies on chronic fatigue and chronic pain

By Mel Abbott

Topics for today

- Case #1– my own CFS journey
- Mind-body explanation for chronic illness
- Case #2 – constant headache
- Case #3 – CRPS
- What can you do in your practise?
- Referral options
- Case #4 – (if there's time)
- Questions

Client Statistics

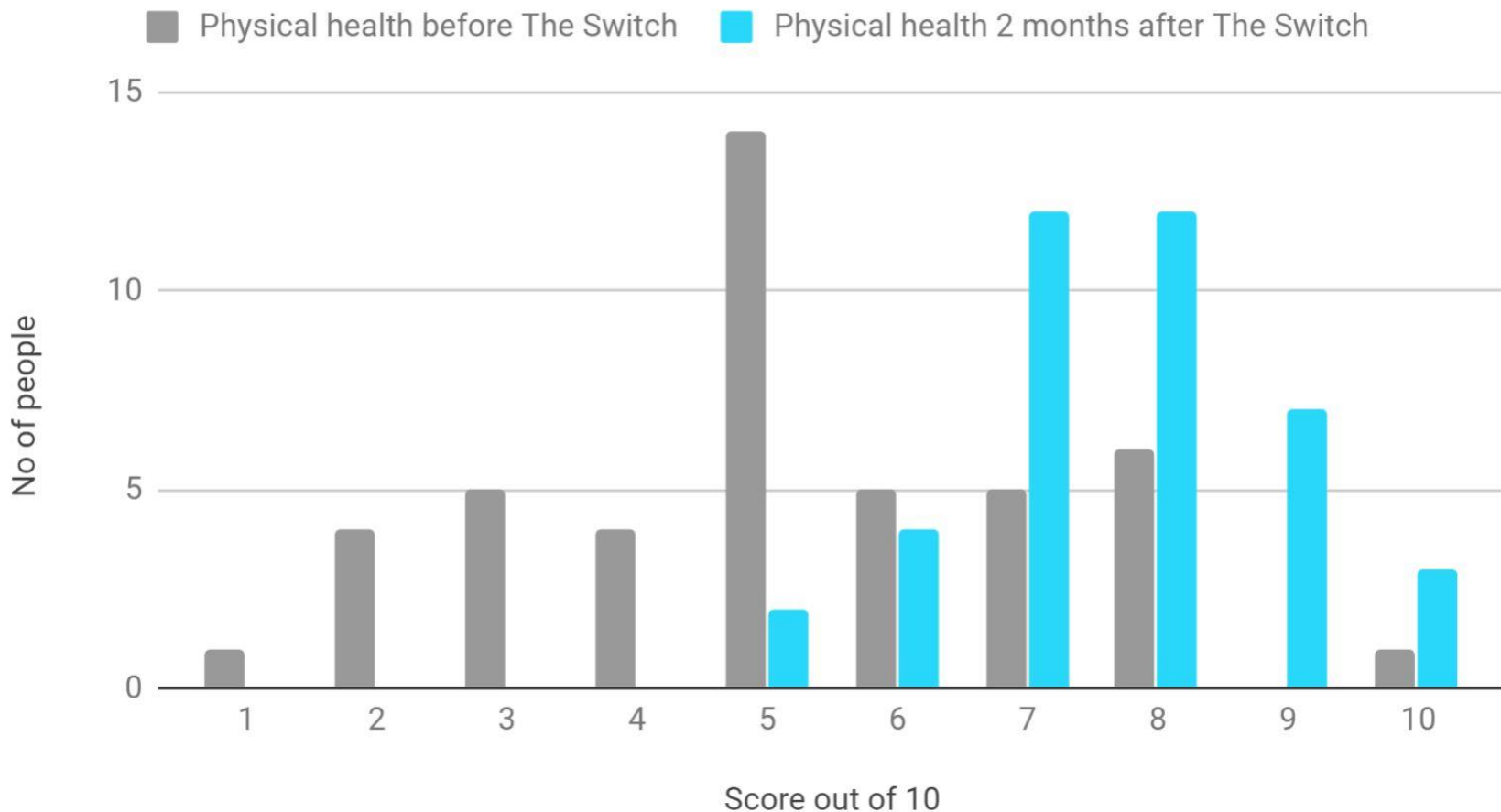


***Average illness
9.66 years***

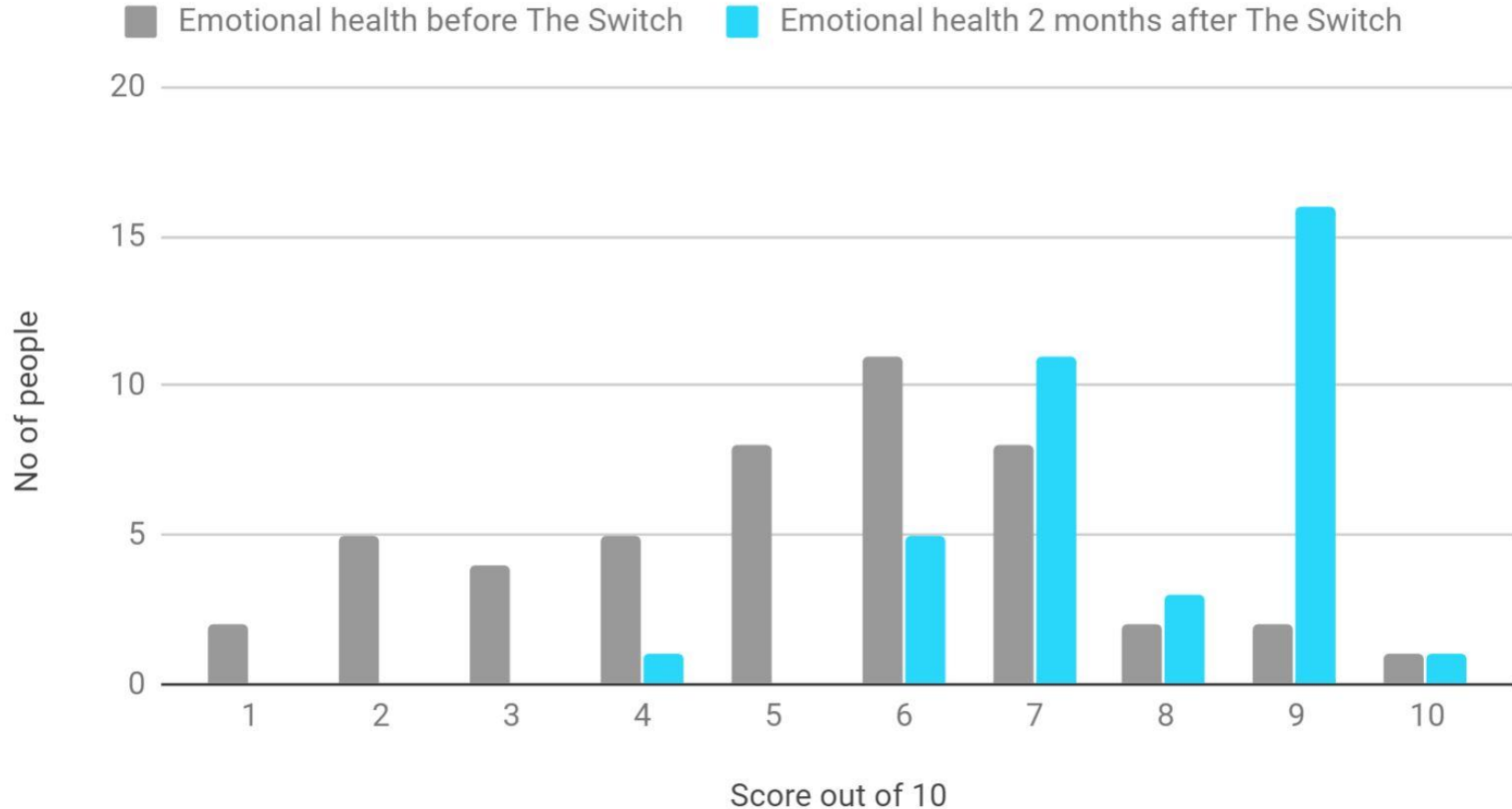
***Age range
8- 82 years***

***Male/Female
20% / 80%***

Physical health before and 2 months after The Switch



Emotional health before and after The Switch



First case study – Me!

First 6 months...

- Head injury in 1997, aged 18.
- A&E sent me home while still no short term memory
- CAT scan 3 months later. Nothing showed up
- Referred to neurologist, then neuro-psychiatrist
- Assessed as 54% impaired
- Referred to Rehab Centre for OT and CBT support

First case study – Me!

Next 11 years...

- Short term memory returned by 9 months but fatigue, headaches, mood regulation and sleep got worse
- On Invalids Benefit for 10 years
- Wore neck brace for 6 years
- Diagnosed with chronic fatigue syndrome 4 years later by Roz Vallings. Told there was no cure – felt suicidal
- Was prescribed nortriptylene, amitrip, prozac, propranolol, temazepam, diazepam

Case study – Me!

It keeps getting worse...

- By 3 years, I could barely walk up one flight of stairs. Afternoon sleeps from 3-6pm each day.
- Large goitre – Endocrinologist recommended surgery and thyroxine
- Chronic constipation –Colonoscopy revealed nothing. Gastroenterologist prescribed laxatives

Mainstream couldn't help, so...

- Acupuncture
- Cranial-sacral osteopathy
- Chiropractor
- Homeopathy
- Naturopathy
- Kinesiology
- Hypnosis
- Meditation
- The Journey
- Private subconscious healing therapy
- Spiritual healers

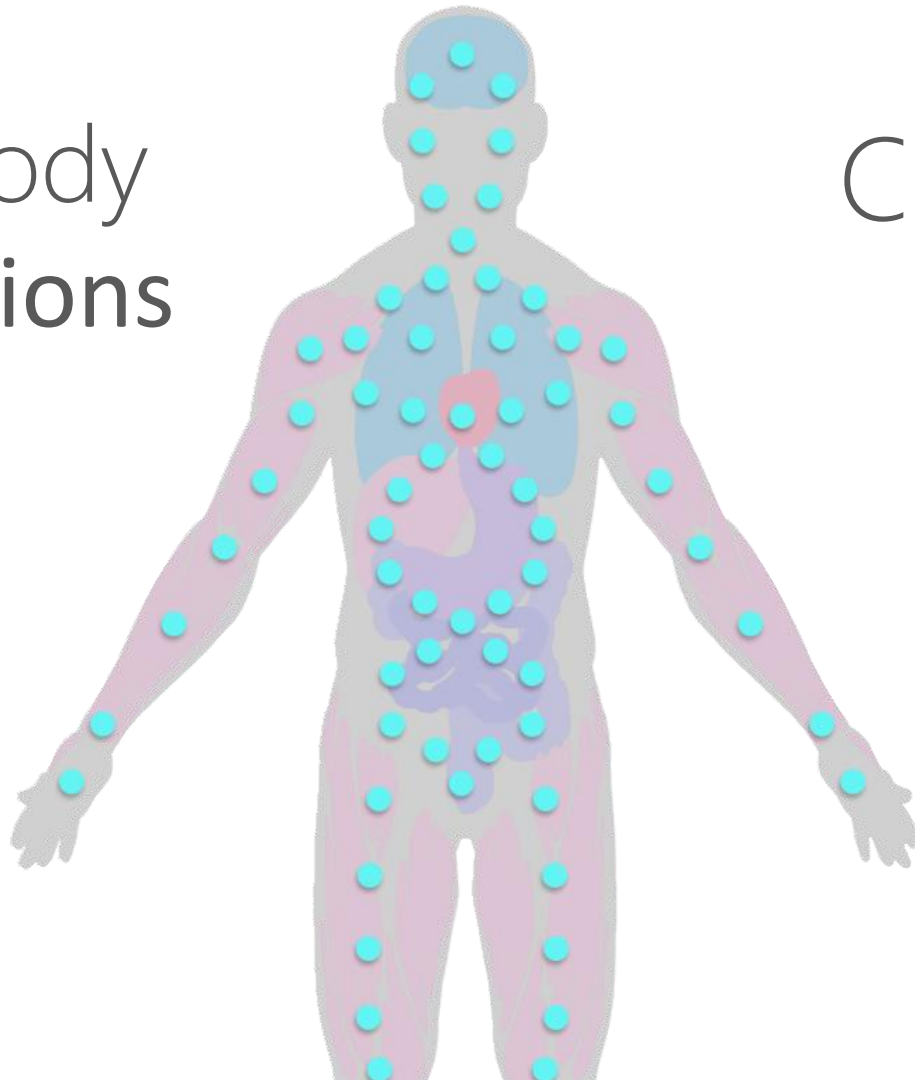
\$100,000+

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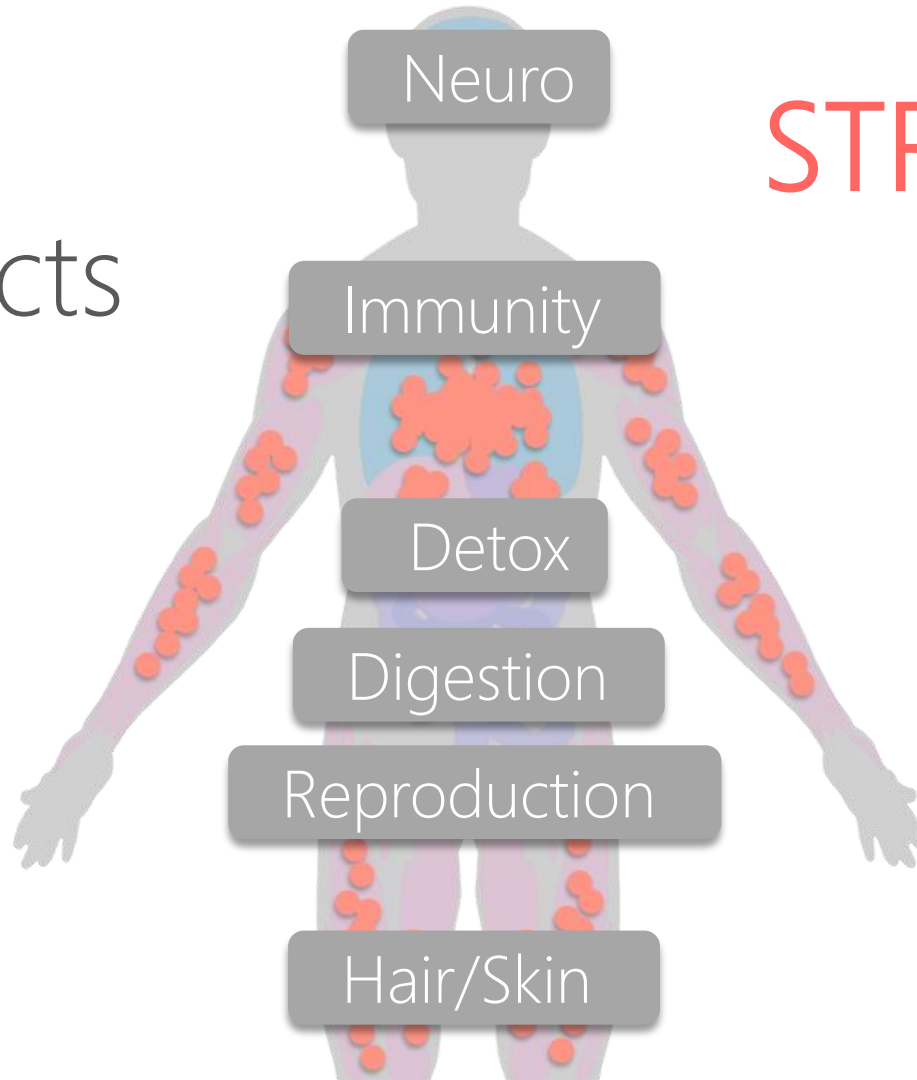
Mind-body explanations

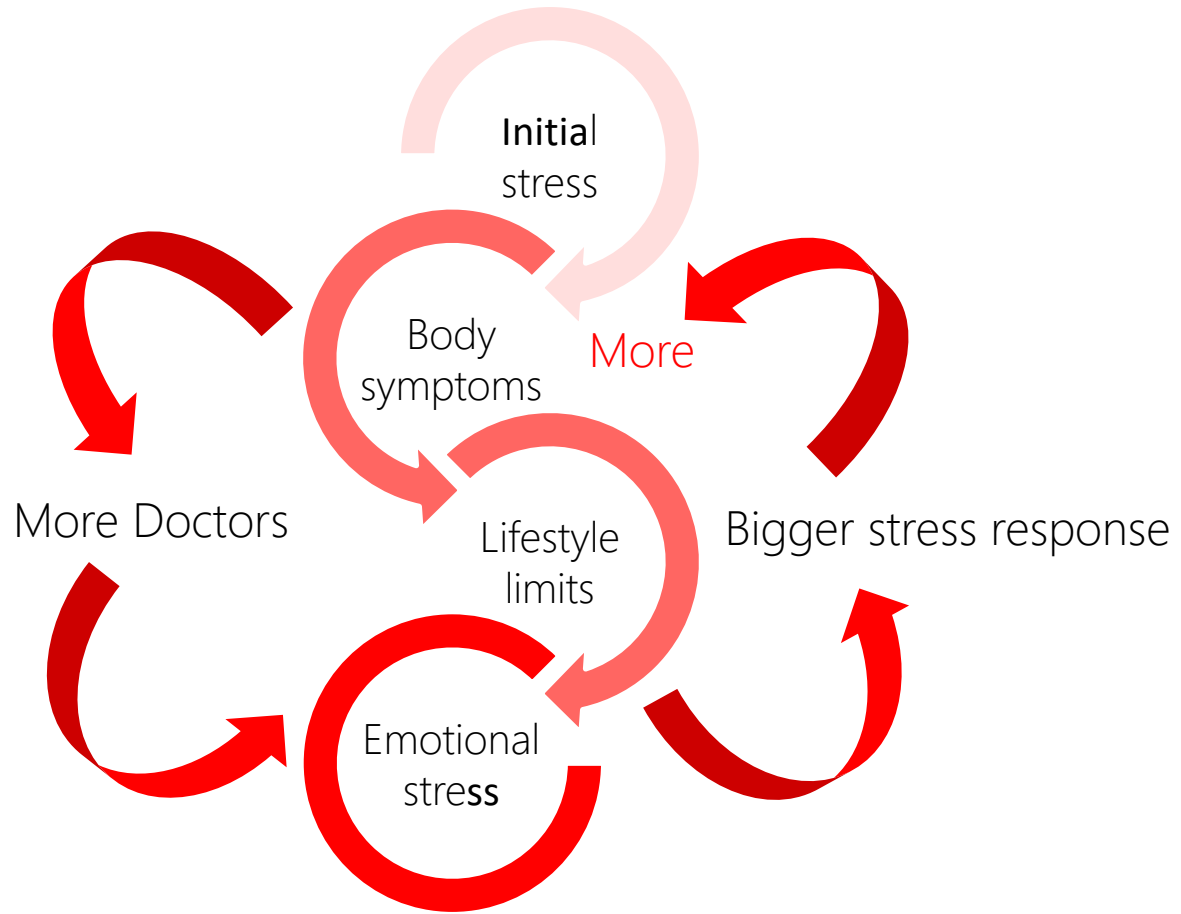
Calm...



Health effects

STRESS!





Case Study#2 – Jacob

Background

- Poor health since infancy
- Bedridden aged 14-18
- Unable to speak
- Unable to sit up or eat
- 20kg underweight
- 7 months in Starship



Case Study - Diagnoses

- Prem baby, not breathing at birth
- Anxiety and postural tachycardia from infancy
- Chronic fatigue syndrome from age 4
- Complex regional pain syndrome aged 14
- Central sensitisation
- Allodynia
- Fibromyalgia
- Orthostatic intolerance
- Chronic migraine
- Chronic daily migraine
- *Selective Mutism*
- *Autism*
- *Pervasive refusal syndrome*
- *Sensory modulation disorder*
- *Tinnitus*

Case #3 –CRPS

Background and treatment

- CRPS for six months
- Starship and outpatient treatment
- Physiotherapy
- Gabapentin and other medication
- Had only managed to walk with crutches and could not bear clothing or touch on her leg
- CRPS had now spread to her stomach

Case#3 – CRPS

My approach

- Educate Sienna about Gate Control Theory
- Enthuse her hugely about mind-body recovery stories
- Teach her a range of NLP-based techniques in one session



- Switch off stress and bad habits
- Clear deep emotions
- Lifestyle changes
- Update belief system

What can you do?

- Teach patients about how stress affects health and how thinking patterns exacerbate it
- Teach them basic ways to calm stress
- No more fatigue, pain or food journals
- Use positively worded scales
- Don't tell them "it's incurable"
- Refer them for further help

A GP perspective

"I got super stoked on the pain theory stuff ... one of my patients with "trigeminal neuralgia" had stopped living a normal life.

He came back to me saying that after watching "**why things hurt**" **tedX**, he realised he didn't have a snake in his nose and now his pain is mostly gone WHICH WAS SO AWESOME!

It's given me so much hope for patients I see with these issues!"

Refer for further help

- The Switch at Empower Therapies
- Body talk
- Neuro-linguistic programming (NLP)
- The Journey
- Multiple Brain Integration Techniques (mBIT)
- Other alternatives such as acupuncture...

Further reading

- Bays, Brandon: The Journey
- Dispenza, Dr Joe: Breaking the habit of being yourself
- Hay, Louise: You can heal your life
- Lipton, Dr Bruce: The Biology of Belief
- Pert, Dr Candace: Molecules of Emotion
- Why pain hurts – TedX – Lorimer Moseley
- www.empowertherapies.co.nz

Case #4 – headaches

Background

- Started aged 14 – not sure why
- Headache for 12 years – described as tension, fairly constant intensity, worse at night
- Poor sleep, affected by pain – usually tired
- Generalised anxiety disorder – queasy most of the time
- Compulsive exercising
- Gluten intolerant

Case#4 – headaches

Treatments tried

- GP
- Neurologist
- Physiotherapist
- Cranial-sacral osteopath
- Psychologist – CBT
- Many more...

Case #4 – headaches

My approach

- Educate about the stress response and Gate Control Theory
- Educate about how thinking patterns exacerbate symptoms
- Work through faulty beliefs

