

1. Healing stress, trauma and pain; a mind-body approach

“The rich are not rich and the poor are not poor. Only those in pain are poor”

Tony Cohan (On Mexican Time)

A factory-worker develops chronic disabling pain after a minor back strain at work; a widow develops unexplained chest pains 12 months after the death of her husband; a war veteran suffers from crippling gastroenteritis ever since leaving Vietnam 30 years earlier. These cases are just a few examples of the many ways stress, trauma and pain can unite to produce inexplicable, persistent pain. These cases also demonstrate that stress is more than just feeling uptight; it's a range of physical and emotional responses which can cause long-term physical changes. If you are suffering from “unexplained pain”, you too are probably suffering from the effects of severe stress. You are probably also unaware of any connection between past stress and your present problems. One of the most common ways of coping with stress is to believe that we have escaped adversity unscathed. This failure to recognise the effects of stress is a major barrier to overcoming stress and stress-related health problems. If you don't believe you have a problem, you won't think to ask for help.

Pain and Stress.

Like a canary in a coal mine, pain is often the first sign that something is wrong. We generally think of pain as a response to physical injury. Pain is a product of physical and psychological processes wherein electrical impulses, stimulated by injury, travel to your brain where they are perceived as pain. There are two types of pain, acute pain and chronic pain. Acute pain is what most people think of as normal pain. We understand acute pain; it's caused by injury and it generally only lasts a short time. Acute pain is usually manageable with medication or other forms of treatment. Pain which persists beyond normal healing time-frames, or chronic pain, is different. Chronic pain is greater than would be expected for the injury which precipitated it and it doesn't respond to normally effective treatments. Because it doesn't behave like normal pain, chronic pain is also more stressful.

Stress is the feeling you get when faced with an event which you feel unable to cope with. The types of events which can trigger stress range from everyday pressures such as job uncertainty and family problems to major events such as family break-up, unemployment and ill-health and the death of a loved one. Everyone's stress is different, but the stress response inevitably involves some combination of increased physiological arousal, anxiety, anger, frustration, fatigue, helplessness and depression. The term actually comes from the Latin word 'stringer' which means to draw tight. As with pain, there are basically two types of stress; acute stress and chronic stress. Acute stress comes from short-term challenges, such as a temporary unemployment, illness or running to escape a mugger. Chronic stress is triggered by long-term adversity, such as being raised in an emotionally unstable family or poverty. Chronic stress obviously places greater strain on your nervous system since your body is not designed to be in a state of stress all the time.

Another type of stress, called Posttraumatic Stress Disorder (PTSD), comes from experiencing or witnessing life-threatening situations. The types of events which can trigger PTSD range include motor vehicle accidents, physical or sexual abuse during childhood, rape, assault and war combat, to name a few. However, other non life-threatening severe stressors can also trigger PTSD-like symptoms such as work-place bullying, the unexpected death of a loved one and being sued. PTSD involves more severe symptoms than those of normal stress, including nightmares and flashbacks, almost total avoidance of anything that reminds you of the traumatic event and feelings of numbness. Nightmares and flashbacks are part of a unique set of symptoms, only found in PTSD, wherein the sufferer actually re-lives the traumatic event in their body. These re-living symptoms can also involve bodily sensations, including pain, and make PTSD the most potent form of stress in terms of causing pain.

Although we tend to think of pain and stress as separate problems, they are really very similar. Both involve physical discomfort, alterations in normal physical and emotional functioning, feelings of loss of control and anxiety. Both problems can also cause, maintain and exacerbate each other. For example, pain causes stress, which in turn exacerbates the pain – just think how much worse your pain seems when you feel depressed compared to when you’re in a good mood. Stressed people are more likely to get sick, and more at risk of injury and pain. Stressed people are even more at risk of the common cold.¹ Dozens of research studies have documented the connection between stress and pain, a small selection of which are summarized below:

- A study of 9,508 adult members of a health plan in the USA found people who had suffered the death or loss of a parent, were much more likely to have health problems (e.g. heart disease, diabetes, fractures and occupational health problems) compared with people who had not.²
- Another study of 500 cancer patients found a disproportionately large number had suffered childhoods marked by feelings of isolation, neglect and despair.³
- In a study of people, who had suffered a large number of stressful events such as death of a spouse, divorce or separation, moving house, it was found they were much more likely to suffer illness.⁴
- Women with a history of childhood sexual abuse were found to be more likely to suffer from health problems such as diabetes, asthma and cardiovascular problems, chronic fatigue and headaches.⁵

As the above research shows, the types of stress most likely to contribute to pain range from major life events to childhood abuse and neglect. The types of health problems most commonly associated with stress include heart disease, fractures and occupational health issues. Stressed people are also more susceptible to pain; they experience greater levels of pain than non-stressed people with similar injuries.⁶ Stress can even undermine your ability to benefit from surgery.⁷ Although some people get hung up about the mention of psychological factors in relation to their pain, the idea that stress is involved in pain is not new. For example, the 19th century psychiatrist Pierre Janet described stress as, “a disease which modifies the whole organism.”⁸ Sigmund Freud was also famous for suggesting that physical pain could be a symptom of emotional hurt.⁹ Even the medical profession has long defined pain as “...an unpleasant sensory *and emotional* experience associated with actual or potential tissue damage...”¹⁰ (italics mine)

Five ways in which stress leads to pain

Despite the evidence that stress can cause pain, you may still find it hard to believe something that happened to you a long time ago could be hurting you now. This is understandable; just because one thing follows another it doesn’t prove that they are connected. But in addition to studies linking stress and pain, scientists have also discovered how stress affects the mind and body. People who have endured severe stress have been found to have biochemical abnormalities, depressed immune system functioning, decreased emotional connection, anxiety and depression and abnormal patterns of thinking.¹¹⁻¹⁴ In a discovery which is still reverberating throughout the scientific world, sufferers of posttraumatic stress disorder were even found to have smaller hippocampus (part of the brain responsible for memory) than normal.¹⁵ We will be exploring the effects of stress in more detail later, for now you just need to know that there are five main effects of stress which lead to pain:

1. Insufficient safety and support,
2. Increased physiological arousal,
3. Emotional disconnection,
4. Negative thinking

5. Trauma

“Unexplained pain” usually involves some combination of these five effects, regardless of the illness or injury that precipitated the pain. But because of lack of information or emotional disconnection, most chronic pain sufferers, and indeed many health professionals, are unaware of how these factors maintain stress and pain. The following case-history demonstrates how the effects of stress can lead to pain, and why they are not always easy to see.

Roseanne developed chronic pain after a twisting her back the wrong way in her job as a factory-worker. Although her physician could find nothing worse than a small disc bulge Roseanne was experiencing intense low back pain, tingling sensations down her right leg and difficulty performing even the most basic of physical tasks. Roseanne’s pain had failed to respond to rest, physiotherapy or medication, in fact it seemed to be getting worse. Roseanne felt disbelieved by her doctor and frustrated by the failure of treatment. As the months wore on, she developed sleeping problems and fatigue, and sank into a deep depression. At this stage, almost a year since the accident, her concerned doctor referred to a psychologist who specialized in pain management.

After taking a general history, the psychologist found out that Roseanne had endured significant stress prior to her injury, from witnessing domestic violence as a child to chronic emotional neglect. In order to escape her unhappy home, Roseanne left school as soon as she was legally allowed and found work in a supermarket. She developed a romantic attachment with a boy she met at work and fell pregnant to him when she was 18. They set up house together and Roseanne tried to build the home she had always wanted. But he was an angry, unstable young man and he eventually left her for another woman. Apart from a few failed brief encounters, Roseanne spent the rest of her adult life as a single mother, trying to support herself and her child single-handedly.

Roseanne’s personality reflected her life struggles; she had developed into an insecure, private woman who would do anything for anybody, but could never ask for help for herself. Roseanne saw this self-reliance as a strength, – as she told the psychologist, “if you don’t depend on anyone, you can’t be hurt.” Associated with this, Roseanne also had a very limited range of emotions and rarely spoke of her feelings. Although seemingly contented, she seemed to have little to look forward to. She had few friends or interests outside of work and supporting her child, who was the centre of her universe. She was also very tough-minded with herself and prided herself on her ability to keep going no matter how tired or stressed she felt. Before being injured she had a high tolerance for pain and had once finished a shift despite having a fractured wrist.

Roseanne’s pain was greater than could be accounted for by her physical injury, and seemed mysterious. But when Roseanne’s life story is considered, together with an understanding of how stress affects the body, it starts to make sense. Roseanne had experienced chronic stress and trauma which had caused depression, increased physiological arousal and emotional disconnection; symptoms which were contributing to her pain in hidden ways. Roseanne’s emotional disconnection meant that she had no effective means of regulating her emotions, or their impact upon her pain and suffering. Her sleeping problems meant that she had no energy and probably decreased immune functioning. Blood tests would almost certainly have revealed biochemical abnormalities involving cortisol and serotonin, (neurotransmitters involved in fighting infection and pain). The anxiety and depression Roseanne felt affected her thinking, making her indecisive and unable to imagine any solution to her problems.

5 steps to healing stress and pain

Once we understand pain as being caused by both physical injury and the effects of stress; our approach to overcoming pain changes. The key to healing stress and pain is to reverse the negative effects of stress which maintain these problems and stimulate healthier functioning such as restorative sleep, decreased physical tension, improved mood and more adaptive attitudes and beliefs. Psychologists have been trying to work out the best way to do this for over a hundred years, largely on the basis of guesswork about how the nervous system works. Although this has not stopped them from discovering some relatively effective treatments, the search for a biologically-based treatment for problems such as stress and pain has continued. In recent years, with increasingly sophisticated brain scanning technology, there has been an explosion in knowledge about how the nervous system is organized and works. Associated with this, we have also learned a lot more about stress and how it affects the human nervous system. This has brought us closer than ever to the holy grail of psychology, a biologically-based psychology.

Based on recent discoveries regarding the structure and functioning of the human nervous system, we now know that the best way to change negative feelings and problems is to use sensory-emotional strategies which appeal to the right hemisphere of your brain, where stress and pain are mainly stored. We will talk about this in more detail later, but for now the thing to remember is that knowing how the nervous system works, and how it is affected by stress enables us to design treatments which target the effects of stress more directly. Based on the five effects of stress, together with increased knowledge about how the nervous system works, there are five strategies for overcoming stress and pain;

1. Safety & Support.
2. Reconnecting with your feelings.
3. Learning how to control stressful feelings and pain.
4. Changing your thinking.
5. Resolving trauma.

Each of these steps incorporates various skills and abilities which will help you to control and transform the sensory-emotional processes which maintain your stress and pain. The steps are also organized in a particular order, designed to be consistent with how your nervous system processes information. For example, the first step in healing stress and pain is to ensure you have adequate safety and support. Safety and support are the two most basic of human needs, yet they are often lacking in sufferers of stress and pain. This is hardly surprising; to be in a state of stress or pain is to be living under conditions of threat. Threats make people tense; particularly threats they feel unable to cope with. Being tense causes physical changes which increase your vulnerability to pain and illness, as well as making it hard to relax and concentrate on learning self-help strategies to overcome stress and pain.

Stress and pain management invite thoughts of relaxation and somehow learning to control the physical and emotional distress that these problems involve. But how can you control your feelings if you don't know how to feel? Victims of stress have often learned to not feel as a way of coping with their emotional and/or physical pain. Emotional disconnection can maintain and exacerbate pain in various ways including decreased ability to access positive emotional states, and missed signals for rest and self-care. So reconnecting with your feelings is a vital step prior to learning how to regulate painful feelings. Learning how to control stressful feelings and pain requires learning how to change sensory-emotional states of your nervous system; relaxation, meditation and self-hypnosis are some of the most well-known methods for achieving this. Next comes learning how to change any negative thought-patterns which might be maintaining your stress and pain. Our thoughts reflect how we feel about ourselves and how well we can respond to life's challenges. The last step is to combine all the above skills and resources into a unified process to resolve any trauma associated with your pain.

Rather than just learning how to manage stress and pain, the aim of the above strategies is to neutralize the processes which maintain these problems. At the heart of this approach is a belief your nervous system either knows or has the capacity to learn how to feel better. Although some of these strategies

may not seem like obvious ways to overcome stress and pain, when taken together they offer a comprehensive, long-term method for healing the underlying causes of stress and pain. As you have probably already noticed, ‘quick fixes’ such as medication, surgery or avoidance don’t work anyway. Below you will find a brief introduction to each of these steps, together with some suggestions as to how you can begin using them *immediately* to start your healing process. If you have suffered a long time, you will be understandably anxious to get started on your healing. After this, we will take a deeper look at how stress causes pain, before learning how to apply the five sensory-emotional strategies for healing stress and pain in more depth.

Safety & Support

Safety and Support are basic human needs about our need to feel secure and to know that there are others we can turn to for help if needed. Feeling safe means feeling protected from any threatening event or circumstance, including pain. Feeling safe is also more than just an absence of external or perceived threat. It is an inner feeling of confidence that you are okay and can cope with or be protected from any threat to your well-being. If you have been injured, feeling safe can also mean having access to adequate medical treatment – not always easy, even in so-called developed countries. In recent years researchers have been surprised to discover how important having good support is for immune functioning, coping and resisting the effects of stress. Feeling supported is part of being safe. Feeling supported means knowing that there are others you can rely on to share your problems and fears with and who will stand beside you in times of adversity.

Because insufficient safety and support can significantly exacerbate stress and pain, the first step in overcoming these problems is to review your levels of safety and support. Are there threatening circumstances in your life that you have avoided or feel defeated by? If so, what is stopping you from addressing them? Are you holding any negative, self-defeating beliefs, eg; “its no good,” “I deserve it,” “what’s the point?” How do you feel about asking for help? Here are three things you can do *now* to reduce the impact that lack of safety and support may be having on your pain or stress.

1. Let go of any self-defeating attitudes or beliefs you may have.
2. Take action to deal with any external threatening circumstances that you have not dealt with.
3. Tell someone close how you feel.

Reconnecting with your feelings

One of the most common symptoms of stress is anhedonia; the inability to feel pleasure. Most sufferers of stress and pain are disconnected from their emotions. They have either never learned to understand their feelings, or they have disconnected from them as a way of coping. Although emotional disconnection starts out as an attempt to cope with stress, over the long term it actually perpetuates the problem. There are a number of reasons for this; having feelings is necessary for integrating experience. Having feelings is also a way of coping with reality; positive feelings can carry you through tough times. If you cannot feel joy or peace, you have lost a powerful weapon in the fight against stress and pain.

Ideally, emotional connectedness is something we acquire through healthy emotional exchanges during childhood. However, for a variety of reasons, many people miss out on those crucial formative emotional experiences. Fortunately, Emotional Intelligence, as it is called, can be learned. Emotional Intelligence involves a number of skills including mindfulness and being able to recognise and interpret your feelings. These skills enable you to use your emotions to combat stress. For example, most relaxation skills training also involves learning how to recognise when you feel relaxed. The ability to recognise when you feel relaxed helps create a positive feedback loop between your mind and body.

Emotional intelligence begins in the here and now. Start by living “one day at a time” and being less caught up with your usual cares, responsibilities or expectations. Be more alert for surprising, pleasant,

positive developments. Notice how different you feel in your body when you experience something enjoyable. In general, pay more attention to what's going on in your body, and try and sense what physical or emotional needs are being signalled. Here are three practical steps that you can take to increase your level of emotional connectedness now.

1. Learn to separate your self from the external world- try not to get so caught up in expectations, past worries or future fears.
2. Pay more attention to how you feel in your body; learn to recognise the different physical sensations that go with different emotions.
3. Never judge your feelings; however crazy, stupid or weird they may seem, they are *your* feelings and they are there for a reason.

You will find more detailed information about Emotional Intelligence and how to practice it in chapter six.

Controlling stressful feelings and pain

Since stress and pain are both made up of physical and emotional distress, sensory and emotional control techniques such as relaxation and scheduling enjoyable activities are one of the most common traditional methods for overcoming stress and pain. Emotional regulation skills are an extension of Emotional Intelligence. In managing stress and pain, they can neutralize some of the factors which maintain pain such as biochemical imbalances, physical stress and tension and emotional distress. There are four different ways of control stressful feelings and pain:

- Enjoyable activities
- Relaxation, meditation and self-hypnosis
- Dual-task/bilateral stimulation
- Expression/action

Some of these activities, such as enjoyable activities, will be familiar to you. Others, such as dual-task/bilateral stimulation, may not be. Engaging in enjoyable activities has long been recognised as an antidote to stress and pain, as well as depression and low self-esteem. Of course, just doing some gardening isn't going to resolve your problems, but if that really gives you pleasure, and makes you feel relaxed, it can help lead to a gradual reduction of the emotional stress and tension which maintains stress and pain. Relaxation, meditation and self-hypnosis are more focused approaches for relieving feelings of stress and pain.

Dual-task/bilateral stimulation is a treatment element of EMDR which utilizes a combination of focused attention and bilateral stimulation to stimulate feelings of relaxation. Under certain conditions, rhythmical bilateral stimulation can stimulate a reduction in emotional and physiological distress, associated with problems such as stress and pain. If this sounds strange, think about how travelling on a train makes you feel, or watching the waves washing in and out on a sandy beach. Expressing or acting on your feelings is another obvious but often overlooked way of discharging emotional tension. When you express your feelings, or take some action in response to your feelings, it produces feelings of satisfaction and relief, even if the outcome isn't what you wanted. As discussed earlier, each of these activities is designed to appeal directly to the emotional part of your brain, where feelings of stress and pain are mainly stored. These techniques have been proven to stimulate physiological changes associated with stress and pain.

To control your feelings of stress and pain, start paying more attention to situations or memories which make you feel safe, happy or relaxed. Joyful, happy memories bring with them positive emotional associations which can be a powerful antidote to stress and pain. Joanne felt overwhelmed by her pain and the future seemed hopeless. But when she remembered giving birth to her first child, it always made her feel happy and capable, feelings which helped her feel less overwhelmed by her problems. Here is a three-step exercise you can do *now* to start controlling stressful feelings and pain;

1. Think back to a time or place when you felt relaxed, well and free of pain. Even if your life has been awful, there must have been someone who cared, somewhere you felt happy and secure.
2. Notice how the memory of the time, place or relationship makes you feel. Practice going back to that memory in your mind and make it stronger.
3. Whenever you feel overwhelmed by stress or pain, think of that time, place or person and the feelings it triggers.

Another, often overlooked aspect of emotional dysregulation is sleep management. Stress and pain often involve chronic sleeping problems, which can lead to a self-reinforcing cycle of fatigue, mood swings and physical discomfort. Good sleep promotes immune functioning, healing and improved coping. While there are many techniques for improving sleep, probably the simplest is to learn how to relax. If you are in a stressful situation your sleep rhythm will be affected and you may need to just allow your body to dictate when it wants to sleep for a while. We will be looking at a range of strategies for improving your sleep in chapter nine.

Changing your thinking/new learning

The next step in healing stress and pain is to change any negative thoughts and attitudes which might be adding to feelings of helplessness and stress. Negative thoughts are self-defeating attitudes and beliefs, such as “I’m bad”, “I’m weak”, “I’m helpless” etc. Such beliefs are often unconscious, but they reflect how we see ourselves and our ability to cope. They are usually based on early developmental experiences, genetic inheritance and cultural factors. Negative thinking can contribute to pain by making us think things are worse than they really are, and that because things have been a certain way for a long time, that they can never change.

Although we talk about thoughts and feelings as separate entities, they are really inseparable and changing your thinking is as much an emotional process as it is an intellectual one. Changing your thinking actually requires learning to recognise your feelings, identifying what attitudes and beliefs they represent and replacing them with more adaptive attitudes and beliefs. Changing your thinking means more than just “happy talk,” it requires pulling out the emotional roots of negative attitudes and beliefs before attempting to develop more adaptive attitudes and beliefs. We will be looking at how to do this in chapter ten, but here are three steps you can take *now* to start thinking more positively;

1. Learn to separate yourself from your feelings.
2. Look at feelings as more than just a reaction to events and reflect on what they say about you and your ability to cope. For example, depression may signal helplessness, shame signals guilt, anger signals feeling trespassed upon.
3. Start challenging negative or self-defeating thoughts with more positive, self-affirming ones. Use memories of past successes to help with this.

Resolving trauma

Posttraumatic Stress can maintain and exacerbate pain through the physical and emotional distress associated with traumatic memories. Unless resolved, traumatic memories can lead to stress and pain being endlessly replayed. Resolving traumatic memories is not easy, anxiety, terror and numbness can all act as emotional barriers to processing trauma. Resolving trauma requires using safety and support, emotional connectedness, emotional control and your thoughts, to transform traumatic memories into something useful or at least less painful. Sometimes it is not possible to do this unaided, particularly where trauma and pain overlap. This is when treatments such as EMDR can be helpful. EMDR integrates the above elements into a treatment procedure designed to facilitate emotional reprocessing of traumatic memories and feelings. The advantage of EMDR is that the process is supported and guided by a trained professional. The method draws its name from the use of eye movements, stimulated by horizontal movements of the therapist’s hand. The following case-study demonstrates how this method works to transform trauma and pain.

Roger developed a PTSD after the truck he was driving rolled over in a free-way accident. He also suffered neck pain and headaches for which there was no clear medical explanation. Psychologically he kept re-living the trauma in his mind; he suffered from recurring ‘flashbacks’ of the accident and he could not stop thinking that he could have been killed. He was terrified of driving a truck again, something he needed to do as part of his work. Roger also felt confused and angry with himself; although it had been a terrible accident, he knew he had survived. He had coped with worse things, from the death of his mother when he was 13 to surviving leukemia when the doctors told him he only had six months to live. In desperation, Roger sought the help of an EMDR—trained psychologist.

The EMDR therapist helped Roger understand that although he had coped with his previous stressors, this didn’t necessarily mean they hadn’t affected him. Roger realized that he had become very good at not feeling as a way of coping. After his mother had died he withdrew into himself, determined that the best way forward was to become totally self-reliant. Consequently Roger portrayed himself as invincible, capable of working incredibly long hours and great feats of physical endurance. His nickname at work was ‘Iron Man.’ But obviously all Roger’s strength and endurance weren’t helping him now. The therapist helped Roger explore his own feelings of vulnerability in a way he’d never allowed himself to before, and to learn how to cope with those feelings. One of the most useful things he learned was that it wasn’t bad to feel anxious and how to alleviate feelings of stress by sharing how he was feeling with his wife.

After helping Roger re-connect with his feelings, the therapist helped Roger explore what the accident really meant to him at an emotional level. Roger realized that it had made him feel helpless and out of control, feelings he found very distressing because they reminded him of how he felt when his mother died. Once Roger was able to consciously verbalize how the accident made him feel about himself, the therapist guided him in “reliving” the accident, in a controlled way. This involved Roger to remember the accident, including how it made him feel and what it made him think about himself, whilst simultaneously watching the therapists horizontal hand movements (the bilateral stimulation). As soon as he started doing this, Roger immediately noticed his feelings of anxiety decreased and the visual images of the accident in his head seemed to become less clear. After repeating this procedure several times, Roger noticed he felt strangely calm and detached and began to see the accident differently. Associated with this his thinking changed; instead of feeling overwhelmed and out of control, Roger suddenly knew with all his heart that he had survived and that it was really over. It took Roger several months to get to this point, during which time he learned to understand his feelings more, as well as how to manage stress. Once Roger’s trauma from the accident was resolved, he noticed that his headaches stopped and his neck pain decreased. Shortly after this Roger was able to return to his old job.

Roger’s story demonstrates how healing stress, trauma and pain involves more than just trying to control the negative feelings. Roger had to understand his feelings and be able to think about what he experienced without feeling overwhelmed by anxiety. The dual-task/bilateral stimulation enabled him to feel differently about what happened, thus opening the way for him to think differently about what happened. Although it is possible to resolve trauma without professional help, in Roger’s case, because of his emotional disconnection, he need the help of his therapist to access the sensory-emotional material which was maintaining his trauma and pain. In the following pages you will learn all of the skills necessary for resolving trauma, including what to do if you can’t cope on your own. To begin with, here are four things you can do *now* to help resolve trauma.

1. Find safety; tell someone you trust about what happened and how you feel.
2. Use the emotional control exercise from the previous strategy to help regulate feelings of distress associated with the traumatic memory.
3. Try and find some aspect of the situation which you feel you had control over (even if it was just your thoughts).
4. Try and make some sense out of what happened.

Conclusion

The aim of this chapter has been to help you connect your physical symptoms with any psychological stress you may have suffered. You now have a rough understanding of the five main physical and emotional effects of stress and how they lead to pain. You have been introduced to a new way of understanding and treating stress and pain, including five sensory-emotional strategies for resolving these problems. You have also been given some practical steps to get you started immediately on healing your stress and pain. You may also be inspired to make other positive changes as a result of the insights and ideas contained in this chapter. The next step is to take a deeper look at how the effects of stress and trauma lead to pain; understanding is the key to solving most problems in life. Following this we will return to the five sensory-emotional strategies for overcoming these problems and how to apply them.

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