

# How Fight, Flight, and Freeze is Affecting Your Success Rates and What to Do About It

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# Patient Behaviors that Derail Therapy



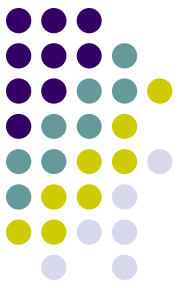
- Diversionary tactics
  - Heal dragging
  - Arguing
  - Sullenness
  - Talkative
  - Outbursts
  - Poor attention
  - Etc.
- Worse with parents



# Why?

- Born evil? – Usually no
- They are uncomfortable
- Problems expressing their needs
  - When upset, cannot access words
  - Happens more in dominant right brainers
    - Eso posture, perfectionist, stubborn, inflexible, dyslexia
    - Communicate with body language
- Expectations set by past experiences (Learned behavior)
  - Got “off the hook” with certain behaviors
    - Whining, misbehaving, distracting





# Depends on:

1. Alignment of skull and spine!!!!
2. Brain Health
3. Gut Health
4. Family life
5. Past experiences/traumas
6. Brain Balance
7. Sensory Issues

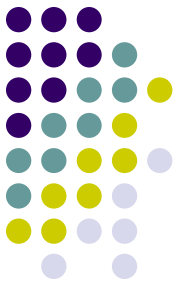
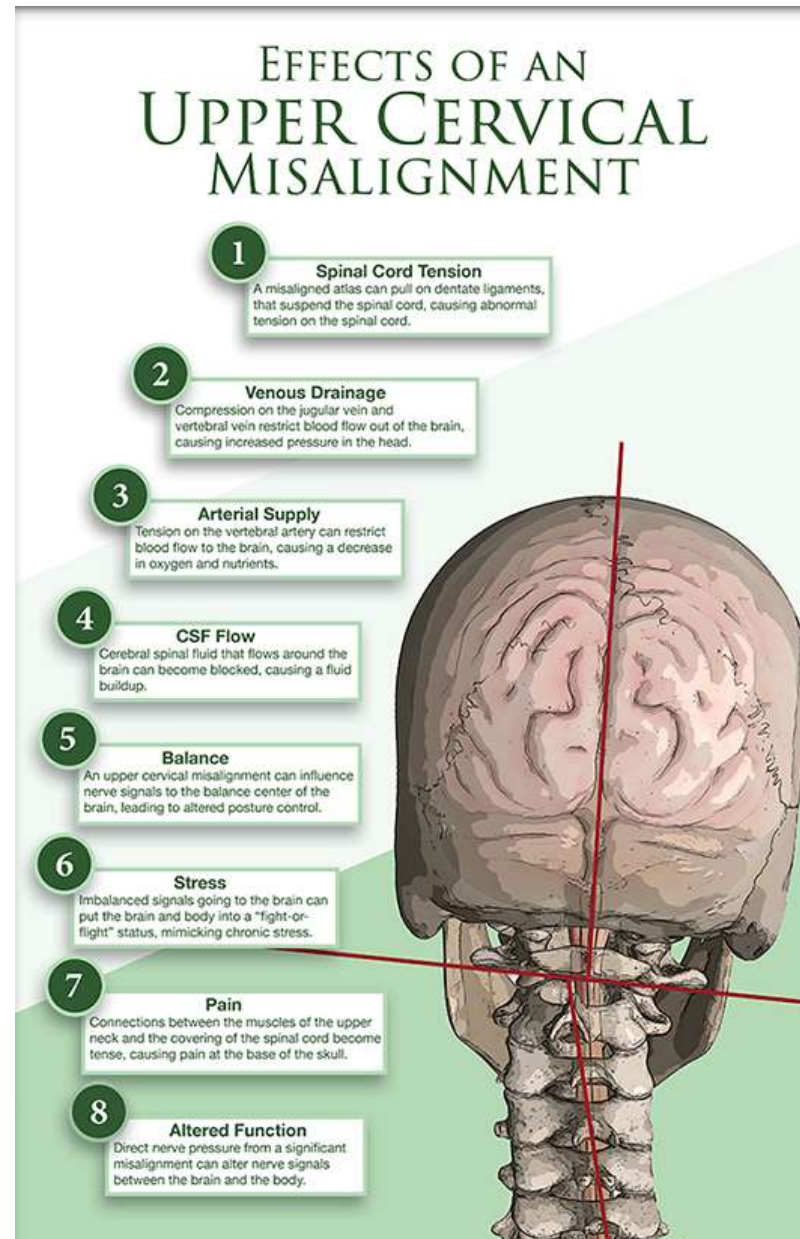


# Alignment is Key to Comfort

Remember the last time your neck was out:

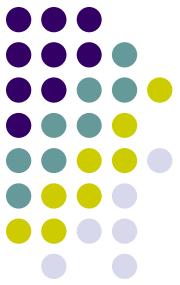
- Head/neck ache
- Sensitive to sounds and lights
- Problems with concentration
- Foggy thinking

Get them to a manual therapist!



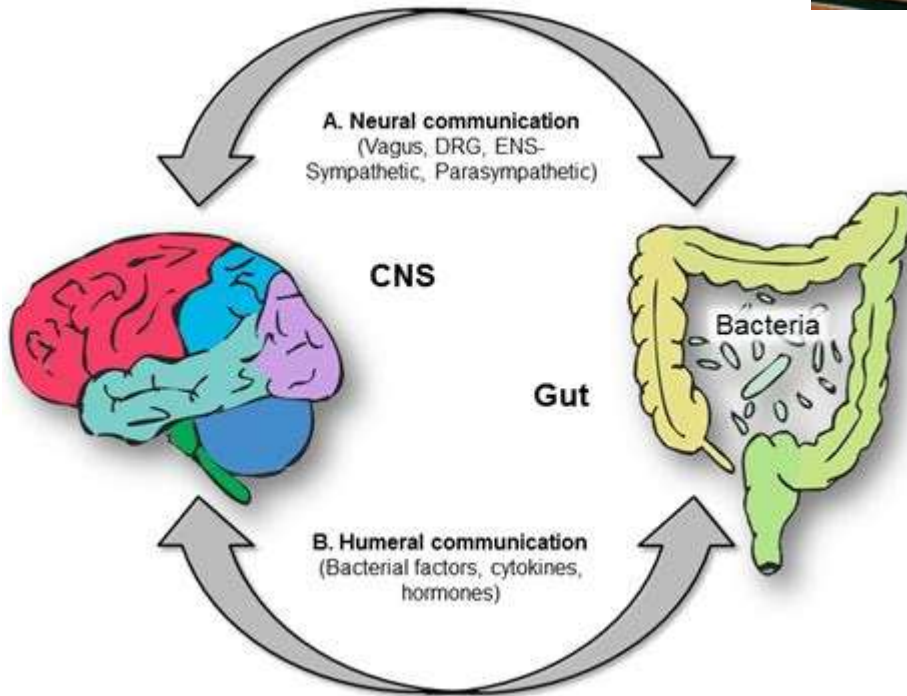
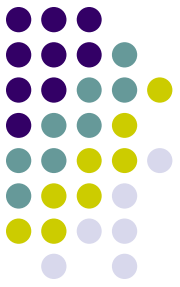
# Brain Health

- Problem:
  - Current infection
  - Inflammation
  - Toxins
  - Hormone dysregulation
  - Neurotransmitter deficiency/excess
- Solution:
  - Coordinate with naturopath or functional medicine
  - Detox
    - Ionic footbath, Epsom salt bath, Bioray protocols
  - Amen Clinic Brain Health Coach Program



# Gut Health

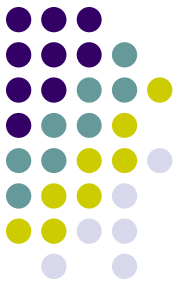
- Problem:
  - Bad bacteria
  - Yeast
  - Horrendous diet



- Solution:
  - Educate parents
  - Biocidin
  - Gut testing
    - OAT test
    - IgG Allergen test

# Family Life

- Problem:
  - Overbearing parent
  - Fighting parents
  - Less-than-observant parents



- Solution:
  - Provide safe atmosphere – kick out parent if necessary
  - Simulate visual challenge to parent (10PD base out OU, Yoked right if child is shy, Yoked left if child is wild/agitated)
  - Recommend “Mindset” by Carol Dweck

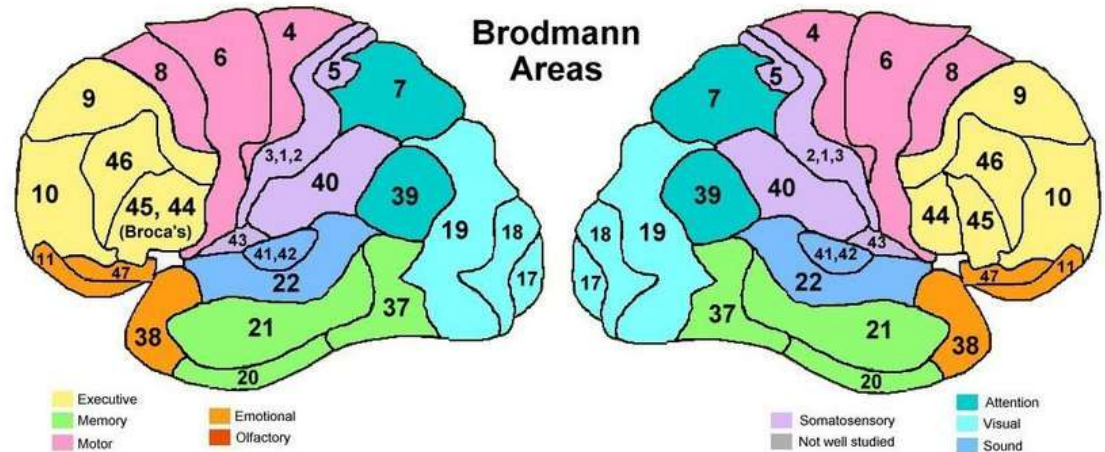


# Past Experiences/Traumas



- Problem:
  - Trauma – direct, indirect, chemical, hormonal, electrical
  - Effect on different brain regions
    - Frontal: Impulse control, problems shifting gears
    - Right: ADHD
    - Left: Perfectionism
    - Back: Increased nausea, dizziness
    - Limbic: Increased emotions
    - Brainstem/neck: dizziness, disorientation

- Solution:
  - Avoid using tender parts of brain (nasal occlusion, therapeutic lenses, work in unaffected field)
  - Slowly incorporate “neighbors” of tender parts
  - Finally, stimulate tender parts



# Brain Balance



- To stimulate:
  - Right (seeker):
    - Adult-type smells (eucalyptus, peppermint, coffee)
    - Flowing music (calm classical, instrumental)
    - Blue lighting
    - Increase sensory to left body (vibration, heat/cold, movement, massage, stand on left leg)
    - Start work in left field
    - Optokinetic drum to the right
  - Left (avoider):
    - Child-type smells (strawberry, apple, lavender)
    - Music with a beat
    - Yellow lighting
    - Increase sensory to right body (vibration, heat/cold, movement, massage, stand on left leg)
    - Start work in right field
    - Optokinetic drum to the left
  - Top (too emotional, sensitive):
    - Nasal occlusion
    - Sit/Lay Down
    - Start work in inferior field
  - Lower (too “in their head”):
    - Temporal occlusion
    - Stand Up
    - Green
    - Start work in superior field

# Sensory Integration Issues



- Problem:
  - Sensitive to loud sounds, bright lights
  - Trouble focusing, concentrating
  - Overly or unaware of self
    - Tactile sensitivity
    - Poor gross motor
- Solution:
  - Change environment
    - Turn down the lights
    - Move to more quiet room
    - Remove distracting family members
  - Provide sensory support
    - Weighted vest
    - Therapeutic lenses



# Other Helpful Tactics

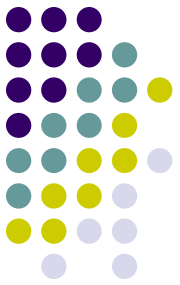


- Look for signs of discomfort – back off, slow down
  - Red face, neck
  - Shallow breathing
  - Increase fidgeting
  - Strain on face, shoulders
- Give choices (the activity you want or a harder activity)
- Give time frame (only 2 minutes left on this activity)
- Give prediction (I bet I get more beanbags in the bucket)
- Allow patient to see your “weaknesses”
- Allow gestures if they cannot find the words
- Distract with body work, chair spin, trampoline
- Work with parent first if really shy
- Name their eyes and brain (“boy is Bruno messing with you today”)

# Questions

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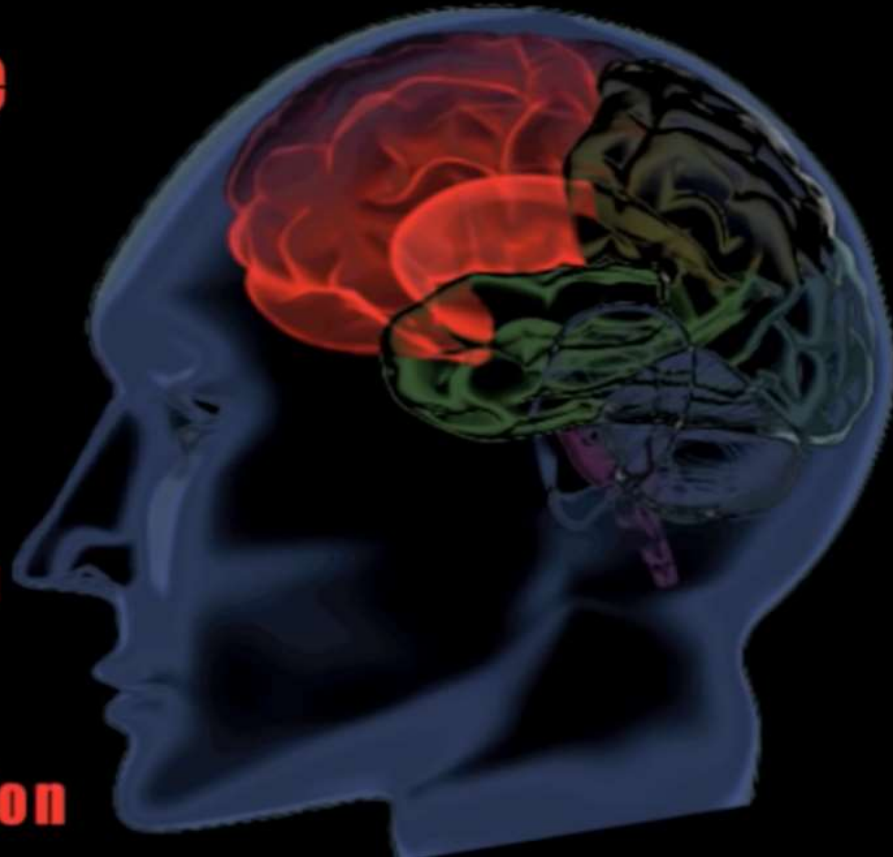
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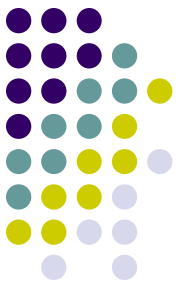


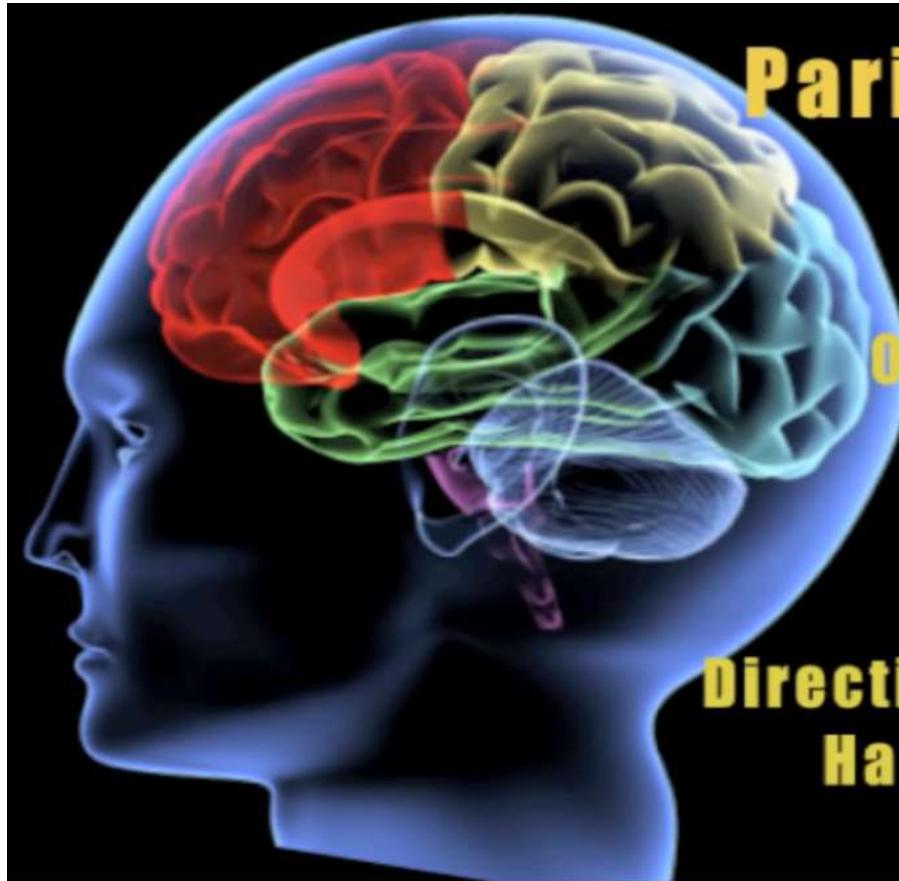
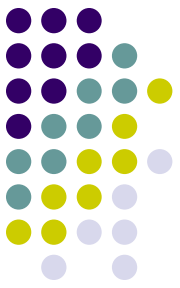


# **Frontal Lobe**

- Sequencing**
- Decision Making**
- Attention**
- Personality**
- Problem Solving**
- Verbal Expression**
- Spontaneity**
- Emotions**
- Movement Initiation**





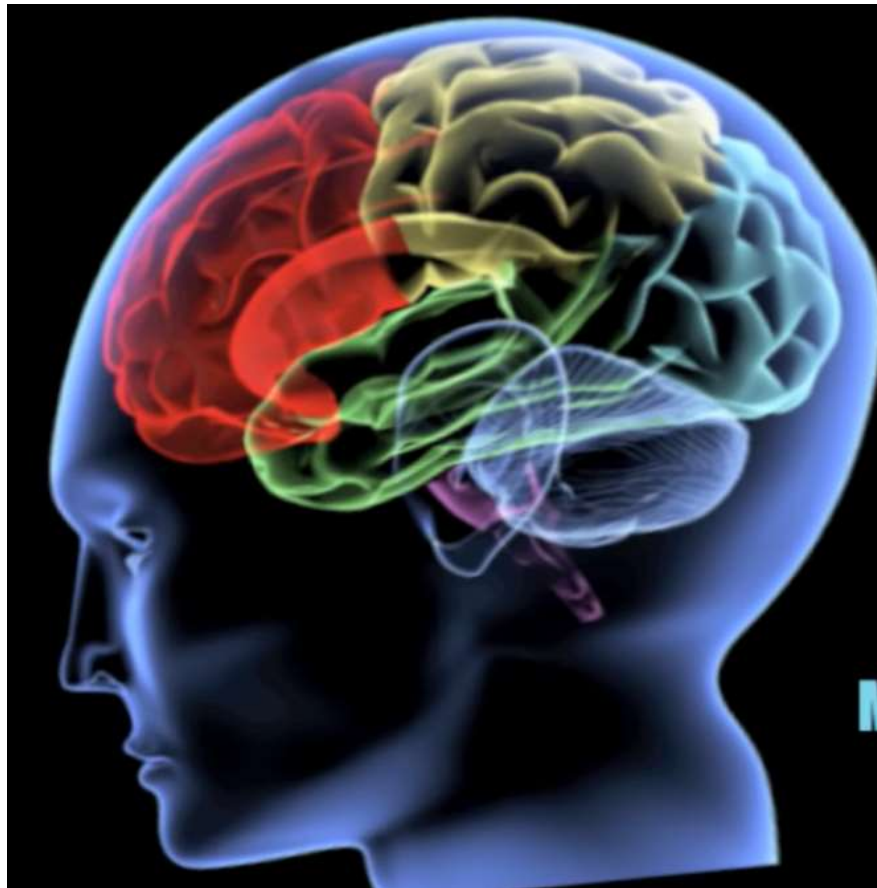


**Parietal Lobe**

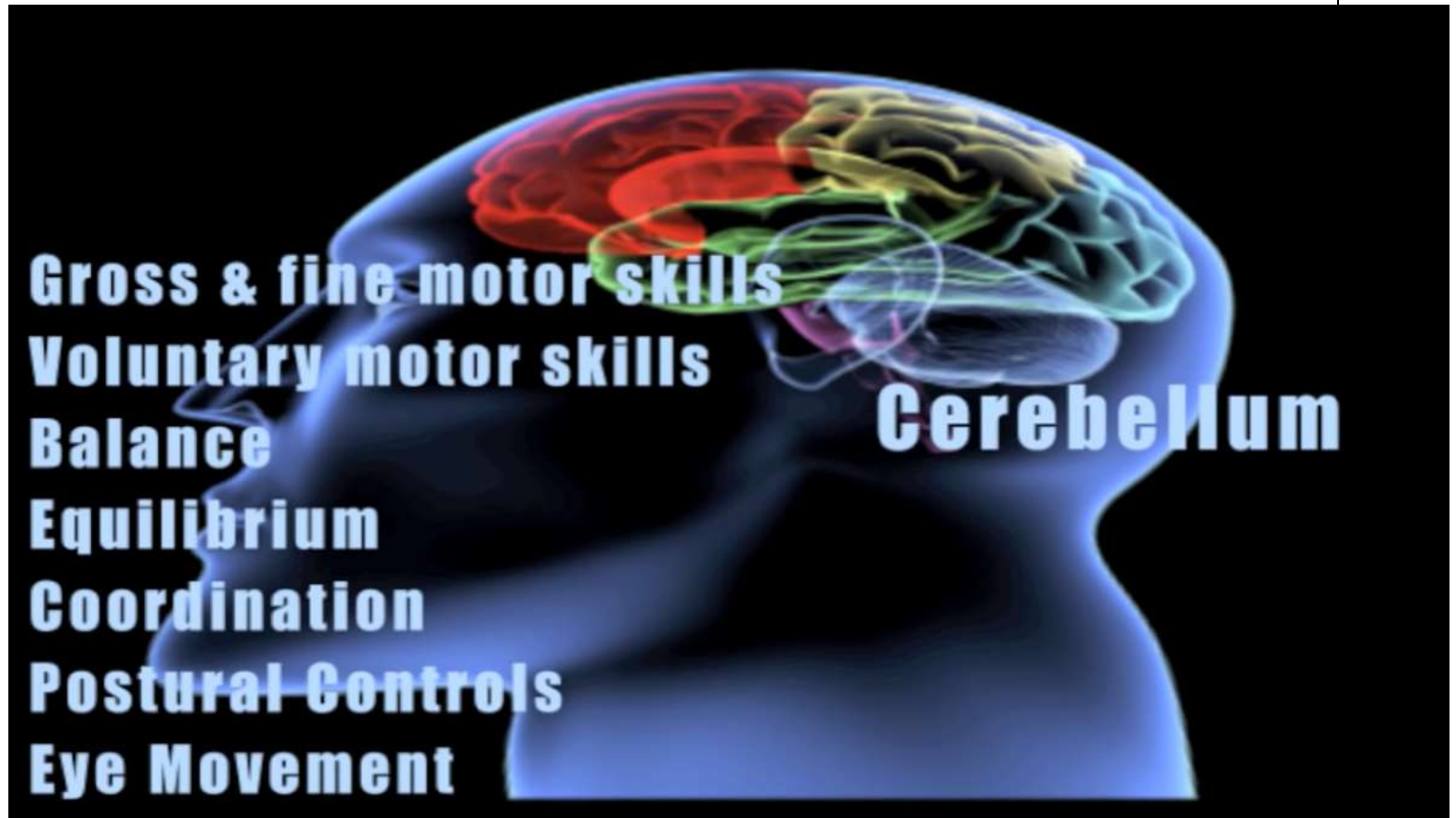
- Object Classification**
- Tactile Processing**
- Academic Skills**
- Cognitive Ability**
- Directional Understanding**
- Hand-Eye Coordination**
- Spatial Orientation**

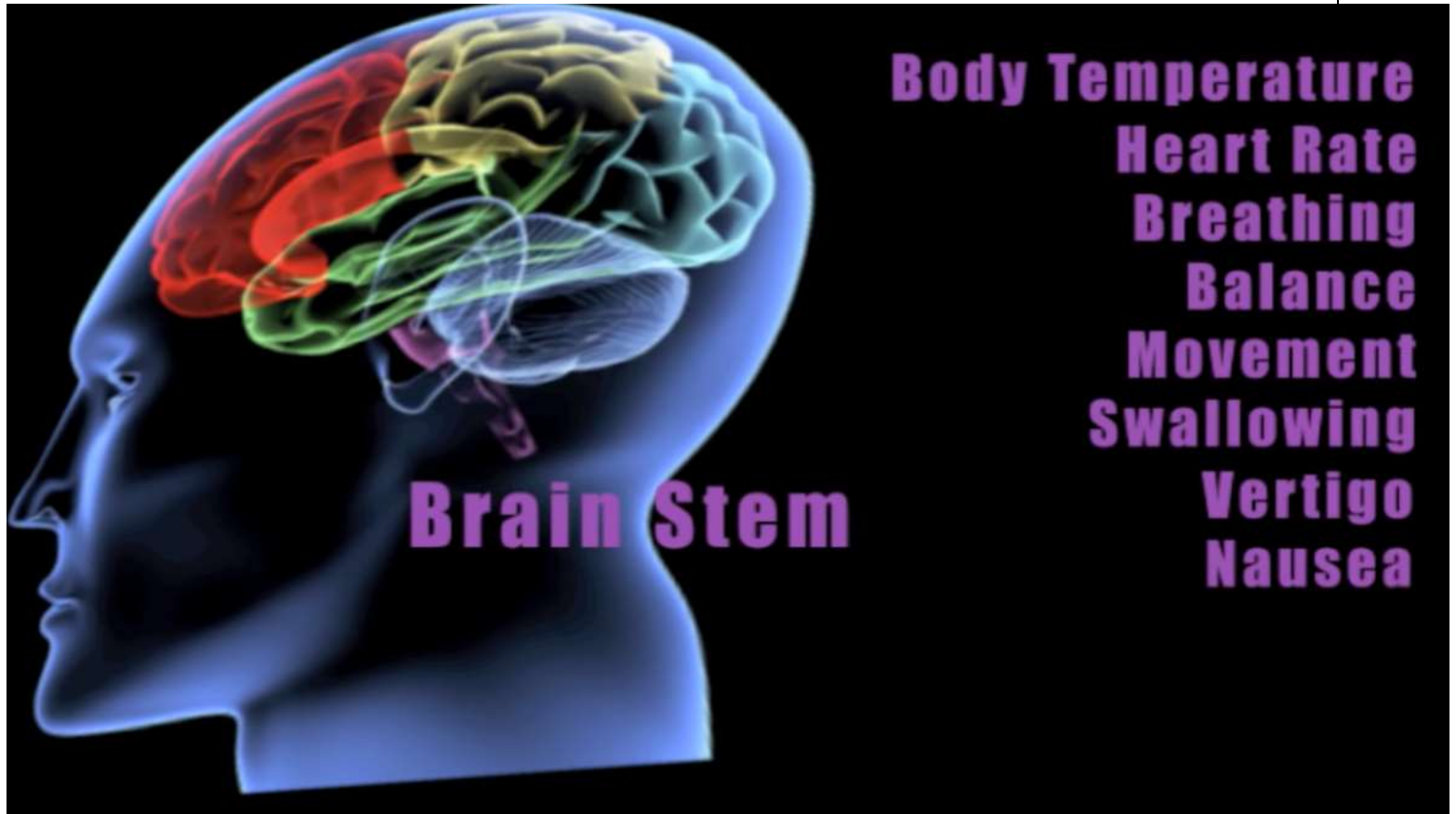
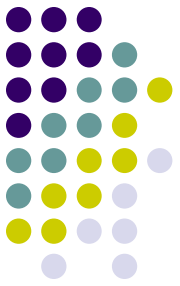
A 3D illustration of a human head in profile, facing left. The brain is shown in a semi-transparent blue color. The parietal lobe is highlighted in a bright red color. The rest of the brain is shown in a lighter blue color. The text 'Parietal Lobe' is written in a bold, yellow, sans-serif font at the top right of the image. Below it, a list of functions is written in the same bold, yellow, sans-serif font, arranged in a vertical column.





**Occipital Lobe**  
**Vision**  
**Visual Field**  
**Locating Objects**  
**Color Identification**  
**Hallucinations**  
**Word Blindness**  
**Movement Perception**  
**Reading/Writing**  
**Visual Processing**





**Body Temperature**  
**Heart Rate**  
**Breathing**  
**Balance**  
**Movement**  
**Swallowing**  
**Vertigo**  
**Nausea**