

Veterans Coaching Alliance

Chronic Pain Management

Information from The Tad James Co <https://www.nlpcoaching.com/chronic-pain-management/>

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Usually, physical reasons addressed for chronic back pain are skeletal irregularities, injuries, problems due to degeneration, job-related factors and the like. But what if there was also something else?

The first to point out the possibility of a relationship between a mental and emotional state (i.e., the mind-body connection) and the experience of a persistent pain and discomfort was the late Dr. John Sarno, a Professor of Rehabilitation Medicine at New York University School of Medicine, and attending physician at the Howard A. Rusk Institute of Rehabilitation Medicine. His findings were derided by his medical peers and his theory didn't have much influence on medical research during his lifetime.

From the NLP and especially **Time Line Therapy®**'s point of view, chronic back pain is a result of chronic dissociation. Some people "live in their heads" – they are highly detached

from their emotions and physical bodies. Others live in their bodies where they are acutely aware of their feelings. The lack of awareness on one's feelings implies a correlation between the two, as Dr. Sarno predicted. Mind influences the body. By (re)learning how to access both association and dissociation and especially how to release the Negative Emotions of which one is not aware of, that hurdle is not only bypassed but completely eliminated.

Furthermore, from the NLP perspective, chronic dissociation is based on a strategy – or more precisely a lack for a strategy for feeling emotions in the moment. Even if a person is told “you should feel your emotions”, if they don't have a strategy for doing so, they can't, and the pain persists. By finding out and changing that strategy, both NLP and Time Line Therapy® can assist a person to get better in feeling their kinesthetic internal (experience their emotions).

If Dr. Sarno was correct, then back pain is based on Negative Emotions, like stress, anger, sadness, guilt and others of a similar type. Time Line Therapy® is a technique that allows people to let go of Negative Emotions from the past. So, the Negative Emotions the client is avoiding unconsciously (because they feel bad) but which are involved in the mind-body relationships of creating back pain, disappear.

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