

Holistic Trauma Release Therapy (HTRT)

Holistic Trauma Release Therapy combines Psychotherapy and healing prayer with an electronic device that stimulates the Brain and the Autonomic Nervous System to release and process trauma and stress trapped in your body, mind, and soul. It can help you with:

- Post-Traumatic Stress Disorder
- Grief, Anxiety, Depression, and Anger
- Illnesses, Chronic Pain, and Injuries from things like car accidents and surgeries
- Obesity, Eating Disorders, Sleep Disorders
- Recovery from Abuse, Sexual Assault, Alcoholism, and Drug Addiction.



About Dr. Lisa Keyes



Dr. Lisa Keyes has been in the wholistic health industry for over 20 years and has owned her own herbal store. The author of Healthy Food Choices Made Simple, Lisa specializes in a number of high-tech healing therapies, presents health workshops, and is a national speaker for Nature's Sunshine products. She has a Doctorate in Natural Medicine, is a Licensed Psycho-Therapist and Ordained Minister, and holds certifications in Auricular Acupuncture, Herbalism, Iridology, Nutritional Counseling, Aromatherapy, and the Allergy Elimination Technique. Her passion is helping people overcome life's health challenges.

Contact Her

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Sessions are \$65 an hour and are booked in 2 hour increments. Included is a free 20 minute Light Therapy Treatment before your session.

Holistic Trauma Release Therapy

Stimulating the Brain and Autonomic Nervous System to Release Physical, Mental, Emotional, and Spiritual Trauma.



Get relief from trauma and stress without drugs or invasive body procedures!

Treatment Locations:

Johnstown

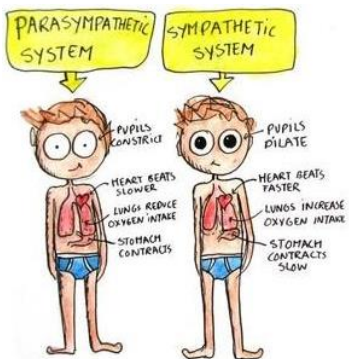
Westminster

5130 W 80th Ave., A 200
Westminster, CO 80030

What is the Autonomic Nervous System?

The ANS is a control system acting largely unconsciously to regulate heart rate, digestion, respiration, pupil response, elimination, and sexual arousal. The primary mechanism in control of the fight-flight-freeze response, its role is mediated by two different components: the sympathetic nervous system and the parasympathetic nervous system. The former activates the stress response in an emergency, releasing and utilizing adrenalin, cortisol, norepinephrine, and whatever else is necessary to provide a boost of strength, energy, and focus to survive a trauma. Once the emergency is over, the latter activates the “recover, rest and digest” response to restore and repair the system. Problems occur when there is little or no opportunity for the parasympathetic system to do its job.

An important part of the Autonomic Nervous System is the Enteric Nervous System or “gut brain.” Most people have about 500 million brain cells or neurons in their gut, equivalent to the brain of many animals! “Gut feelings” and “gut reactions” often lead to gut problems.



THE PARASYMPATHETIC SYSTEM IS ACTIVATED BY THE INHIBITORY NEUROTRANSMITTER ACETYLCHOLINE IN THE BRAIN. THIS SYSTEM RELAXES OUR BODY AND CALMS US DOWN. THE SYMPATHETIC SYSTEM IS ACTIVATED BY THE EXCITATORY NEUROTRANSMITTER DOPAMINE IN THE BRAIN. THIS SYSTEM IS OFTEN CALLED “FIGHT, FRIGHT, OR FLIGHT” SYSTEM.

What is Post-Traumatic Stress Disorder?

In World War I, it was called “Shell Shock”, in World War II, “Combat Fatigue” or “Battle Fatigue”. The official diagnosis today is Post-Traumatic Stress Disorder or PTSD, and it can occur in anyone experiencing trauma or prolonged stress. PTSD can be from a past trauma from which one still hasn’t healed, or ongoing, such as in child abuse, domestic violence, or any prolonged conflict. It can also be from accumulative stress, minor stressors that occur continuously over a period of time, without sufficient recuperation time, like repetitive motion injuries or football concussions. Mathematically speaking, if a major trauma like a mass shooting is worth 100 points, and a minor stressor such as getting a poor night’s sleep is worth 10 points, 10 sleepless nights could have the same impact as a major trauma.

PTSD usually includes depression, anxiety, insomnia, nightmares, flashbacks, abreaction (actually reliving the event), and hyper-reactivity to even minor things that resemble the trauma. Bessel van der Kolk, author of *The Body Keeps the Score – Brain, Mind and Body in the Healing of Trauma*, writes that stress trapped in the nervous system leaves one over-reactive to stress triggers.

PTSD also includes numerous physical ailments including adrenal exhaustion, hormonal imbalances, digestion/elimination problems, sleep disturbances, and a weakened immune system.

Sometimes referred to as **Delayed Stress Reaction**, PTSD tends to flare up on the anniversary of the trauma, or on the individual’s birthday or favorite holiday. The

Thanksgiving/Christmas/Hanukah/New Year season is a particularly vulnerable time. For example, many people who had been coping very well with the September 11th tragedies fell apart during the holiday season. Other people coped well during the holidays and then “crashed and burned” in January. Those who already suffer from Seasonal Affective Disorder are especially vulnerable to deep depression and suicide attempts in the winter months after a serious trauma.

PTSD is much more than a psychological disorder. Emotional traumas cause actual physical and biochemical changes in the brain that show up on PET scans, SPECT imaging and similar tests. “They [emotional traumas] can have a severe impact on the brain,” states Neurologist Daniel G. Amen, M.D. at the Amen Clinic for Behavioral Medicine in Fairfield, California. “We know that stress hormones can change brain function, and chronic exposure to stress hormones probably decreases temporal lobe activity and causes memory and mood stability problems.”

What can I expect from the therapy?

Since each person is unique, it’s hard to predict. When the Autonomic Nervous System is triggered during HTRT, your brain stem creates involuntary sensations and movements that remove stress from your body. You may also remember or re-experience aspects of the trauma. But there should be no pain, and whatever you experience, Dr. Lisa will be right there with you to guide you through it, and help you release physical, mental, emotional and/or spiritual trauma in a safe, caring environment.