



CVF protocol: It's effectiveness among the trauma victims

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ABSTRACT: CVF protocol is to explore the effectiveness in treating psychological wounds within a short span of time. It is a combination of three techniques- counselling, visual kinesthetic dissociation and faith therapy. Traumatic events occur through interpersonal relationships, accident, war, natural disaster and witnessing violent behavior. The study conducted among 43 teachers in an institution, Kerala, India, identified nine of them through a trauma screen questionnaire who had gone through traumatic events and having the green memory of the post trauma, helplessness to forget it and causes dysfunction in their normal life. The findings indicated that there was a momentous difference between the victim before and after applying CVF protocol. The intense negative feelings of fear, horror, anger, guilt and shame revolved to positive emotions like happy, weightlessness, peace, serenity, satisfaction and altruism. Treatment (CVF protocol) also positively reflected in their daily activities. Lasting consequences of traumatic events could uproot through CVF from memory and helps to increase self-esteem and will power to face the realities of life. Thus they feel relief and progressive reduction in distress levels and negative emotions. However the key result proves that CVF protocol can heal the trauma without medicine, with no side effects, harmless, painless and time bound.

KEY WORDS: protocol, trauma, victim, counselling, visual kinesthetic dissociation, faith therapy

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I. INTRODUCTION:

CVF protocol is a new practice to heal the wounds of trauma. Studies and treatment related to CVF proves that though they are separate entity when it combines together in a systematic and scientific way the outcome will be massive success and fruitful. The prime advantages of CVF protocol is harmless, rapid, painless and no unpleasant effects. It could be applied to any one irrespective of gender and nationality who is willing to clean up the mess from mind and healing could be reflected through body. Because studies proves that body and mind are interconnected and go hand in hand. If one goes out of track other one doesn't function well (KeerthanaPrabhakaran). The result would be experienced soon after the CVF treatment. Physical assault, verbal assault, sexual assault, child abuse, chronic illness, career dissatisfaction, love failure, examination failure, calamities etc may lead to trauma. The intensity of trauma varies from person to person. For some, even the casual incidents and statements may turn out to be a trauma. Once the incident become trauma and occupy in person's mind, it is very difficult to push out from mind and we need expert hands to handle the situation more over it produces negative emotions like fear, anger, tension, guilt, loneliness etc. 'Negative thoughts can lead to chronic stress which in turn disrupts the hormone balance, weakens the brain chemicals required for happiness and create total havoc with the immune system' (KeerthanaPrabhakaran)

II. BACK GROUND:

Post-traumatic stress is a stress that occurs after the event of trauma (Rothschild, 2000). Traumatic event leads to post traumatic stress disorder especially severe distress which can be undergone by almost everyone. Kaplan and Sadock (1997) explain that Post-Traumatic Stress Disorder is as a deep emotional stress which can happen to almost everyone who undergoes traumatic events. According to Durand and Barlow (2006) Post-Traumatic Stress Disorder is an emotional disorder that causes permanent distress. It occurs after the individuals face the threatening situation that makes them feel totally helpless or frightened. The victims feel that they re-experience the trauma so they avoid the stimuli associated with it, numb responsively and have a level of alertness and increased arousal. The negative impacts may occurring to people with Post-Traumatic Stress Disorder are bad temper, loss of concentration, loss of interest in interacting with the environment, insomnia, feelings of being alienated from others, and having nightmares. (Flannery, 1999).

Counselling is a process and provides a confidential space to talk about what's going on at the moment, what's happening inside, any struggles, unresolved issues, wounds etc. (Glen Gibson). Counselling is a powerful tool to

reflect their deeper emotions or feelings and facilitate to release the negative moods. Through this process, pacing and reframing take place. Once the root causes of the trauma is identified it can be proceeded to VKD.

In 1975 a new model of therapeutic techniques, Neuro-linguistic Programming (NLP), was introduced to the scientific community by John Grinder and Richard Bandler. One of the NLP techniques which is particularly relevant to the treatment of phobias and anxiety reactions is Visual-Kinesthetic Dissociation (VKD). It is a seven step process which allows a client to associate personal resources of competency and comfort to the same stimuli which originally evoked the phobic reactions. (Stephen Charles Bacon, 1981) By applying VKD the trauma will be desensitized and the person acquires the ability to speak about the trauma without triggering difficulty. By faith strengthen the belief system. Faith leads to positive emotions and positive thoughts and feel cool, refreshed. 'When we think positively, our brain assumes that everything is under control and no action is needed'. (KeerthanaPrabhakaran) Hence we continue with faith therapy.

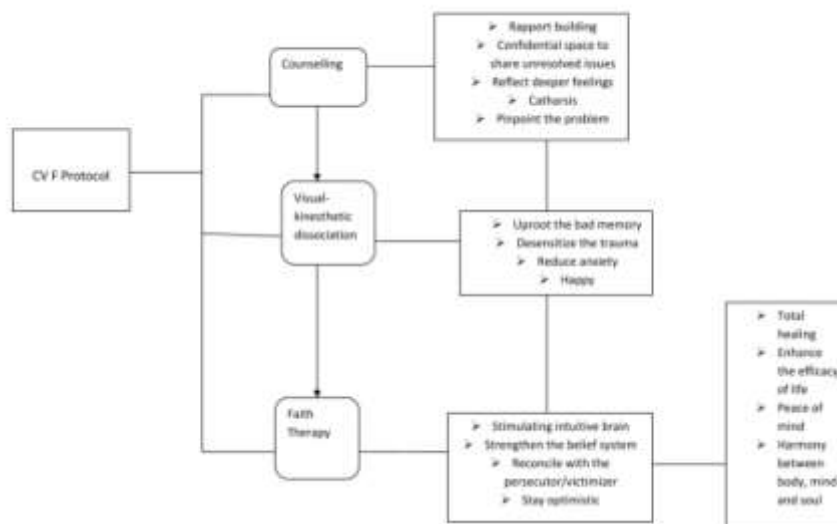
Human beings are naturally predisposed to believe in God(Oxford University study). Pew Research Centre (PRC 2012) did a global study participating 230 countries and territories. 16% of the world population is not affiliated with a religion where 84% of the people are affiliated to God. Several people who do not follow any religion but believe in God or some super natural deity. There are several people who do not follow any religion but they believe in God or some super natural deity. (R K Sharma 2018)The Holy Bible is filled with countless stories of people of faith who trusted in God with every aspect of their life. This faith has allowed numerous people to go through hard times cheerfully, with calm mind and to stay optimistic till their death. Faith is the assurance of things hoped for, the conviction of things not seen (Bible Heb 11/1).Here we see God as a friendly lover and who walks with us twenty four hours seven days – all through our lives.

Who needs the CVF support?

A person who was exposed to physical and psychological trauma- weeks/months/years back and even now could recollect vividly with negative emotions that particular incident or statements like physical and verbal assault, sexual assault, child abuse, severe accident, natural disaster, nightmares, sleepless nights, phobias, intense negative emotions, anxiety, loss of confidence and self-esteem etc.

III. methodology:

Conducted a CVF protocol training workshop to the high school teachers in Kerala, India and passed a trauma screen questionnaire to them. Those who were marked any of the traumas called them individually and explore the issues. Counselling provides a space for them to share what they feel at the moment and unresolved issues confidently and fearlessly. By observing body language and reflect the content gradually identifies the root cause of the problem and understand the intensity of the trauma. Counselling process enabled to ventilate the negative emotions through catharsis. VKD is performed in a state of deep relaxation. Once they are fully rested, bring their anxiety or trauma in the surface level and make a movie out of it, play forward and backward. Faith therapy strengthens their belief system, presenting God as a faithful lover who never desert and loves unconditionally even though we are defiled in body, mind and soul. Thus the CVF protocol brings balance and harmony of body, mind and spirit.



Case study 1:

Kavitha (changed name) aged 40 mother of two children expressed the issues that she faces intense fear of sitting alone in the closed room and latched toilet, fear of going through lift, uncontrollable anger towards

husband and children, often wheezing and sudden emotional outburst through tears when she hears the sad stories of others. Through the counselling catharsis done and identified the root cause of the problem. A severe guilt feeling related to intra-uterine fetal death. Since she had high sugar and other health issues during her seven months pregnancy the baby died and unknowingly she carried two days the lifeless baby. After this traumatic incident she faces a lot of multifaceted feelings which disturbs her normal functioning. By applying VKD, desensitized the severe guilt feeling from her life. Thereafter given the faith therapy, with the accompaniment of the back ground music in the fantasy world dialogued with God who is the custodian of her life and God comforted, boosted her spirit and danced with her. Through this strengthened the belief system-connecting the missing link. Soon after the CVF treatment checked Kavitha's emotions who remarked "some heavy block is removed from my heart and feels light and happy". And thereafter took her to school auditorium where she used to find difficulty to sit alone especially in the closed room. And there she was successful without any emotional disturbance sat alone. After a while she was taken to the toilet room with no bystander to check the level of emotional disturbances. She stated "I had no fear and uneasiness". After one week once again evaluation had been conducted, she commented "no more unusual tears, wheezing and comfortably sleeping in the absence of husband and children above all no guilt conscious".

Case study 2:

Remya (changed name) a passionate teacher age of 41, is teaching in the Higher Secondary school more than ten years. Now she does not like to come to the school as well as can't imagine going to the 9th block classes. As soon as she reaches the school gate palpitation goes high, fear comes in, tension, some kind of uneasiness and negative feelings envelops. Through counselling identified the root cause of the issue that one year back she had fallen unconscious in front of the 9th block class room in the presence of the students and was taken her to the nearby hospital. From then on such symptom arises in her life. After applying VKD and faith therapy and taken her to the 9th block class rooms and walked through varanda and made sure that she has no uneasiness and uncomfoting emotions. After one week evaluation conducted she expressed that now she is happy to come to school and no issue of going to 9th block class rooms.

Case study 3:

Sheenu (changed name) was teaching in a school for the past 24 years. She feels some kind of negative emotions overwhelms her mind whenever she comes to the school. Though the management and staff are happy with her commitment and performance, she is not happy from the bottom of her heart. No close relationship maintained with the staff. From the counselling process realized that 19 years back she had gone through a tough time in her teaching career. A kind of ragging received from a senior teacher whom she loved the most. Though it happened 19 years back it is very fresh in her mind. Through the counselling realized that unconsciously avoiding that particular teacher and doesn't like to work and discuss any matter with her. Whatever she does, Sheenu finds fault with her and do not rectify it. After applying the CVF protocol the teacher says "my mind is clear. I will buy a gift for that teacher. And if they create any problem, I can bear it"

Case study 4:

Honey (changed the name) was a 17 year old girl studying in 12th class in a reputed school. She was one of the studious and toppers in the school. Her family noticed that something unusual was happening in her life. She says "one goat is killed & put in front of the living room, worms are coming up from the bath room strainer, and silver fish is flying in the air" etc. And she allowed no one to walk through the front door and didn't want to appear the board examination. Through the counselling identified that recently she watched a television programme talking about good touch and bad touch. Her mind triggered back to her childhood. She thought that she was abused by her uncle who frequently comes to her house. Allowed the client to tell the story and reflected the deeper feelings, followed by applied VKD, desensitized the traumatic event. From then she looked bright and happy. Asked her to have a dialogue with God and get the blessing. From then on she reconciled with the abuser, went home happily and for the examination she bagged distinction for the examination. After that the client never had such abnormal experiences.

IV. FINDING:

By applying CVF protocol the traumatic victims enjoy the healing within a short span of time. If the client is willing to open up his/her inner self could bring healing within two hours of time. No matter trauma is big or small, recent or old; the consequences will be a disturbing factor and dysfunction the normal life of a person. Once the person acknowledges the disturbing problem or root cause of the problem, it is easy to relive the experience and reconcile with the help of faith. It is a cost effective means of treatment for PTSD. In the present scenario, this study would be relevant and could uproot memories related with trauma, sleep disturbances and so on. The client also relieved from nightmares, increased self-esteem, enjoy good mental

health and faith in the power that operates the universe than oneself. The victim could relish the harmony between body, mind and soul.

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