

“IM Resolved My PTSD”



Course Description:

PTSD affects millions of people in the USA. It can debilitate a person so completely that he cannot work or maintain relationships. Medical treatments can help normalize the level of depleted neurotransmitters like serotonin and norepinephrine. Psychological treatments can help a person learn new techniques for social interactions. But what about the reduction in size of the hippocampus as a result of sustained PTSD? What about the shearing of dendrites as a result of stress on the neurons? I believe that 15 sessions of IM drove my “motor gate” into creating greater neurogenesis in the hippocampus and greater neuroplasticity of connecting longitudinal fibers. I will share this personal information with the desire that you will offer IM to others who are struggling with PTSD. *This course is not offered for contact hours/CEUs.*

Target Audience:

- Speech and Language Pathologist
- Speech and Language Pathology Assistant
- Occupational Therapist
- Occupational Therapy Assistant
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist
- Educator

Learning Outcomes:

Upon completion of this course, participants will be able to:

- Describe the psychobiological abnormalities for those who have PTSD;
- Identify common psychological and medical treatments for PTSD;
- Discuss a theory of how IM may drive the neurogenesis in hippocampus and longitudinal fibers to improve symptoms associated with PTSD.

**Note: This course covers information that pertains to licensed therapists and therapy assistants. OTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.*

Specific Learning Outcomes for Speech-Language Pathologists & Audiologists:

- Describe the psychobiological abnormalities for those who have PTSD, including impairments in cognitive-communicative skills;
- Identify common psychological and medical treatments for PTSD;
- Discuss a theory of how IM may drive the neurogenesis in hippocampus and longitudinal fibers to improve cognitive-communicative symptoms associated with PTSD.

**Note: This course covers information that pertains to licensed therapists and therapy assistants. SLPA professionals must practice IM under the supervision of a licensed SLP.*

Instructor:

Dana M. Merritt, MS, CCC-SLP, IMT, graduated from the University of South Florida and has been a Speech-Language Pathologist since 1980. She was trained as a Vision Therapist in 1996. Dana opened Merritt Speech & Learning, in March, 1997. She has gained valuable experience from teaching K - 12th grade in a home-school setting and has a strong phonics approach to learning how to read. Dana became a certified professional with Scientific Learning for **Fast ForWord** in March, 1997 and a certified **Interactive Metronome Therapist** in May, 2002. She is a member of the American Speech-Language-Hearing Association (ASHA) and the Florida Speech-Language-Hearing Association (FLASHA). At Merritt Speech & Learning she specializes in the diagnosis and treatment of auditory, visual and motor processing disorders that cause delays in speech, language and learning.

Dana presented at the 2006 IM Professional Conference “Pushing the Envelope of IM with Children Under the Age of Six: Early Intervention.” Dana has presented at the 2010 ASHA on “How Visual Processing Skills Affect Speech-Language-Learning Skills.” Two of her IM case studies were published in 2007 and 2008 in *Advance for SLP*. She has also been nationally recognized by Scientific Learning Corporation, three times, 2008, 2009 and 2010. In July, 2012, she published an article in *Plexus*: “Imitation, the Mirror Neuron System and Autism.” She has developed her own phonics program and photo flash cards called “A Time for Phonics.” This program utilizes the ‘eye gates’ the ‘ear gates’ and the ‘motor gates’ in a unique and dynamic way to drive “neuroplasticity.” The goal is to drive a student to make rapid and distinct differences in how to

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phonetically decode. Dana presented a Poster entitled “Interactive Metronome Resolved My Post Traumatic Stress Disorder” at the 2012 IM Professional Conference. After the presentation she was asked to do a Webinar so other IM providers would be readily able to access this information.

Disclosures:

Instructor Financial Disclosure(s): Dana is the author of course materials that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored.

Instructor Nonfinancial Disclosure(s): Dana is the owner of Merritt Speech & Learning & uses Interactive Metronome in her practice there.

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Agenda (60 minutes):

- Speaker introduction & disclosure
- What is the Diagnostic Criteria for PTSD?
- What was my Traumatic Event?- Criterion A
- What were my Symptoms?-Criterion B, C and D
- Situational stress factors
- Diagnosis and traditional treatment
- Common psychological and medical treatments for PTSD
- Introduction of IM
- Psychobiological abnormalities in PTSD brain
- Procedure for IM
- “Hitting a wall.” Neurogenesis began.
- Glimpse into hippocampus and longitudinal fibers (but not mine!)
- Hebbian Learning Rule
- Overview of Eye Gate, Ear Gate, Motor Gate

Instructional Methods:

LECTURE, PPT, PHOTOS

Contact Hours/CEUs:

This course is not offered for contact hours/CEUs.