



Linda Friend, MA, MFT
Individuals & Couples

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Linda Friend, MA, MFT
P.O. Box 1228
Healdsburg, CA 95448
707-433-9774 Email

New Treatment for Post Traumatic Stress Disorder (PTSD) and Anxiety Disorders

What is Post Traumatic Stress Disorder (PTSD)?

PTSD is a disorder where one has a delayed reaction to extreme stress that was too hard to bear at the time it occurred. Some PTSD symptoms are: anxiety, sleeplessness, heart palpitations, overreacting, irritability, excessive worry, a sense of doom, loss of interest in normal events, emotional numbing, and flashbacks to traumatic events. War victims, soldiers, and victims of physical and sexual abuse as children or as adults have PTSD. To some extent we all have some PTSD from loss in our lives from losing a loved one to death or separation, bad accidents, and surgeries, for example. These days, a lot of people are having PTSD reactions to financial losses and worries.

Frequency Specific Microcurrent: A New Adjunct Treatment for PTSD and General Anxiety

I have been a practicing psychotherapist in private practice for 32 years. In the past year and a half I have been using Frequency Specific Microcurrent (FSM), under the auspices of Dr. Eric Gordon, of Gordon Medical, as an adjunct treatment for PTSD and general anxiety.

The main FSM treatment I have used is the Post Traumatic Stress protocol. With FSM/PTSD a person can experience their traumatic event with substantially less charge, which allows the memory to be processed without so much discomfort. This then can facilitate greatly the processing of traumatic events. In general my clients report feeling calmer, often sleeping better, less reactivity, less obsessing over painful memories, and more ability to focus. The abuse material becomes more accessible through memory or through dreams, art therapy, etc. It is very common for people to feel that the PTSD protocol allows the pain to come up without the debilitating charge and therefore processing on a deeper more effective level becomes possible. Consequently, freedom from chronic dissociation and a more functional and fulfilling life is attained.

As a psychotherapist I am very excited about this new modality and the relief I have seen it bring to people who chronically suffer from PTSD symptoms. I am currently collaborating with a medical doctor on new FSM protocols for the treatment of pre-verbal trauma (trauma from conception through the first four years or so of life). This is one of the hardest areas to heal, yet we are having significant success.

Scientists can now measure that the brain does not fully develop when a child experiences the extreme stressors of severe neglect or abuse. Psychotherapy can facilitate the brain in "catching up", and the FSM protocols we are now developing can greatly enhance and facilitate the healing process.

I evaluate each client individually as to whether or not the FSM is appropriate and how and when. If the client is taking medication, this should not be changed without a consultation with the prescribing medical doctor.

