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**TALKING AWAY PAIN™ (TAP™)
QUESTIONS**
(Also called PsychoNeuro Pain Response™ [PNPR™])

WHAT SHOULD YOU DO WHEN INJURED?

When you are injured and/or have pain, you should always seek proper medical attention (e.g., go to the hospital or see your physician). The physician, experienced in these matters, examines you, makes a diagnosis, and then places you on a treatment program.

As part of the treatment program, the individual is usually referred to my office. I work closely with the primary care physician or healthcare professional. My work is performed in conjunction with conventional, standard medical (CSM) and training procedures.

WHAT IS THE TAP™ TECHNIQUE?

TAP™ is a technique that offers hope for enhanced health by engaging the conscious mind in interesting, focused, neutral or positive self-talk while the mind-body automatically improves in the quickest, most efficient, and healthful way possible.

HOW DOES THE TECHNIQUE WORK?

After a history and any necessary testing has taken place, there are four steps involved. The first is to define pain. The second is to show the individual how to control pain. The third is to determine if it is okay for the pain to be reduced. The final step is to deal with any stress the individual may be experiencing due to the pain/injury.

HOW LONG HAS IT BEEN IN USE?

Probably for thousands of years. I stumbled upon it in the Fall of 1989.

YOU STUMBLED UPON IT?

Yes! The process started years ago when I was asked by an oncologist to teach mental techniques to individuals with terminal cancer. The purpose was to see if these mental techniques could help relieve pain and thus reduce the amount of drugs being used. This was successful. The reduction in drugs improved the patient's quality of life and enable them to communicate with their families.

I stumbled upon the actual TAP™ technique in 1989, while working with the University of St. Thomas, St. Paul, MN, football team, to enhance performance. One day, after praising the results of my performance enhancement techniques, head football coach Vic Wallace asked if there was anything that I could do for pain and injury? He had two fullbacks and a middle linebacker hurt. One fullback had a partial shoulder separation and meniscus damage, the other fullback had a partial shoulder separation, and the middle linebacker a grade II ankle sprain. I saw them for approximately 20 minutes each, in succession. At the end of the session, all three were pain free, had full range of motion (ROM) and full strength. The athletes were observed, one for two years, to see if there was any reoccurrence of the injuries. None of the three athletes ever experienced any further problems due to their injuries.

Thinking back, I realized that what I had done was similar to what W.B. Fahnesstock suggested in his 1869 book called *Artificial Somnambulism*. In his book, he stated that if the mind is directed away from pain-injury for some length of time, with suggestions for health, the person will get better.

WHAT IS A TYPICAL SESSION LIKE?

In the first session, each individual is interviewed, has a history taken, appropriate testing conducted (e.g., range-of-motion (ROM) indicators, outcome testing) and has any questions answered by a qualified instructor. Generally, the first session does not include the use of the TAP™ technique.

During each TAP™ session, questions, if any, are answered, previous results evaluated, information updated and further teaching continues. The program is modified based on the needs of the client.

CAN YOU SAY MORE ABOUT THE TAP™ PROCESS?

The TAP™ technique helps the body relax by focusing the conscious mind on interesting, neutral or fun things. Physiologically, when relaxed, injured muscles accept greater blood flow and thus may heal more rapidly. The physician, chiropractor, trainer, and/or coach still needs to determine the readiness of the individual to return to previous levels of functioning, work or the playing field.

The individual is taught various methods to engage the technique themselves in the future. However, if re-injured or if a new injury occurs, it is suggested that the individual return for instruction on how to deal with this new situation. Just as a strained back and a broken bone are treated in a different manner, so too are the ways of dealing with them from the mental side.

HOW IS THE TAP™ TECHNIQUE DIFFERENT FROM THE PSYCHOLOGICAL METHODS PRESENTLY USED TO REDUCE PAIN?

It would be hard to generalize differences. The TAP™ technique is actually a combination of well-known performance enhancement techniques. There does not seem to be anything new here other than the way it seems to be delivered or packaged.

It may be as simple as giving the individual some hope, without making promises, and watching them get better.

IS THE TAP™ TECHNIQUE, HYPNOSIS?

No. What is hypnosis? Hypnosis may be defined as a relaxed physical body with the mind at a heightened state of suggestibility. The doctor guides the client into a relaxed state, a state of hypnosis, and then gives suggestions for improvement, pain relief or whatever is necessary.

With the TAP™ technique, the individual is taught to be aware of their body and any changes occurring. They are then taught to use their body awareness to direct their improvement.

DOES THE TAP™ TECHNIQUE WORK ON EVERYONE?

Clinical trials and initial research seem to indicate that the TAP™ technique can work for everyone. However, some individuals may require more frequent and closely spaced sessions to obtain significant results?

ARE SOME INDIVIDUALS HARDER TO WORK WITH THAN OTHERS?

Some individuals seem to require more sessions and greater clinician effort but, as of yet, there is no real clear profile of individuals or their situations that would indicate that they are more difficult to work with than others. At times, individuals who have extensive problems see rapid progress while others with seemingly fewer problems may see slower progress.

CAN THE TAP™ TECHNIQUE WORK FOR PEOPLE WITH GENERAL ILLNESS?

Yes! It appears that the TAP™ technique can help reduce the time and severity of general illnesses. For example, I once worked with a 21 year old male football player who had flu-like symptoms. The school doctor was unable to determine the exact problem, but he was vomiting, unable to eat and felt very weak. After approximately 20 minutes of using the TAP™ technique, the athlete indicated that he felt great. He ate and kept it down for the first time that day. From then on, he was fine.

HOW IS THE MIND INVOLVED IN THE TAP™ TECHNIQUE?

Let me explain a little about the conscious and subconscious minds. The subconscious mind does exactly what you tell it to do. Lets say that I held up a piece of red paper and said to you that this paper is green. Your conscious mind would analyze what I said and indicate that I was wrong. It might also question my credentials and sanity. But, the subconscious mind takes what you give it. It does not analyze. So, if I were talking directly to your subconscious mind and bypassing the conscious mind, it would accept my statement that the paper was green.

It is the mind-body's job to be healthy. But sometimes, something goes wrong. For example, let us say that you sustain a whiplash injury in an automobile accident. If you are in pain, you probably think and say that "My neck hurts," "This is driving me nuts," "Am I going to ever be pain free?" etc. Now, this information that you are thinking and saying is being recorded in your mind's computer, the subconscious. The subconscious does what the conscious mind tells it to do. And if you keep saying "I hurt, I hurt, I hurt," long enough, the subconscious says; "Oh! Is that what you want? I can keep you in pain."

IS THE TECHNIQUE SAFE?

Yes. Since the Fall of 1989, there has not been any observed or reported side effects or problems due to the technique.

WILL YOU WORK ON ANYONE?

No. I need to have a letter of referral from a physician or other assurances that the individual has had the proper medical attention prior to my intervention.

IF THIS TECHNIQUE IS USED TO ELIMINATE PAIN, COULD ONE GET HURT EVEN WORSE?

There is little to no risk when the TAP™ technique is used in conjunction with CSM procedures. After working with the individual, it is recommended that s/he meet with his or her physician and/or trainer to allow them to make the determination as to whether or not s/he is physically ready to return to prior activity levels.

PHYSIOLOGICALLY, HOW IS THE PAIN CONTROLLED? WHAT'S HAPPENING CHEMICALLY IN THE BODY?

Although technology is available to determine what is going on physiologically (e.g. psychoneuroimmunology) in the body, at the present time, this area remains unresearched with the TAP™ technique.

ARE THERE ANY OTHER BENEFITS?

Yes, there are many. The TAP™ technique is drugless, noninvasive, quick, without physical contact, and no special equipment is needed. It may also help prevent further injury. For example, if you drive with a stiff neck, you may be unable to turn and see a car coming in a potential accident situation. The TAP™ technique has, at times, acted like a fail-safe mechanism. If the pain does not go away, or if it returns, it is telling the individual to seek proper attention, something physical still needs proper medical attention. Finally, we have observed athletes enhance their performance when they were taught how to control their pain.

ARE THE RESULTS PERMANENT?

In some cases, there is total and permanent elimination of pain. In most cases, there is rapid improvement and substantial reduction in pain.

IS THIS A ONE TIME DEAL?

The average program length is eight to ten sessions, but more may be required. A typical session lasts 20 to 50 minutes, but because of individual differences, sessions may vary in frequency and duration.