

# Reducing the Effects of Stress and Trauma

*The HeartMath System for Military Personnel*





*“I managed inpatient and outpatient PTSD programs at a VA facility for over 20 years and used HeartMath (tools) since the very early days. Every returning war-zone vet should have the opportunity to re-wire their nervous system. I have done this with hundreds of heavy combat military personnel and most can learn to do this in 3-4 weeks. I am very big on HRV feedback and highly recommend HeartMath products.”*

-CLINICAL PSYCHOLOGIST

## *Facilitating Reintegration and Recovery*

### **The HeartMath® System**

HeartMath has developed a research-based system of scientifically validated tools, techniques and technology to increase emotional self-regulation. The HeartMath system has been tested in multiple health care, athletic, educational and corporate settings around the world as well as many military medical and psychiatric facilities.

The HeartMath system incorporates emotional refocusing and restructuring tools and techniques that are facilitated by heart-rhythm-coherence monitoring, the computer-based emWave® PC and the emWave Personal Stress Reliever® handheld unit. Individuals learn to reduce stress and anxiety, improve health, learning, performance and quality of life in session as well as during home practice.

Military personnel gain increased awareness of the habitual mental and emotional processes that underlie their stress and become more able to catch the onset of these feelings and patterns, thus diminishing their influence.

HeartMath techniques facilitate establishing a new psychophysiological baseline for sustainable behavioral change and resets maladaptive emotions and physiological baselines at the heart, brain and hormonal levels.

### **Military personnel will learn how to transform stress through a set of research-based tools to:**

- Develop emotional resiliency
- Improve cognitive performance
- Enhance decision-making under pressure
- Reduce fatigue and sleeplessness
- Decrease friction in relationships resulting in improved communication with spouses and children
- Enhance combat readiness for soldiers before deployment

HeartMath techniques can be taught to individuals and family members of all ages.

### **HeartMath technologies and training programs are currently being used by:**

Licensed Clinical Social Workers (LCSW)  
Recreational Therapists  
Licensed Therapists  
Licensed Professional Counselors  
Psychiatric Nurses  
Psychologists  
Occupational Therapists  
Speech Pathologists



*“Thanks to HeartMath (tools), I made it back in good spirits, it was the best weapon I had over there, and the only one I brought back with me and continue to use... The heart tools helped me to readjust to life in the States and the culture shock of coming back.”*

- NATIONAL GUARD MEMBER

# *Emotional Resilience Training*



## **An Intervention to Use in the Office and at Home**

HeartMath programs have been shown to increase stress resiliency and a broad range of cognitive functions in military personnel prior to deployment and to facilitate reintegration and reduce symptoms of combat stress reactions in troops returning from deployment. HeartMath programs have been used in a broad range of applications in military medical centers, psychiatric facilities and PTSD clinics.

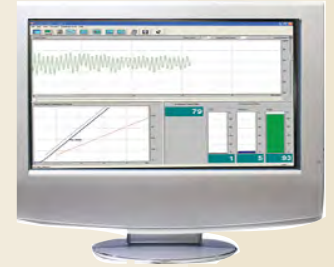
A key component of the HeartMath system is the emWave® technology which greatly facilitates the learning of the HeartMath self-regulation skills and the ability to shift into the “Coherent State”. Coherence is a state of optimal mental, emotional and physiological functioning associated in numerous studies with improved health and well-being outcomes. The HeartMath approach focuses on establishing a restructuring of the neural and biochemical processes and activity patterns required for sustained behavioral change and increased stress resilience.

## **There are several unique elements of this program**

- Skills taught are highly portable. Both the emotion-refocusing techniques and the monitoring technology can be employed by anyone, at any time, and in any location.
- The tools and technology have been shown to be highly effective in reducing the stress characteristic of combat operations stress reactions (COSR).
- The program has been shown to help with the stress of PTSD.
- The delivery mechanism is easily replicated and scalable, up or down.
- The delivery approach reduces concerns related to stigmatization.
- The intervention is home-based, so no travel is required and phone appointments can accommodate the schedules of the participant.
- The skills taught in the program are self-empowering and promote self-reliance.
- Reduced stress can help to increase cognitive functions related to sustained attention, memory impairments and over-reactivity.

## **emWave PC Stress Relief System**

The emWave PC technology is an easy-to-use software program with a heart rhythm monitor. emWave PC is an innovative approach to stress relief based on learning to change the heart rhythm pattern and create physiological coherence in the body.



When stressed, the heart rhythm has an irregular, jagged and incoherent pattern. When one shifts to a more positive emotional state, the heart rhythm pattern changes to a smoother, wave-like, coherent pattern. By seeing the visual change on the screen and associating it with a more peaceful, calm internal state, one learns to manage stress and maintain a state of physiological coherence and balance.

Games and interactive exercises are also included to help sustain the self-regulation and emotional skills and can be used in the office.

## **emWave Personal Stress Reliever® (PSR)**

The emWave PSR is a portable, interactive stress relief system that fits in the palm of the hand and is a home trainer to use in the moment the stress occurs.

emWave PSR reads the heart rhythms through a thumb or ear sensor and gives immediate feedback through changing colored lights and sounds. By practicing the HeartMath tools while using the emWave PSR, an individual can see their coherence level increase as they learn to manage their stress and gain greater control over their emotions, mind and body.



**Benefits that Military Personnel Experience**  
Regular use of the emWave technology products has resulted in significant stress reduction benefits by military personnel with PTSD, chronic pain, anxiety, anger, depression, sleeplessness, panic disorders, irritability, mood disturbances, impulse control and substance abuse.

# There is a Solution



## HeartMath tools and technologies are being used in:

- **Amputee Centers**—where the emWave PC Stress Relief Program and other HeartMath programs are helping military amputees learn to control pain, manage emotions and handle the stress of surgeries and recovery.
- **Psychiatric Services Facilities**—where military personnel returning from Iraq or Afghanistan are practicing with emWave technology to develop skills in dealing with stress, anger and anxiety, along with the reintegration and transition process.
- **Substance Abuse Program**—where military personnel are learning HeartMath techniques and utilizing the technology for emotional self-regulation.
- **PTSD clinics**—where military personnel in support groups are learning HeartMath techniques to improve emotional management and to increase stress resiliency.

## Research Study in progress:

- ***Cognition in Recently Returned Military Personnel with Post Traumatic Stress Disorder by HRV Coherence Feedback***

The HeartMath System is also valuable to the practitioner working with stressed and anxious military personnel experiencing pain and suffering so the practitioner can stay balanced and resilient.

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For more information contact: Carol Thompson at 1-800-450-9111 ext. 781 or [carol@heartmath.com](mailto:carol@heartmath.com) or Tom Beckman at 1-800-450-9111 ext. 745 or [tom@heartmath.com](mailto:tom@heartmath.com).

For licensed healthcare professionals who seek advanced practitioner training, HeartMath Interventions Certification Program is also available.



*“I recently returned from Iraq where I experienced 5 IED’s and 1 RPG explosions. To deal with all the pain I self-medicated for several months with alcohol and marijuana. Using the HeartMath HRV feedback program has changed my life and given me a practical, non-medicated way to reduce the pain and handle the stress. The benefits of HRV are so much better than medication because I am learning a way to self-regulate anywhere, anytime without risk of dependency or that drugged feeling.”*

 HeartMath®

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