

### EMDR Phantom Limb Pain Transcript

Dr. Russell: Alright, Steve, can you describe what it is that happened in November?

Steve: I was on a CR250 Honda and uh I was going up 13<sup>th</sup> St. The throttle on my bike stuck. I looked down and tried to fix the throttle on my bike and I wasn't paying attention to the road. My tire hit a pothole and sent me to the right and I collided with the back of a U-Haul. As I went by the U-Haul, the license plate holder thing cut my leg—severed the main artery. And then I hit the ground and my femur bone broke and spun 270 degrees—cutting it all the way around. And then, I was there on the ground with my leg out to the side. And, blood was just squirting out and my friends came and they helped the nerve and then I can't remember anything.

Dr. Russell: How do you feel right now as you go back and re-tell that story? What's going on inside?

Steve: Uh like, kind of like anxiety—I get anxious and stuff. My heart starts pumping faster and my hands get kind of sweaty.

Dr. Russell: And you said you've been experiencing some pain in your leg—the leg that was amputated—what we call Phantom Limb Pain. Can you describe that a little bit?

Steve: Sometimes it'll feel like my calf or ankle has cramped up. And then like every now and then—most of the time—like when I'm sleeping or watching t.v. and not paying attention, it'll feel like my leg is there—like it's tingling—like it's asleep—kind of. And then, for like 2 or 3 weeks there, I was experiencing like really bad pain like feeling like it was sawing on my foot.

Dr. Russell: That really bad pain—that sawing pain—you said you haven't experienced that for the last two days?

Steve: Yeah, it's been a couple of days. Now, it's more like dull—like pounding pain—like someone's tapping on it.

Dr. Russell: Ok. And do you feel that in your whole leg or is that??

Steve: Just in spots. Like the foot or where the knee would be.

Dr. Russell: Ok—so in your foot and knee?

Steve: Umm, hmm (yes).

Dr. Russell: On that scale from 0-10—on average—how painful is that where 0 is no pain at all and 10 being the most severe pain?

Steve: About a 6 or 7.

Dr. Russell: About a 6 or 7. And what do you notice right now as far as your leg?

Steve: Right now, it's kind of like the foot's tingling. And it feels like prodding all over like in the calf area—like someone's pokin' it.

Dr. Russell: Umm, hmm. On that same scale.

Steve: It's like a 4 or 5.

Dr. Russell: Oh-- a 4 or 5 right now?

Steve: It's not really painful. It's just kind of annoying.

Dr. Russell: It's something that's present all the time?

Steve: Yeah.

Dr. Russell: What have you done so far to reduce the pain on your own?

Steve: Sometimes I'll hold my stump or tap it a little bit and like look at it. And sometimes, I'll talk to myself, 'It's not there ya know—it's just in your head'. And that's pretty much usually it or I try to focus on something else or listen to music".

Dr. Russell: And it helps for a time?

Steve: Like--mostly during the day. Days are a lot easier than night time. At night time, when I have dreams or stuff like that or like if I have a bad dream and like all of a sudden then I'll wake up and it'll be hurtin' real bad [Right]. Or sometimes it'll cramp up and I'll try to trick it by like stretchin' out like my other calf. Or like my knee. If it itches over here, I'll try to itch this knee. And sometimes it works and sometimes it doesn't.

Dr. Russell: You said you have cramps, too?

Steve: Yeah, the calf part of the leg cramps up.

Dr. Russell: Umm, hmmm. So, what happens? If you felt a cramp in your one leg, you try to grab your other leg?

Steve: I try to grab the other foot and stretch it out and move my ankle and sometimes it'll go away and sometimes it'll get [hurt] less. But they don't happen very often—maybe once a week or so—when I'll get a bad cramp in my phantom leg.

Dr. Russell: And you mentioned as far as waking up with a nightmare or just waking up in a panic, you called them night sweats, I think. It's about once a week that you...

Steve: Yeah.

Dr. Russell: ...experience that.

Steve: Yeah, I'll have a really bad dream and I wake up and I'll be all sweaty and stuff like that. And sometimes I'll wake up and feel like my leg's still there and I'll want to step off the bed.

Dr. Russell: What happens then?

Steve: Well, there's been a couple of time when I fell—when I've fallen because I'll step with this leg and I'll go to step with the next one. And, I'll still be kind of asleep and I'll hit the ground and I'll kind of wake up.

Dr. Russell: So, you wake up like you have both legs...

Steve: Like if I have to go to the bathroom in the middle of the night or something like that and I'm just half awake. There's something—like my brain—I don't know-- still feels like my leg is still there.

Dr. Russell: So you've fallen a few times.

Steve: Yeah, a couple times. I usually try to keep stuff beside my bed—so this side out—to the outside so if I try to step off and it's not there, I realize. Or I'll hit something with my leg or something like that and it'll wake me up.

Dr. Russell: Ok. And you described also like when you ride in a car, there are times when you get startled easily.

Steve: Yeah. Like if people are around me or are goin' real fast or a lot faster than me—or if a car pulls up like it's going to turn on the road I'm turnin' on and pulls up real fast before stopping or they get real close, I kind get anxiety and like I'll want to hit the break. And I'll grab onto stuff. I notice that even when I'm ridin' with somebody, I'll put my foot down to try and touch the break on the floor.

Dr. Russell: Like you're the one driving. Do you notice, though, like when you're in that situation or at other times when maybe when you're kind under some type of stress that you're more likely to feel the pain—phantom limb?

Steve: Yeah. Like—I like to have like stuff planned out for like a month or so ahead of time so I don't have to be jumpin' through hoops to get there or to do everything. So, I notice more like when I feel like everything's not planned out or I don't know what's goin' on that I start getting really anxious and panicking and then I start to hurt bad.

Dr. Russell: So, one trigger for you is like when you're riding in cars and somebody—as you said—drives up and kind of speeds up alongside of you—and that's one trigger that you get a reaction from.

Steve: Yeah.

Dr. Russell: Are there other triggers that you've noticed—things you think of or situations you're in that cause you to have a reaction or feel more of the phantom pain?...That's the main one?

Steve: That's the main one bein' in the car.

Dr. Russell: Ok. And right now as far as pain management, you're taking vicadin. Is that right?

Steve: Yeah.

Dr. Russell: how often are you taking those?

Steve: Sometimes I'll take it at night to help me sleep.

Dr. Russell: Umm, hmm.

Steve: Or if the pain gets real bad. Or if my ankle starts hurtin'—like this ankle starts hurtin' real bad from walkin' around too much. That usually if I can go without—I don't know—maybe twice or three times a week. [?]. Just on the bad days when I need it. Usually I'll try to take Tylenol or something like that to see if it'll work before I take the Vicodin.

Dr. Russell: And you had radiating pain, too? Is that still something that you experience where it radiates—starts from your ankle and goes up to your...?

Steve: Yeah. Like it feels like on this leg—I stepped out on a needle. And like the heel will ache and shoot up all the way to my lower back area.

Dr. Russell: And you feel that normally when?

Steve: Like when I'm walkin' around or somethin' like that or sometimes when I'm sleeping.

Dr. Russell: Ok.

Steve: Or if I sit down wrong or something like that. Like I noticed like sometimes if when I'm sitting down and like the chair's real low. And I'll need to go a lot lower to sit down and then it'll start hurting.

Dr. Russell: And that's something you feel how often?

Steve: Or like a tilted chair—like a reclining chair and the seat tilts—that kind of hurts more, too.

Dr. Russell: Ok, and how often do you get that kind of shooting pain?

Steve: Umm I'd say anywhere from 10-20 times a day.

Dr. Russell: Umm, hmm. So, that's pretty often, too.

Steve: They were real bad at first, but now I can I think I just kinda got used to it.

Dr. Russell: So, on that same scale of 0-10 as far as that pain, how badly do you rate...?

Steve: It's probably a 6 but it could maybe even go anywhere from a 6 to an 8.

Dr. Russell: A 6 to an 8—so an 8 on the high end.

Steve: I think sometimes that if I cringe after like if I'm sitting down and it happens and I tighten up it makes it worse. But, if I like walk around of kind of distract myself and do something else, it kind of like cools off.

Dr. Russell: It doesn't bother you as much.

Steve: Yeah.

Dr. Russell: Ok. Alright. Let me stop this for a sec.

Next Segment:

Dr. Russell: So, last time we met, we talked about a couple of memories in particular that you thought of often that kept coming back to you and they were understandably very upsetting memories—pictures that we were going to target today. We identified a few of those. The worst image that you described was when you said you were sitting after the impact and you saw that your leg was pushed out. Can you describe that again—what that scene looks like in your mind as you think of that—what it is that you see as kind of the worst part of this whole memory of this event?

Steve: Just kind of like—kind of like laying there and like seeing all of the blood come out and just like trying to push my hand on my main artery that was cut and I was trying to stop the blood from coming out so fast. Trying to stop it all. And I remember getting real weak and feeling like 'this is it'. I'm done".

Dr. Russell: And you said those words "I'm going to die" is what happens when you think of that particular scene.

Steve: Yeah, every time I think about it, it feels like—you know—I kind of still feel like I'm helpless—like I'm gonna die—and there's nothin' I can do, but...

Dr. Russell: Alright. And as you think of that now, what kind of feelings come up?

Steve: Um, scared—and like I don't know like—like before kind of when you think your invincible but your not and then after that I kind of feel like weak and unstoppable—like the complete opposite [?].

Dr. Russell: So, all of those things are going through your mind when you think of this—as you think of what happened.

Steve: Like distress and like kind of panic..

Dr. Russell: Umm, hmm. And, where in your body do you feel that distress—that panic—that fear that you talked about? Where do you feel that right now?

Steve: Like—my heart. It seems that every time my heart starts beating faster—that my leg will start tingling a little.

Dr. Russell: Umm, hmm. You feel your heart beating faster now and your leg tingling more now?

Steve: Yeah. It's kinda like the faster that my heart beats, the more—like when I feel my heart like jumpin' a little bit, I feel anxious and it feels like the leg starts tingling more.

Dr. Russell: So, those two things are maybe connected do you think?

Steve: I think so.

Dr. Russell: Yeah. And you said that as far as how you would like to think about this event is "I'm alive and God has a plan or a reason for me"—does that still hold true?

Steve: Yeah, that if God didn't have a plan, that would be the end right there.

Dr. Russell: Ok. And I didn't ask you this but we talked about this earlier, but when you think of the image—when you picture that—go ahead and go back in your mind and just try to replay that scene in your mind—I understand that it's not something you really want to think about but it's what we're here for to just and help with that. If you can allow yourself to go back in time and picture yourself as if you're there right now. You see your leg sticking out and you're holding your artery to keep the blood from squirting. Alright? You feel your heart rate moving faster?

Steve: I do.

Dr. Russell: And the thoughts—I'm going to die. On a scale from 0-10, how upset do you feel as think about that right now with zero being not upset or bothered at all and 10 being the most?

Steve: About a 5 or a 6.

Dr. Russell: About a 5 or a 6. And as far as the pain, do you feel that tingling in your leg?

Steve: Umm, hmm.

Dr. Russell: How would you rate that tingling on that same 0-10?

Steve: 7.

Dr. Russell: About a 7? Ok. So as we talked about earlier, what I'm going to ask you to focus on certain aspects of this memory like the pain and as you do that to look straight ahead and focus by tracking the light that's in front of you. Alright?

Steve: Ok.

Dr. Russell: So, go ahead and bring up that image and allow yourself to focus on it and stay with it, the thought 'I'm gonna die', and the feeling you called panicky and the pain in your leg. Just be aware of that. Especially focus on the pain in your leg and as you do that, I want you to look straight ahead and follow the lights with your eyes. And I'll speed it up a little bit more. You're doing a good job of tracking. Just keep focusing on the pain in your leg and anything else that comes to your mind. Just let whatever happens happen. Just go with it. Don't think about it. Just kind of be aware of what it is that comes up. That's it. I'm just going to speed it up a little bit. That's it. Good. That's it, good. Ok. Just let whatever

comes up—let it come up. Be aware. That's it. Ok, so I'm going to stop and-- take a pause—and take a deep breath. I don't want you passing out because you're holding your breath because sometimes we do that. But, just what comes to your mind right now—what are you thinking of?

Steve: Um, when I was thinking about it at first when it started moving my heart started going—like I feel like it was hard to breathe. I was thinking about me sitting there like I was helpless and didn't have anywhere to go. And like I could hear like the noises of the bike had winded down and like people screaming and stuff.

Dr. Russell: So you could hear, actually hear the sounds of that stuff?

Steve: Yeah. And then there's a lady—what I was thinking about—there was a lady that I was talking with who was trying to keep me calmed down or something. I can't really figure out what she's saying but I hear her talking.

Dr. Russell: Umm, hmm. That's the first time that you mentioned that there was somebody there at the scene since we started talking.

Steve: I know that she's beside me and she's saying something, but I don't...

Dr. Russell: You don't know what it is she's saying?

Steve: I can't figure out tell what she's saying.

Dr. Russell: Ok—how's the feeling in your leg right now? What do you get?

Steve: Tingling. There was a couple of times it hurt a little bit.

Dr. Russell: Ok—you felt that it spiked again—the pain?

Steve: Not the sawing but just like someone was tapping on it—the tapping pain.

Dr. Russell: Alright, and right now you feel what in your leg?

Steve: Just tingling.

Dr. Russell: Just tingling? Ok. So focus on that tingling and the picture that goes with that in your mind right now or thoughts or feelings or reactions that you get.

Steve: Nothing really.

Dr. Russell: Ok.

Steve: It just kinda feels like—it feels like I'm kinda lifting this leg up and down and stepping on it [?].

Dr. Russell: So focus on that sensation—that feeling in your leg, ok? Just do that and look straight ahead and follow the light with your eyes just like you're doing. That's it. Concentrate on anything that comes to your mind—any pictures, thoughts, pains, sensations in your leg or anywhere else—just follow. Go

with it. That's it. Ok. Just allow yourself to think-- concentrate on what it is that comes up. At the same time, keep tracking that light just like you're doing. That's it. That's it, good. Just stay with it. Pause, catch your breath. Take a deep breath.

Steve: It kind of got more tingly.

Dr. Russell: More tingly?

Steve: It kinda got my foot and ankle going. Like I was just thinking about like—like when I sprained my ankle before and just like when I was wrestling and sprained it or soccer.

Dr. Russell: Umm, hmm. Was it both times in the right ankle when you sprained it?

Steve: Umm, hmm. One time when I was running when I was little and I tripped and sprained both of them. But then there was another time like when I was wrestling and I got it caught like where the mats come together I got it stuck in between there pretty good and I twisted it.

Dr. Russell: Was it a sprain or more?

Steve: It was kind of like a tendon sprain. But then I remember sticking it in a big bucket of ice water.

Dr. Russell: Umm, hmm.

Steve: I would stick it in there and stuff like that

Dr. Russell: Umm, hmm. Have you thought about those other incidents before?

Steve: Not really. I mean I have daydreams of wrestling back in the day.

Dr. Russell: Uh, huh. But not particularly about sticking your legs back in the bucket of ice? That's what came up this last time?

Steve: Yeah.

Dr. Russell: What do you notice as far as the sensations in your leg right now ?

Steve: It's like right around the ankle area is kind of like tingling. And the top of the foot part is kind of tingling [?].

Dr. Russell: So you feel a tingling in your ankle and a little bit higher—in your shin area? Focus on that tingling sensation in your foot.

Steve: Ok.

Dr. Russell: And as you do that just track that light. Concentrate on the sensations in your leg as well as anything else that might come into your mind—memories, thoughts, or feelings. Just allow yourself to focus on those things. That's it. Alright. Good job. Just stay with it. Keep focusing on the light and anything that comes to your mind...that you're aware of. Just notice it. That's it....pause, deep breath.



Steve: Every time it starts going again, it starts tingling a lot more. It kinda like tingled up here a little bit.

Dr. Russell: To your stump area?

Steve: Yeah.

Dr. Russell: Ok. What else do you think of right now? What else comes to your mind?

Steve: Just like—kind of like what the future is going to be like?

Dr. Russell: Ok—what thoughts do you have about that?

Steve: Like what kind of job I'm capable of doing—or if I don't run again or work out like I used to. Just like I don't know.

Dr. Russell: Umm, hmm.

Steve: Like focus on what I'll be able to go to school for. Like if I can stay in the Navy cause I'd really like to stay in the Navy.

Dr. Russell: And as you think those thoughts—as those thoughts go through your mind, are you aware of any sensations.

Steve: Just tingling.

Dr. Russell: Does the tingling seem to increase as you think about those things?

Steve: Like right now, it doesn't really tingle that much but when I start following the light and start thinking about all that stuff, it starts to like tingle more.

Dr. Russell: I see. So as you follow the light...

Steve: Like right now, I can barely move—barely focus on it--like if I really focus on it, I can feel it.

Dr. Russell: Umm, hmm.

Steve: Like if I was moving around during the day like I usually do, I probably wouldn't even feel it at all.

Dr. Russell: So, right now you don't really notice it much at all, but when you start following the light, you say that tingling comes back.

Steve: Like when I start following the light, it starts tingling again.

Dr. Russell: And along with the tingling are the thoughts that you said which are about the future like what kind of job you're going to have and [?]. Ok.

Steve: I kind of think about like girl-wise—like if they're going to just look at my leg or something.

Dr. Russell: Umm, hmm. What do you think they might think about you if they see you?

Steve: That it's kind of weird.

Dr. Russell: That you're kind of weird?

Steve: Umm, hmm.

Dr. Russell: And as you think of that thought, what are you noticing in terms of the feelings in your...

Steve: Just, uh, like tinglish around the knee and tingling up here a little bit. And like the ankle—tinglish.

Dr. Russell: Just go ahead and focus on that thought. You can repeat that in your own head. They'll think I'm weird. Just be aware of that thought and any tingling or other sensations you notice as you think that thought.

Steve: Ok.

Dr. Russell: As you do, look straight ahead and focus on that light and allow yourself to repeat. Be aware of any other thoughts or feelings or sensations in your leg. That's it. Just concentrate on it. Just allow yourself to concentrate and focus on the light. That's it. Good. Just keep focusing. That's it. Breath.

Steve: That was kind of throbbing in my foot.

Dr. Russell: Like throbbing now?

Steve: Umm, hmm.

Dr. Russell: And where do you feel that?

Steve: It feels like it's going down—like it's starting in the stump area and going down to the calf—from my knee to the calf.

Dr. Russell: Have you ever felt that kind of throbbing sensation before?

Steve: In the beginning—when I first woke up in the hospital.

Dr. Russell: When you first woke up in the hospital?

Steve: Umm, hmm. When I saw the damage[?]

Dr. Russell: Is there a particular image that comes to mind when you think of throbbing?

Steve: Kind of like—kind of like I feel like a freak kind of...

Dr. Russell: Uh, huh. So that's what you say to yourself, 'I'm like a freak'?

Steve: I feel like people are staring at me.

Dr. Russell: And that's what you're seeing right now? Alright. Focus on that picture as well as that throbbing sensation that you feel. Concentrate on that. Sit back and look straight back at the light. And

just keep on being focused on whatever it is that's coming up. Just be aware of it. That's it. Ok. Keep concentrating. That's it. Stay with it. Stay focused. Alright, pause, catch your breath.

Steve: It's pretty much the same.

Dr. Russell: So, what is it like right now—what are you thinking about?

Steve: It's more like being in a grocery store or out in town and people are staring at me as I walk by. And then

Dr. Russell: Now are these things that you are remembering have happened or things that you are imagining that will happen?

Steve: I imagine it will happen.

Dr. Russell: It will happen. You're focusing on the future. What is it again—the overriding thought that you focus on.

Steve: Like how am I going to handle it if I know people are just staring.

Dr. Russell: And how do you think you would like to handle that?

Steve: Just ignore them and keep going.

Dr. Russell: Umm, hmm.

Steve: That's how I think I'll handle it anyway. Just kind of like—it doesn't really [?]

Dr. Russell: Right. How would you like to feel about yourself in that situation—if people might be looking at you and whatever thoughts are going through your mind? How do you envision yourself kind of like handling that?

Steve: Just like—I don't know. Just kind of like keep going and don't pay attention to them.

Dr. Russell: Just keep going.

Steve: Just like—doing whatever I was doing [?].

Dr. Russell: So, what would that say about you as a person if you were able to just keep going and doing whatever it is you were doing?

Steve: I'm strong and that I refuse to let it bother me.

Dr. Russell: You feel strong. Can you focus on that thought and repeat that thought in your head 'I'm strong'.

Steve: Ok.

Dr. Russell: And as you focus on that, go ahead look straight and track the light with your eyes repeating the words to yourself I am strong. I can survive this. Just allow yourself to concentrate on those words and anything else that might come up. That's it. Just stay with whatever it is that comes to your mind....Just feel it in your body. Just keep tracking as you concentrate. That's it. Pause. Catch a breath here. What are you thinking of right now?

Steve: Something my dad used to always say?

Dr. Russell: Which is?

Steve: He use to always say we're like Tungsten steel—we bend and expand but won't break.

Dr. Russell: Uh, huh. So, we're like steel? Is that what he said?

Steve: Yeah. It was his company and they used to make like sky beams and stuff like that for skyscrapers and it was called Tungsten Steel.

Dr. Russell: Oh—so that's the motto of the company?

Steve: Yeah.

Dr. Russell: Tungsten Steel--where?

Steve: We can bend and expand but we won't break.

Dr. Russell: I like that. What does that mean to you?

Steve: Kind of like I can go through horrible horrible stuff but I can still carry on.

Dr. Russell: You can bend, expand, but you won't break. How does that feel as you think of that?

Steve: Powerful.

Dr. Russell: You feel powerful?

Steve: Um, hmm.

Dr. Russell: Do you feel that anywhere in your body that sense of power? Where do you feel that strength—power?

Steve: I don't know. It feels like my spirit—my spirit's lifted kinda.

Dr. Russell: Yeah. Sometimes people feel that somewhere in their body strength—that strength and power. Do you feel that anywhere in particular?

Steve: I don't know—like when my spirit's lifted, it kinda feels like I can walk again—that nothing is going to slow me down.

Dr. Russell: Stay with that thought and your father's motto and anything else that comes up. Stay with that last thought too. Notice the strength and power you feel. Like steel that will bend and expand but it won't break. Just allow yourself to focus on those words. As they come up, just notice the feelings as you focus on that strength and power. That's it. Whatever comes to your mind, just be aware. That's it. Take a breath.

Steve: It feels powerful in my arms and my legs.

Dr. Russell: Umm, hmm. Arms and both legs or one leg?

Steve: Both. It feels like in my ankle and my calf I can feel it and like in my biceps. It feels like I get all tense and they're strong—all of them.

Dr. Russell: Like a strong feeling—like when you pump/life weights?

Steve: Yeah, like after working out, you feel really good.

Dr. Russell: It's a good feeling?

Steve: Umm, hmm.

Dr. Russell: Can you stay with that feeling? That strong feeling. Focus on that—that good strong feeling in your arms and your legs. Just concentrate on it. Notice all that comes up. Just be aware of it. Concentrate. That's it. Take a pause and breath. What are you aware of right now?

Steve: What am I aware of?

Dr. Russell: Yeah, what comes to your mind—the first thing out of the gate?

Steve: I feel good.

Dr. Russell: You feel good? Where do you feel good?

Steve: I feel like I just got done working out. You know how you feel like you're getting back into shape?

Dr. Russell: Yeah, it's been awhile for me...since I've had that feeling... but I remember that feeling.

Steve: You feel healthy.

Dr. Russell: You feel that feeling?

Steve: Yeah--like I just broke a record—like a maximum lift.

Dr. Russell: Like a really good feeling.

Steve: A max run.

Dr. Russell: Like a really good feeling. I'm going to apologize ahead of time but I'm going to ask you to leave that feeling for a while and go back to the original memory that you started with. And part of that

is—to take you out of that good feeling—once you go back--is to put yourself back in time to the place where you're sitting there after the accident. And you're sitting there looking at your leg and your holding it. Are you there right now thinking about it? What happens as you think of that right now?

Steve: It's aching again.

Dr. Russell: It's aching? Ok.

Steve: The adrenaline starts goin'. I feel scared again.

Dr. Russell: Ok.

Steve: It's kind like everything around me is getting further and further away?

Dr. Russell: What does it mean that everything's getting further and further away?

Steve: Kind of like people that are talking a lot—their voices are fading out.

Dr. Russell: Hmm, hmm.

Steve: Like the road's getting colder.

Dr. Russell: Hmm, hmm. Ok. So, remember those things. Think about those things. Ok? As you do, go ahead and look straight ahead. Just be aware. Note that these are memories of things that happened. Just allow yourself to be aware—to concentrate on it. Good. Take a breath. What do you think right at this moment? What comes to your mind?

Steve: [?] What if I did die? [?] and stuff like that.

Dr. Russell: And as you think of those thoughts as to what would happen to your family, are you aware of any feeling in your leg?

Steve: Just the same thing as before—kind of tingling pain.

Dr. Russell: So, focus on that tingling pain—those thoughts. Allow yourself to stay with them. As you do that, look straight and follow the lights with your eyes. Just stay with that. Just concentrate on those sensations—those feelings—and anything else that comes up. That's it. Just follow where that goes. Just stay with wherever your mind goes—whatever comes up. Just be aware. That's it. Just stay with it. Ok, good. Breath and tell what it is that you are aware of right now.

Steve: Like underneath right here it's hurtin' a little bit.

Dr. Russell: Hmm, hmm.

Steve: Kind of like throbbing.

Dr. Russell: And is that throbbing that you feel underneath, is that related to a particular scene or thought?

Steve: No--not really. [?] I was just thinking dying and being there in the casket with my parents coming in.

Dr. Russell: And you have that throbbing you feel right now—that goes with that?

Steve: Umm, hmm.

Dr. Russell: Can you concentrate on that and other scenes that come to your mind? Just be aware of those. Let your eyes follow the light. That's it. Just keep focusing on whatever it is that occupies your mind and be aware of it.

Steve: I had kind of a weird thought?

Dr. Russell: What the weird thought?

Steve: If I did die, would they bury my leg with me?

Dr. Russell: Would they bury your leg with you?

Steve: Yeah.

Dr. Russell: That's kind of a weird thought. Can you—you said before that you had this feeling of power and strength when you work out. Can you remember that feeling in your arms and your legs—that really strong powerful feeling?

Steve: Like I can feel that every time like I said—like I feel it when I set goals for myself. Like, the first one was to get up and go to the bathroom by myself. [Being in the hospital and “stop using a walker to start using crutches”]. ..[?] and start getting out of my wheelchair more often”.

Dr. Russell: Every step along the way...

Steve: Right, and I started being able to drive by myself. And every time I get to that goal I have a good feeling.

Dr. Russell: Right. Can you feel that good feeling now—that strong powerful feeling?

Steve: Umm, hmm.

Dr. Russell: Mirror up that feeling. Take that feeling. And with that last picture and thought you had about—that weird thought of ‘would they bury my leg with me’. Put those two things together—that powerful feeling you had—that image or that thought. And as you do that in your mind, go ahead and concentrate on the light. Just focus on those two things—the powerful strong feeling and the thought of being buried with your leg. Notice thoughts that you are aware of—thoughts, images, scenes. Whatever it is—just be aware of whatever comes up. That's it. Concentrate on what it is that comes to your mind. Stay with it. Ok, take a breath. What are you aware of right now?

Steve: Kind of like only the strongest survive.

Dr. Russell: Umm, hmm. How does that feel?

Steve: It feels good.

Dr. Russell: Do you think you're one of the strong?

Steve: Yeah.

Dr. Russell: Like Tungsten steel?

Steve: Tungsten steel. It's kind of like—torn. When I think about it--when they buried my leg. It's messed up. It's kinda like—but then it's like it didn't get buried but not me.

Dr. Russell: So 'the leg got buried but not me'. Focus on that. 'They buried my leg but I'm still standing'. You can bend and expand steel but you don't break it. You don't get rid of steel that easily. Just stay with it. Just stay with that. Focus...Concentrate. Follow the light. Take a break. Take a breath. What is it that comes to your mind now?

Steve: I don't know—just kind of relaxed.

Dr. Russell: Just kind of relaxed?

Steve: Yeah. The leg's gone but I'm not kind of thing.

Dr. Russell: The leg's gone but you're not.

Steve: We're good[?]. I'm able to walk again. I can do what everybody else does.

Dr. Russell: Can you concentrate on those thoughts, too? But I ask, is there an image that you have of yourself walking? I know you've looked at a lot of magazines of folks coming out of Iraq and they're running marathons and going skiing and things. Do you got a picture of yourself with a new leg walking, skiing, running? Do you have that image of yourself? Can you focus on that?

Steve: Yeah.

Dr. Russell: Be aware of that. You can amplify that—really allow yourself to see yourself with your new leg—with steel [?]. Just like those images you saw of soldiers running races, skiing, feeling strong. [?] Just be aware of the, the sensations. Take a break. Breathe. What is that you are aware of right this moment?

Steve: I feel happy

Dr. Russell: You're flexing there—are you feeling pretty strong right now?

Steve: Yes. Kind of happy like walking around town still taking it for granted.

Dr. Russell: You can picture yourself doing that, people looking at you walking and stuff?



Steve: I imagine people looking at me but they don't think I'm weird or anything, but they think like I'm a man of steel.

Dr. Russell: A man of steel. Focus on that image and people's reactions to bearing witness to someone who has that strength. Concentrate on that image and that thought.

Steve: Ok.

Dr. Russell: Just see that strong person walking. [?] Stay with those images thoughts, feelings, sensations that go with that. And, take a breath. What pops into your mind right now?

Steve: Um, kinda the same thing. Being strong. People looking at me like 'He was set with a difficult task but it didn't phase me'.

Dr. Russell: You overcame.

Steve: I overcame and like helping other people [?] like helping them overcome something.

Dr. Russell: Umm hmmm. You can see yourself doing that?

Steve: Umm, hmm. Like it won't slow them down.

Dr. Russell: Hmm hmm. How does that make you feel about yourself?

Steve: Good

Dr. Russell: As you focus on that?

Steve: Strong, good.

Dr. Russell: Strong? Good? Can you stay with that? Can you just track that light? Those strong and good feelings you have about yourself. Maybe showing others as well—that they, too, are steel. Just stay with that thought. So what is it that comes to you right now?

Steve: Same thing—just that I feel good.

Dr. Russell: Yeah. And how are you feeling right now?

Steve: Good.

Dr. Russell: Feeling good? How's your leg?

Steve: It hardly even tingles. I don't feel any phantom pains.

Dr. Russell: What do you think of that?

Steve: I think it's great.

Dr. Russell: What's that?

Steve: I think it's great when it's not hurtin'.

Dr. Russell: It would be nice if that could...

Steve: There's like a little tingle here and there but nothing that really bothers me.

Dr. Russell: So, it seems less intense?

Steve: Yeah.

Dr. Russell: How would you rate that on a scale from 0 to 10 right now?

Steve: About a 3 or 4 for tingling and like a 0 for pain level.

Dr. Russell: Is that different from...?

Steve: Yeah, usually, when it tingles, it hurts a little bit like too—kind of like when you whack your funny bone it hurts your [?] but now it's kind of like it's just asleep but it doesn't hurt. It feels like it's there, but it's just tingling.

Dr. Russell: Ok. And you feel that strength that you mentioned earlier?

Steve: Yeah.

Dr. Russell: Does this seem like a good place to stop for today?

Steve: Yeah, I feel good.

Dr. Russell: You feel good?

Steve: Yeah, I feel relaxed, and I haven't felt relaxed for a long time.

Dr. Russell: Yeah, I think you deserve the time to feel relaxed and to feel good.

Steve: Like—kind of like—I don't know [?] like I've got something to do all the time.

Dr. Russell: How confident do you feel right now seeing yourself in the future?

Steve: I feel really confident that as soon as I find something that I want to do, nothing is going to stop me from doing it. Like no matter how long I have to go to school or how much training I have to do or how many hours I have to work or anything—if it's something I want to do, I'm going to be able to do it.

Dr. Russell: And that's different than when you're anxious or worried?

Steve: Like being worried that I can't do the job because maybe I'm slower or like I'm not strong picking something up.

Dr. Russell: And now you feel as though you are?

Steve: Yes. Now, I'm like if I'm not strong enough to pick it up, then I'll find a way to move it.

Dr. Russell: Alright.

Steve: Or, if I'm not fast enough, I'll make sure I find a way to [?]

Dr. Russell: I have no doubt that you will. So, I think maybe it sounds like a good time—a good place to stop. I don't think we're done yet, but I think this is certainly a good place to stop. And it seems to me that...

Steve: I know that when I came in here—when I was sitting out there and I came in here, I was kind of anxious and my leg was kind of painful, but now I feel relaxed.

Dr. Russell: Umm, hmm. I want you to just kind of be aware of whatever it is that happens when you leave the office today. Any other memories that might come up—things, thoughts, feelings...

Steve: And write it down?

Dr. Russell: And write it down like we mentioned before.

Steve: I have a little green notebook.

Dr. Russell: Fantastic! Because your brain is not going to stop processing as we turn off the lights so to speak. Ok? Your brain is going to continue to heal as you think about these things. Just be aware of it and write it down. And, we'll pick it up the next time you come in.

Steve: Ok

Dr. Russell: And we'll go from there. Sound like a plan?

Steve: Sounds like a plan.

Dr. Russell: Ok, so next question is—when can you come back? [Scheduling]

## **Video #2**

Dr. Russell: I thought maybe we would talk about what things you've noticed have changed since the last time we worked together in terms of the phantom limb pain in particular and also how often the memories of the accident come back to you, that sort of thing. What's different?

Steve: The memories don't come back as much. It's kind of like an old movie that you were scared of when you were a kid. It's like something that bothered you before, but now it's kinda like you can laugh at it.

Dr. Russell: Laugh at it?

Steve: It's kinda weird—like you're worked up about something like a thought or a memory. I think it was kind of weird that I was worked up about that kind of stuff—now. But before, I was actually worked up by it and you couldn't tell me that this is just a thought—just a memory.

Dr. Russell: Because it wasn't at that time, huh?

Steve: It was so real—like every time it happened, my leg would feel like it's there and like I'm losing it again. Like that feeling that, you know, that that's it, I'm done. But now, it's like [?]....

Dr. Russell: When you think of that memory now, does that cause you to have any sensations in your leg?

Steve: It just kind of tingles, like the tingling will go from the foot up. When it stays tingling in the foot, I notice that as it moves up, the foot tingling will get more intense. And then it will go up and start getting intense in like the shin and into the knee and the upper part of the thigh. And the stump will actually start to tingle.

Dr. Russell: And that happens even now when you think about it?

Steve: Yeah. Like when we were just talking about it, I was thinking about it—it probably got to about the middle part of the shin.

Dr. Russell: It's like the tingling went up?

Steve: Yeah.

Dr. Russell: On that scale from 0-10, how much tingling or pain does it bother you from 0-10?

Steve: It's not like it's really painful or anything but it bothers me because. It's kind of like when your hand falls asleep and you get that tingling. You can't touch anything when you try to grab onto something. That's kind of what it's like and then it gets more intense as I think about stuff, when I get stressed out or excited or shocked, it intensifies like 10 times from what it was.

Dr. Russell: You said like when you fell down the other day, it causes a sharp increase.

Steve: Like when I fell down or when I was in the shower and the cold water hit me, the whole leg went from like 1 to 10....where 1 is the lowest and 10 is the greatest, it was like "BAM".

Dr. Russell: That was the 10?

Steve: Yeah.

Dr. Russell: Would you call that 10—was that pain?

Steve: It wasn't pain, but it was one of those things where like you jump back and you're like, you know, it's not there. When I have the pain, I do the tapping and it still kind of goes away but even after the cold water was gone and it kind of warmed up, it still—that probably took it the longest to calm down. It

usually calms down right away. It usually goes up really fast and then it goes back down. But that day, it went up and stayed there for a little bit really big and then slowly went back down.

Dr. Russell: And it happened just that once?

Steve: Yeah.

Dr. Russell: With the really cold water.

Steve: When something happens that I don't expect to happen like with the warm water, I had already heated it up in the shower and that's the first time it actually came out—the cold from the shower hit on to it.

Dr. Russell: And the sawing pain that you described before when you had the feeling that someone was sawing on your ankle?

Steve: Yeah, I don't feel that anymore.

Dr. Russell: You haven't had any of that?

Steve: Ummm, hmmm.

Dr. Russell: When was the last time you remember feeling that kind of pain?

Steve: Um, probably about a week and a half ago, I fell down in a garage while I was walking in from the outside—and it was raining. And I hit the dry pavement, so my crutches slipped out and then I whacked this side onto the ground but it felt like I bashed this knee on the concrete. And, you know, if you kick something and you hit your shin area or your foot or like if you step on something that whacks you in the shin, it's kind of like that.

Dr. Russell: I see.

Steve: Like the shin was hurting real bad and the knee.

Dr. Russell: Now was that the really sharp pain you hadn't had in a while?

Steve: Yeah, it was like the sharp pounding.

Dr. Russell: And it went away? How long did it take to go away?

Steve: Probably about 20 minutes or so.

Dr. Russell: 20 minutes? Never had it since?

Steve: Like a few days ago I tried, it felt like my leg was still there. I tried to put, to get down on my knees. You know I tried to put this knee down [?] and uh I twisted my ankle. I didn't get any pain out of this leg but it was tingling. Like when the ankle was hurting, the whole time my ankle was hurting this leg was tingling.

Dr. Russell: So mostly the tingling is what you're worried about now?

Steve: I usually just get tingling.

Dr. Russell: So no pounding pain, the sharp pains other than the one time you fell.

Steve: Yeah.

Dr. Russell: Uh all these other types of pains are pretty much gone?

Steve: Yeah.

Dr. Russell: Okay. Any uh nightmares or other kinds of negative thoughts come to you?

Steve: No, I don't have any bad dreams anymore.

Dr. Russell: Ummm, hmmm.

Steve: I don't really dream at all. Like before I'd wake up [?]

Dr. Russell: So no night sweats or anything like that anymore?

Steve: Like I used to have that dream where I was you know about to hit the back of the truck with my bike and the bike came down. I don't have that anymore.

Dr. Russell: When's the last time you can recall having that?

Steve: Uh before, it was like a couple days before I came here.

Dr. Russell: Ummm, hmmm.

Steve: That was the last time

Dr. Russell: And nothing since?

Steve: I might still be having it and just be blocking it out and not letting myself remember having the dream. But when I wake up I feel like I slept all night.

Dr. Russell: But you're not waking up in a panic or sweats?

Steve: Yeah I don't wake up sweating or panicking or anything but I've had a couple falls waking up and still feel like my legs are there and I'll get up from bed try to take another step and then hit the ground.

Dr. Russell: That's, that's still a matter of getting adjusted to.

Steve: I got to still do stuff like that when I try to put my knee down or I try to get out of bed cause sometimes like I'm not like I'm not paying attention to my leg, it still feels like it's there. I'll try to put, step on it, put my knee down or something like that.

Dr. Russell: I'm going to ask you now with your permission I'd like to go back to the original memory we started with.

Steve: Okay.

Dr. Russell: I just want to see what happens when I ask you to think about it again

Steve: Alright.

Dr. Russell: Okay?

Steve: Okay.

Dr. Russell: So go ahead and bring up the image. Remember that was the time when you were laying on the ground, leg out to the side and you're holding your leg back. The thought I'm going to die. What happens as you focus on that right now?

Steve: Kinda get a tingling.

Dr. Russell: Ummm, hmmm. And where's the tingling?

Steve: Like the ankle.

Dr. Russell: Okay. Alright. So on that same scale 0 - 10, how much pain are you in?

Steve: Four.

Dr. Russell: Alright. When you think of that picture and the thoughts I'm going to die and that tingling sensation in your leg how upset or distressed are you when you think of that? Like right now? Same 0 - 10 scale, 0 being not bothered or distressed at all and 10 being [?]

Steve: One or two.

Dr. Russell: Okay, one or a two? So just like last time I'm going ask you to focus on that, okay? Hold that in your mind, just concentrate on that and we're going to do more of the eye movement and see what happens.

Steve: Alright.

Dr. Russell: Okay. So bring up the picture, be aware of the sensations in your leg, the tingling sensation.

Steve: Okay.

Dr. Russell: And if you lose the picture just know you're thinking about it and focus really mostly on the sensation in your leg.

Steve: Okay.

Dr. Russell: Alright?

Steve: Ummm, hmmm.

Dr. Russell: Ready? Just concentrate on those sensations and that's it. Whatever comes up, just be aware of it. Keep tracking. That's it. Okay go ahead and take a deep breath. What is it that [?]

Steve: I actually started, started tingling all over and got in the back of my [?]

Dr. Russell: Okay. So is that what you're feeling right now? It's all over in your stomach area?

Steve: Yeah just like in spots.

Dr. Russell: Okay. So go ahead and concentrate on that, alright?

Steve: Okay.

Dr. Russell: And find yourself focused on that and see where, where it goes. That's it. Keep concentrating. Notice what you feel in your leg. Pictures and thoughts, stay with it. That's it, just keep focus. Alright, take a deep breath.

Steve: It's kinda doing that tingle. Like waving, like that.

Dr. Russell: What do you mean? Like waving with each movement of your eyes?

Steve: As the light would go up and down it would go [?]

Dr. Russell: Is it....

Steve: Like it would go from, like from down here to like back up here then back down there then back up here.

Dr. Russell: Back and forth?

Steve: Yeah.

Dr. Russell: Is there any other things that go along with that? Any other pictures or thoughts that go along with it?

Steve: I was just pretty much thinking of the same thing I was thinking of back then.

Dr. Russell: Which is?

Steve: Is me sitting on the ground holding my leg and trying to hold the blood from coming out.

Dr. Russell: What is the thought that kinda goes with that picture?

Steve: Ummm.

Dr. Russell: What do you think, what do you say to yourself as you focus on that?



Steve: Now I just got to say that you know it's coming from what I remember, to [?].

Dr. Russell: Alright. Let's just stay with that, okay? That thought, that picture, that sensation in your leg.

Steve: Okay.

Dr. Russell: Just concentrate on those things and whatever else could come up. Just be aware. That's it. Be on that train, watching that scenery go by. Whatever it is. Just observe it. Just notice it. Alright, take a deep breath. Sorry about all the background noise.

Steve: \*Laughs\*

Dr. Russell: What is it that comes to your mind?

Steve: Nothing really just kind of I don't know, pretty much the same thing. Thinking kinda like I've screwed up now.

Dr. Russell: I've screwed up now?

Steve: \*Nods head\*

Dr. Russell: That's the thought?

Steve: \*Nods head\*

Dr. Russell: Okay. Stay with that thought, okay? Concentrate, say that to yourself. And see where it goes. Just follow wherever that takes you. Pay attention to the sensations in your leg. That's it. Just keep concentrating. Good. Okay. Pause. Catch your breath. What comes to your mind now?

Steve: I don't know, I just keep coming back to where I am now.

Dr. Russell: Ummm, hmmm. And where is that?

Steve: Just like how far I've come from November 12th to today.

Dr. Russell: Ummm, hmmm.

Steve: It's like something bad kinda happened [?].

Dr. Russell: Tungsten Steel?

Steve: [?]

Dr. Russell: Concentrate on that thought.

Steve: Okay.

Dr. Russell: Alright. Where you've been, where you are now. You got to expand but don't break. Allow yourself to really concentrate. Whatever it is that comes up. Sensations in your leg be aware of. Anything else. Now, what do we get?

Steve: Kind of like still tingles. Like in my foot. My toes, the top of my foot.

Dr. Russell: The tingling went down now at all?

Steve: Yeah.

Dr. Russell: It's just in your foot?

Steve: Ummm, hmmm.

Dr. Russell: Okay. So focus.

Steve: Like the top part of my foot and toes.

Dr. Russell: That's where it started, when you started today. I think that's what you said.

Steve: Yeah.

Dr. Russell: Focus on the sensation in the top of your foot and toes, okay. Just concentrate on that feeling and at the same time keep tracking the light. Just notice those feelings, the tingling. Follow whatever [?]. That's it. Okay go ahead and take a deep breath. What happens?

Steve: It just kinda like I pay more attention to the tingles in my foot.

Dr. Russell: So it stays the same?

Steve: \*Nods head\* Like it gets more intense in the foot. Like it doesn't move up.

Dr. Russell: I see. So it stays in your foot?

Steve: \*Nods head\*

Dr. Russell: Go ahead and go back to the original memory we started at.

Steve: Okay.

Dr. Russell: Bring that up. Allow yourself to think about that, concentrate. What are you aware of right now, what are you focused on?

Steve: Like the tingling. It kinda like it starts creeping up.

Dr. Russell: So it's [?] creep up?

Steve: \*Nods head\*

Dr. Russell: Is it crept up now?

Steve: Yeah in spots I can feel it. Like in certain spots.

Dr. Russell: So when you think of that picture or that memory, on a scale from 0 to 10 how upset are you or bothered are you by that memory right now?

Steve: Probably a one or two.

Dr. Russell: So probably about a one or two?

Steve: Yeah.

Dr. Russell: So what, what keeps that from being a zero?

Steve: That still starts tingling [?]. Kinda still bothers me a little bit.

Dr. Russell: Okay. I see. So when you think of that and you notice the tingling and that....there's something still connected there.

Steve: \*Nods head\* Like it's not like going. Like I've let it go but a part of my brain hasn't let it go. Like a part that I can't control. So like when an old girlfriend breaks up with you and the heartbreak is really bad at first but after a while if you really liked her a lot [?] but you know, you still can't control....

Dr. Russell: How you feel?

Steve: How you feel.

Dr. Russell: So it's like missing an old friend.

Steve: Yeah.

Dr. Russell: Can you concentrate on that thought? Missing an old friend? Okay?

Steve: Okay.

Dr. Russell: Just be aware of that and anything else that comes up that might be connected. Concentrate on the thought of missing an old friend. Whatever comes up. That's it. Catch your breath. What is it that comes to you right now?

Steve: Ummm, hmmm. Just the guys I went to high school with and don't see anymore.

Dr. Russell: And what is it about those guys?

Steve: It's more like my wrestling guys, the guys I wrestled with, my wrestling buddies that I grew up with. I wonder where they've gone with their lives and where they are now. What they've done. That kinda thing.

Dr. Russell: Some of your old friends?

Steve: Yeah, like the big group just kinda scattered.

Dr. Russell: And how do you think that relates to your old friend the leg?

Steve: It's kind of like I'm wondering where it is, what was done with it.

Dr. Russell: So can you think about that?

Steve: Ummm, hmmm.

Dr. Russell: Just again be aware. Let whatever comes up as you focus on your old friend. Wherever it takes you, just be wherever. Alright. So?

Steve: Kinda thought that maybe like you had said...I know it went to a school to be like a cadaver. I donated it. Or my mom donated it. And just kinda like wondering like maybe it helped someone, like a doctor.

Dr. Russell: Liked helped someone become a better doctor?

Steve: \*Nods head\*

Dr. Russell: Alright. Focus on that thought. Just stay with it. That's good. Okay. Catch your breath. What is it that you're aware of right now?

Steve: Just kinda tingles a little bit. In the top of the foot.

Dr. Russell: Still on the top?

Steve: Yeah

Dr. Russell: Where did the idea of your leg helping doctors become better doctors, where did that take you?

Steve: Kinda like the doctors that did the surgery on me. [?].

Dr. Russell: So you feel like you may have helped somebody?

Steve: Yeah.

Dr. Russell: Did you consent to your mom giving that leg up?

Steve: I wasn't awake or anything when it happened but my mom has like power of attorney so if anything happens to me she's covered. There's a set rule or anything like I don't want to be on a machine or anything. But...

Dr. Russell: So your mom is that person that makes that choice. When she told you, or whoever told you that that's what was decided at the time, how did that go over with you?

Steve: I didn't really think about it too much because like the leg was gone. It wasn't really bothering me what they were doing. I kinda actually felt better that it went to use instead of ya know to waste.

Dr. Russell: Now concentrate on that though.

Steve: Okay.

Dr. Russell: Okay. Catch your breath. What are you thinking?

Steve: Just kinda come back to where I am. Like I just come back to like [?]

Dr. Russell: Did you have a chance, may kind of sound funny, but did you have a chance to say goodbye or anything?

Steve: No.

Dr. Russell: In some way or another?

Steve: When I woke up it was gone.

Dr. Russell: Already gone? Kinda like the best friend that goes and you don't hear back from anymore?

Steve: \*Nods head\*

Dr. Russell: Is there, I know it may sound corny, but is there anything you would have liked to have said or done. To your leg

Steve: Not really.

Dr. Russell: Before you handed it over?

Steve: I kinda knew when I wrecked that it was in pretty bad shape. Ya know I could pretty much tell that it was all the way off, all the bones were broke. And uh I don't remember but I guess when I got to the hospital I told the doctor I didn't want my leg taken off. And then my mom told me that then because when I got to the hospital my heart and lungs were [?] and then from them trying to save my leg one of my kidneys failed, starting failing, and my other kidney was pretty bad too. So, once they took the leg everything got better [?] and I was doing a lot better. I wasn't sick no more.

Dr. Russell: I see. It saved you.

Steve: So I think that you know that even if I wanted my leg my body wasn't going to accept it being put back on. Which I would only have 5% use of it so I think in a way it was telling me that I wouldn't have been happy to have it. To just stand on it or drag it around would have been a lot worse.

Dr. Russell: Can you hold that thought in your mind?

Steve: \*Nods head\*

Dr. Russell: Mr. Tungsten. Keep that very powerful thought in your mind. Focus on it. Be aware of anything else that might come up. That's it. Deep breath. What do you get like?

Steve: Uh, same thing. Just kinda tingles in my foot. And uh imagine, I see myself walking on my prosthetic leg. Ya know, walking again, going on with my life. And this just keeps being a stepping stone to getting stronger than I was in the first place.

Dr. Russell: And can you concentrate on that. The strength and the power of walking. Focus on the feeling of power and strength. Okay, go ahead and take a breath. Where are you at right now?

Steve: I just kinda see myself walking.

Dr. Russell: Yeah

Steve: Going to my amputee support group with my leg on. Ya know kinda be at that point where all these guys are that are in the class.

Dr. Russell: How did that make you feel when you're at that point that you're walking?

Steve: Good. I mean, I think it will be really different when I start feeling better. More confident with walking than where I'm at now. I'm almost back to the confidence level I was at before.

Dr. Russell: Before what?

Steve: Before the accident.

Dr. Russell: So your confidence level has gone up?

Steve: Yeah.

Dr. Russell: Would it be even more?

Steve: Yeah I think it would be even more once I actually start walking. I know when I first started it was hard for me to leave and go places [?] and now I've got something to pay more attention to. Where I put my crutches and everything. I don't have time to worry about what other people are thinking. Ya know of if people are looking at me. Just kinda like...nothing's going to slow me down.

Dr. Russell: That sounds pretty powerful. Sounds like tungsten steel.

Steve: Yeah.

Dr. Russell: Do you feel that, that power and strength in you in your leg?

Steve: Nah, no I don't really feel anything it just kinda tingles. The foot so it's kinda like more inner, like it's kinda like it makes my whole body feel strong.

Dr. Russell: Okay. So what I want you to do is focus on that, that feeling of being strong. Nothing is going to slow me down. I'm strong and powerful. And tie that in with those sensations, that tingling in the top of your foot. Hold those two in mind at the same time.

Steve: Okay.

Dr. Russell: Just concentrate on that. I'm strong. I'm powerful. At the same time concentrate on that tingling on the top of your foot. Just keep those two things in mind at the same time, the tingling and the thoughts of being strong and the power you feel in your body. You just try and keep those two things together. Strength and power. Tingling and.....That's where your power is. Feel the power and strength through the tingling. Good. What are you aware of right now?

Steve: Uh the tingling gets more intense. Definitely ummm. I don't know, just kinda like a good tingle not a tense.

Dr. Russell: A good tingle?

Steve: Yeah. It's kinda like how the rest of my body feels like that it's there, it feels that way now too. Powerful. Strong. Like I just got done working out.

Dr. Russell: Right.

Steve: I feel really good.

Dr. Russell: Kinda pumped?

Steve: Ummm, hmmm.

Dr. Russell: Feeling strong and powerful, focus on that good tingling. The power and strength that comes from working out and the good tingling sensation.

Steve: Okay.

Dr. Russell: Concentrate on those two things. As you do that keep concentration. That's it. Concentrate. What are you thinking right now? What do you notice right now?

Steve: Nothing. It tingles. Pretty much like when I came up here. The foot and the toes. The top of the foot and the toes.

Dr. Russell: Now you used words like tingle and good tingle before, is it one or the other?

Steve: The good tingle is kinda like, like cold sand on your foot. Like you're walking on sand. It's kinda like that. And now, now it's kinda like back to where it was. Like asleep.

Dr. Russell: Not the good tingling?

Steve: [?]

Dr. Russell: Was there a particular image that comes to mind when you focus on the good tingling? The one like power and strength, is there a particular...

Steve: I don't know.

Dr. Russell: Picture of yourself that's being powerful?

Steve: Yeah, kinda. Just kinda walking like I did before.

Dr. Russell: Okay. With your new leg? Can you bring up that image?

Steve: \*Nods head\*

Dr. Russell: Of yourself walking again, and try to get back to that feeling of power and strength, standing and walking on your new leg.

Steve: Yeah.

Dr. Russell: What happens now as you focus on that and the tingling in your leg?

Steve: Ummm. Actually it starts tingling up here. Like it feels like behind my calf.

Dr. Russell: Is that the bad tingle or the good tingle?

Steve: Good. Still an annoying tingle in the foot but in the calf is kinda good.

Dr. Russell: So you notice there is two tingles now. A good and bad, right? Just focus on that image. Of you standing on your own leg and walking and feeling powerful and strong. Competent. And that good tingling sensation in your leg. Hold those things together in your mind. Concentrate on that, okay? And just stay with that. Concentrate on your powerful, strong leg. The good tingling, strength and power in your leg. That's it. Good. Now let's take a breath. What is it that you're thinking right now? What is it that you're aware of right now?

Steve: It's pretty much the good tingle again. All over.

Dr. Russell: All over?

Steve: Ummm, hmmm.

Dr. Russell: Are you getting tired?

Steve: Yeah, a little bit.



Dr. Russell: Ready to go?

Steve: Yeah. Like it starts to get me tired when I follow it.

Dr. Russell: Yeah. We've been at it for a while, huh?

Steve: It's like hypnotizing me.

Dr. Russell: But you're wide awake. I think I'm being hypnotized. So do you, do you feel that you said the good tingling?

Steve: Yeah it's kinda like, it's hard to explain cause. Like I'm not. I know like whenever I go to the beach cause I'm not really from that side of the states or whatever.

Dr. Russell: Right.

Steve: So when I was in California and stuff and be on the beach I'd put my feet in the sand and stuff and it's feel really different but good. That's kinda what it's like. Like when you run, walking on the sand.

Dr. Russell: Yes, yes, yes.

Steve: Like that cold sand feeling.

Dr. Russell: Okay. Kind of a good feeling. Like a good tingling? Can you concentrate on that good tingling?

Steve: Yeah.

Dr. Russell: Of just like you're walking on the sand? Kind of a cool sensation. Keep in mind that image, your standing on your new leg, strong and powerful. Concentrate on that power and strength that goes with the good tingling sensation. Okay. What is it that you're aware of?

Steve: Just still kinda feels good.

Dr. Russell: Still feels good?

Steve: Like all over.

Dr. Russell: Okay.

Steve: Like, it's not like the whole leg but parts of the leg still feel like it's there. Like the top of the foot, the calf and the knee area.

Dr. Russell: It's where you feel the good?

Steve: \*Nods head\*

Dr. Russell: Do you want to stay with this or feel like you've had enough for today?

Steve: Kinda feel like I've had enough for today. Feels good [?].

Dr. Russell: But when you think of that good feeling though right, in those parts of your leg, that good tingling, is there a particular image that goes with that sensation?

Steve: Just kinda like doing my everyday thing. Last time I was, this last time I was thinking about actually walking on the sand with my new leg.

Dr. Russell: With your new leg walking on the sand, huh?

Steve: \*Nods head\*

Dr. Russell: So, if you can keep that connection in your mind when you feel those sensations, the more you can hold those two together in your mind. Alright. The more that connection becomes more solid. Sounds like that's a better feeling for you than the other tingling.

Steve: Yeah that one was kinda annoying.

Dr. Russell: Kinda annoying?

Steve: Doesn't like hurt but like damn I wish it would go away.

Dr. Russell: On that 0 – 10 scale right now, how do you feel when you think about this memory we started with today? [?] what you feel in your leg?

Steve: Which memory?

Dr. Russell: That original memory we started with.

Steve: Uh like stressed out about it. Uh probably like a zero now.

Dr. Russell: Ummm, hmmm.

Steve: It doesn't really feel like it's affecting me at all.

Dr. Russell: And how about the tingling? On that 0 – 10 how annoyed are you at it right now?

Steve: It feels good right now so it's not annoying me at all.

Dr. Russell: Okay.

Steve: But when it's dead it's kind of like at a 4 or a 5.

Dr. Russell: Okay.

Steve: It's constant and you're always like man I kinda wish, like annoying, I wish it would stop.

Dr. Russell: That's why it's annoying. Right? It's a 4 or 5. But if it was a 0 or a 1 it wouldn't be so annoying, huh?

Steve: \*Nods head\*

Dr. Russell: So let's see, kinda monitor how things are going, alright?

Steve: Okay. I'm going to keep writing down stuff.

Dr. Russell: Yeah keep writing down stuff, absolutely. And ummm we need to make sure we get a chance to follow-up too in between your appointments.

