



Face Reading in Chinese Medicine

Identifying and Treating Trauma

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Trauma

“A very difficult or unpleasant experience that causes someone to have mental or emotional problems usually for a long time or an emotional upset” - Merriam Webster

Trauma is a fact of life and everyone experiences it. It is only when the nervous system is stimulated in a heightened way that causes memory of the trauma to be problematic

In Chinese Face Reading, trauma is defined as any experience - good or bad - that is important to the person experiencing it

The Memory of the Trauma is only problematic if it is an intrusive and repetitive memory

When an memory is repetitive, it can create a pattern of behavior

Often called Post Traumatic Stress Disorder or PTSD

PTSD Definition

University of Queensland, Australia

There are three main types of PTSD symptoms:

1. Re-living the trauma through distressing memories, nightmares or "flashbacks", or experiencing severe psychological distress at exposure to cues that resemble any aspect of the traumatic event
2. Feeling numb or emotionally cut off from others, as well as an ongoing avoidance of reminders of the traumatic event
3. Persistent signs of heightened anxiety and physical tension

PTSD is considered an Anxiety Disorder and symptoms can often cause serious problems in every aspect of an individual's relationships, employment and day-to-day functioning.

Everyone has PTSD

- Although the current definition is used primarily to describe serious trauma, any event that causes nightmares, flashbacks, obsessive thinking and repetitive anxiety should also be considered PTSD and needs to be treated
- Most defense mechanisms and protective behaviors that help people cope with previous traumas become unhealthy and eventually limit spiritual growth

Brain Function and PTSD

The areas of brain primarily involved:

The Prefrontal Cortex, the Hippocampus and the Amygdala

- Studies have shown that Cognitive Behavioral Therapy “rewires” the neural network in the Prefrontal Cortex due to the brain’s neuroplasticity.
- The Hippocampus regulates the ability to place memories in the correct context of time and space and consolidates short-term memory to long-term memory. Under stress, this recall ability is suppressed so similar stimuli causes the perception that the event is occurring again because the memory was never properly recorded in the first place. Studies show that patients with PTSD often have atrophy of the hippocampus more than any other part of the brain and this may lead to Alzheimers. EMDR may be effective in reprogramming memory in a positive way.
- The Amygdala has been shown to be strongly involved in fear-related memories and causes automatic reactions. Body-based therapies appear to be most effective, including Acupuncture.

Don't Forget the Hypothalamus

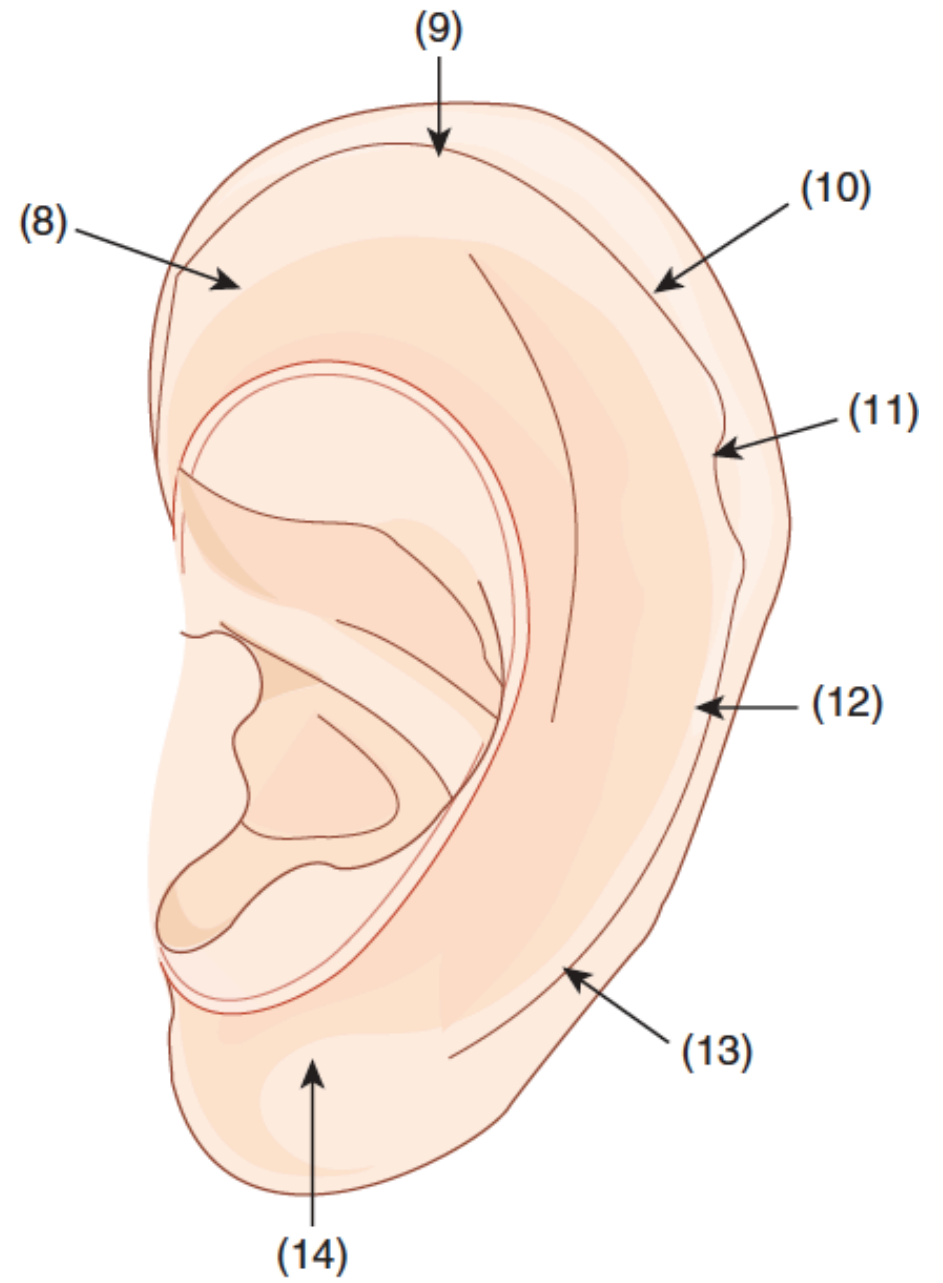
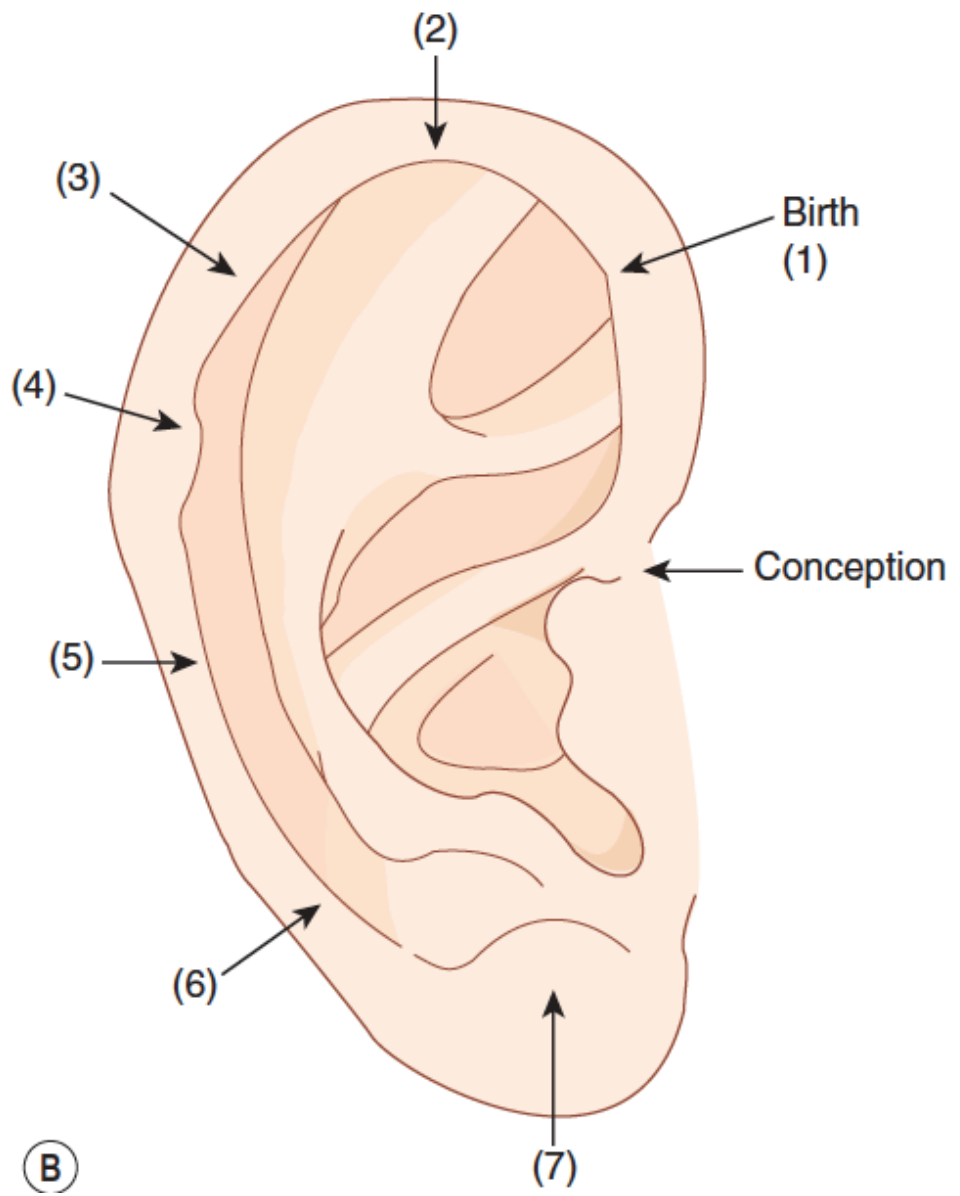
- Relay System between the Nervous System and the Endocrine System
- Responsible for alerting the Pituitary Gland
- Under Stress – Adrenals Notified and Cortisol is Released
- Constant Stress causes the Relay System to Malfunction
- Facial Signs involve drooping Eyelids – both upper and lower and a fluttering vibratory frequency of the Shen
- Excessive Emotional Stress (fire) in particular can increase this vibratory frequency and keeps the Hypothalamus on alert when the emotions are continuously held in the body
- Responsible for Homeostasis and Circadian Rhythms

The Facial Map of Life Experiences Traumas and PTSD

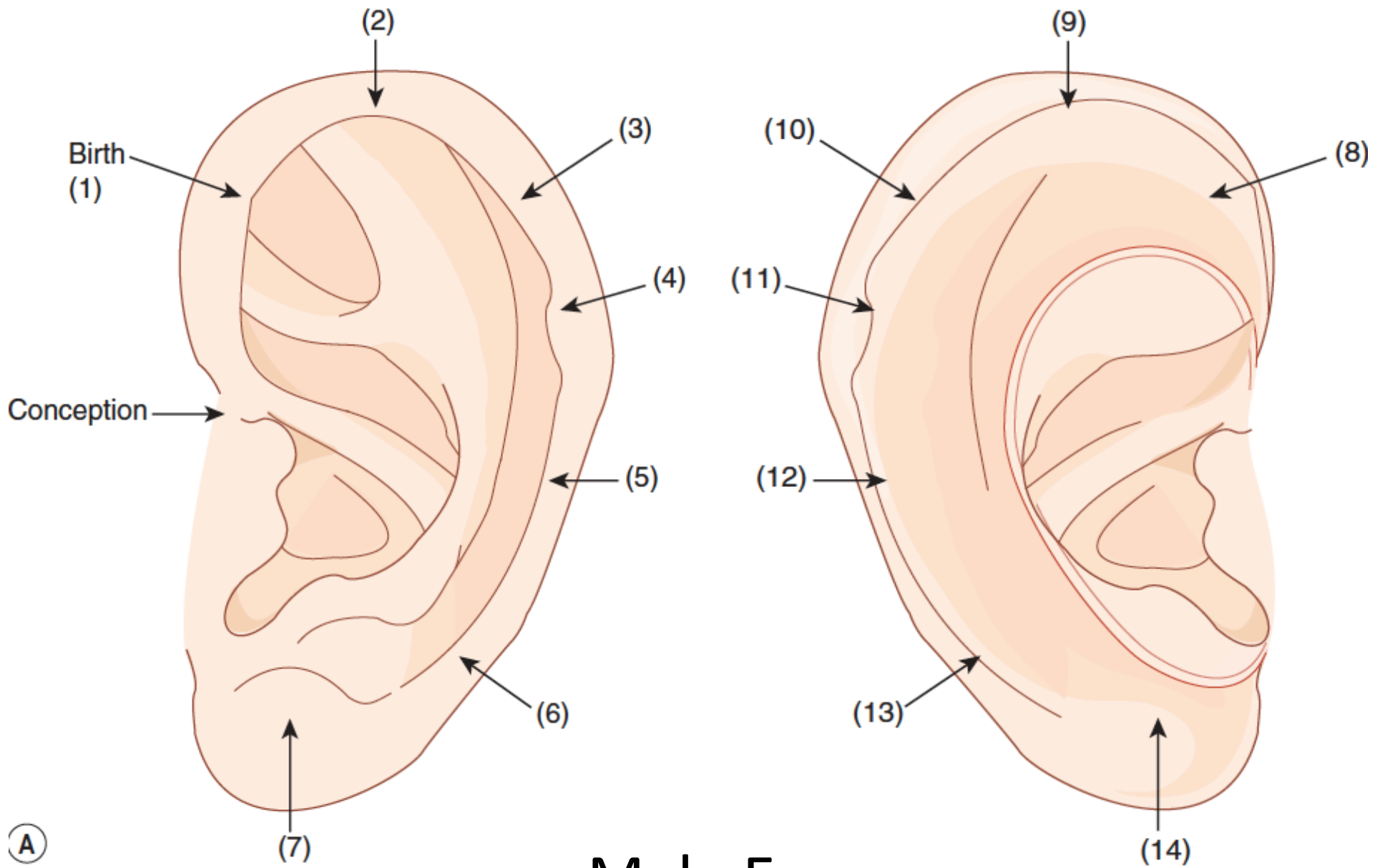
“A man finds room in the few square inches of his face... for the expression of all his history.....”

Ralph Waldo Emerson, *Behavior* “The Conduct of Life.”

- Like rings of a tree, the face records significant past traumas
- Whenever something traumatic or stressful occurs in a person’s life, the face marks in a certain place corresponding to an age or time period in a person’s life. The most difficult traumas are the earliest in life.
- PTSD will be much worse in someone who has a pattern of previous trauma that may be unrelated to the current event. For example: an abandonment issue caused by a parent’s divorce early in life can set up a stronger feeling of abandonment when the patient loses a friend in war.
- This Facial Map can also be used as an Acupuncture Point Map where the trauma can be treated directly at the age position where the trauma marks, starting with the earliest traumas. Then, all future manifestations of that trauma can be treated to lessen the severity of re-occurrences of PTSD symptoms.

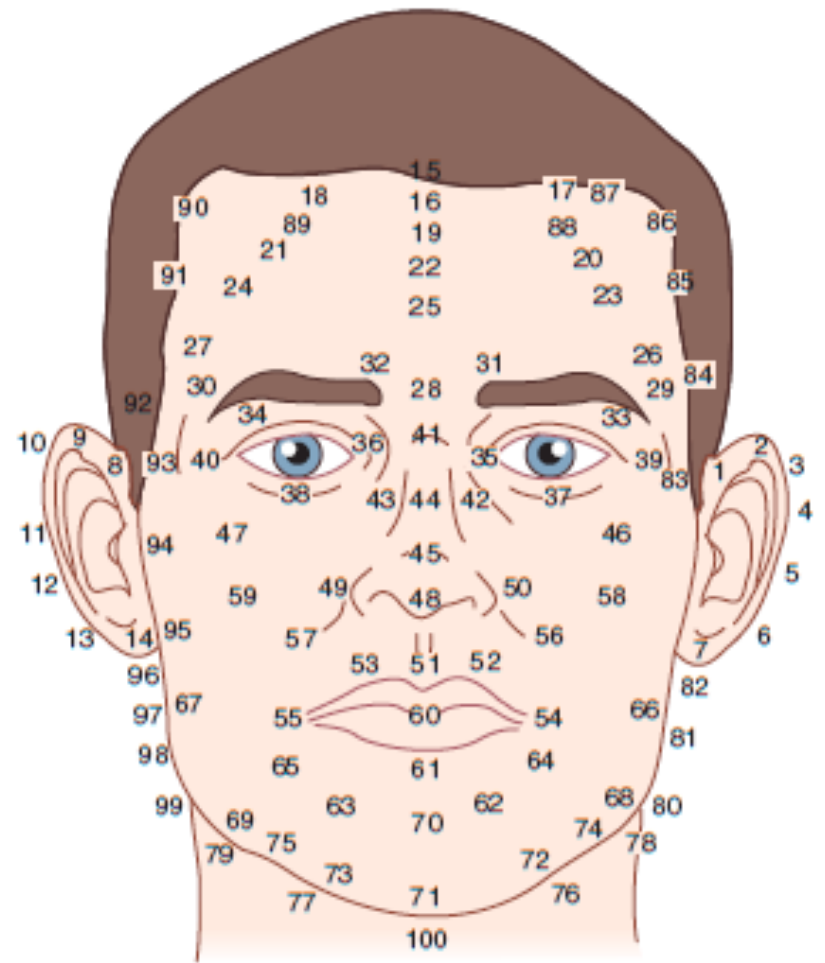
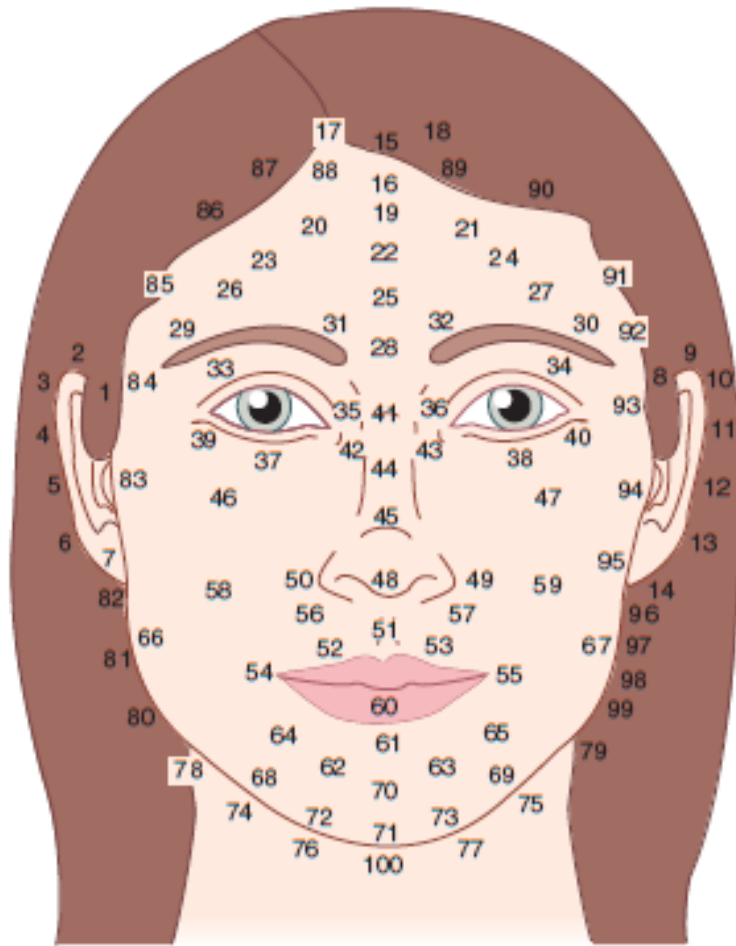


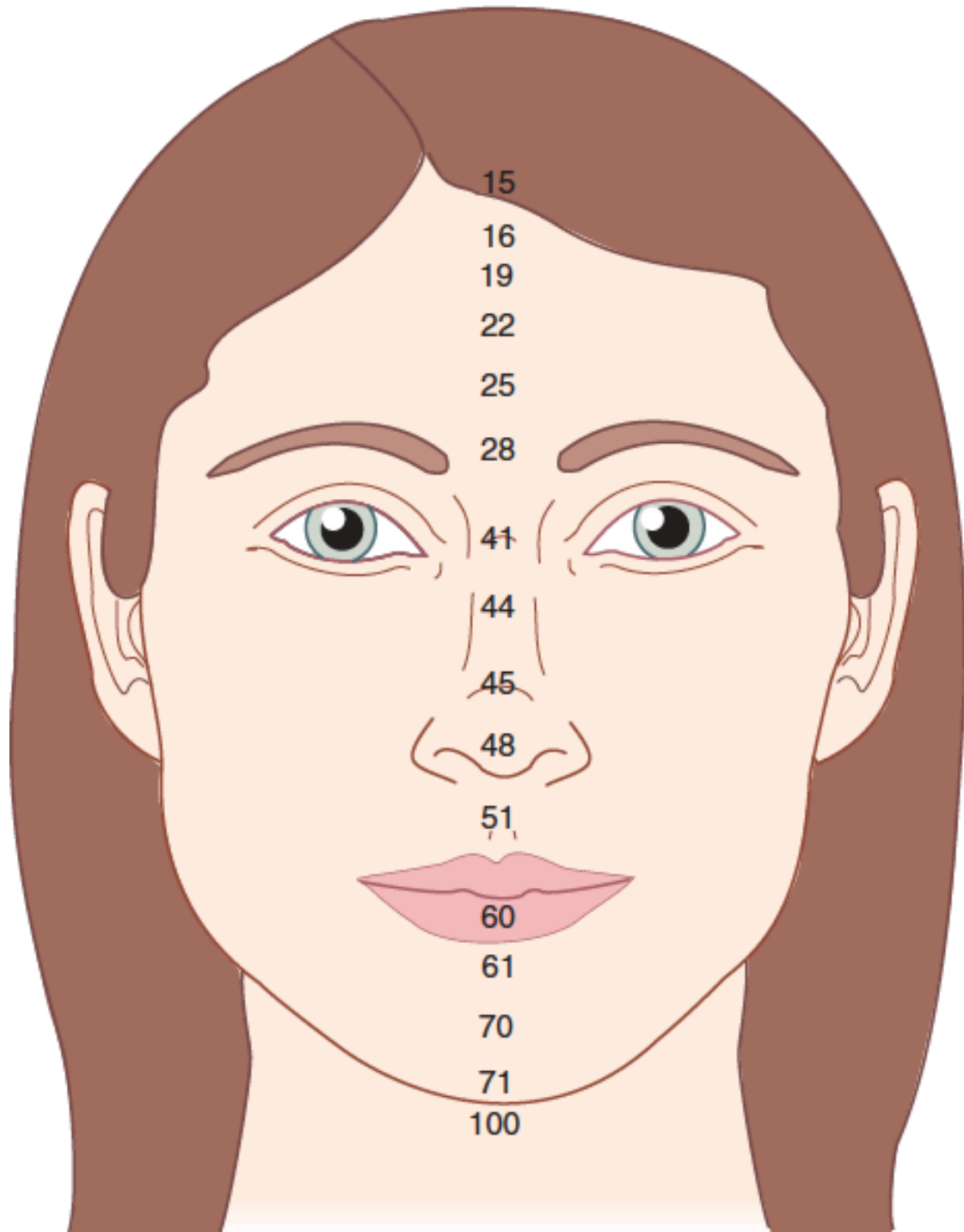
Female Ears



Male Ears

(A)





15

16

19

22

25

28

41

44

45

48

51

60

61

70

71

100

PTSD Facial Signs

- Dark/Hollow Temples: Desire to Escape, possible Addiction/Depression and possible Suicidal thoughts and feelings
- Hollow Band across the Lower Forehead: Feel Hopeless and Overwhelmed, Question if Life is Worth It
- Adrenals: Lower Eyelid Red or Three White Sided Eyes
- Self Criticism (may involve Survivor's Guilt) Slanted, Drooping Eyelid on outer side of eyes (left side if male, right side if female).
- Lost Love Lines, Pain Lines, Worry Lines, Sorrow Lines
- Fear: Marked Chin
- Hollow/Sunken Cheeks and Hollow Eyelids: Grief
- Sunken Eyes: Repressed Liver, Introversion
- Protruding Eyes: Overactive Liver, Extroversion and Reactivity
- Narrowed Eyes: Anger, Mistrust
- Narrowed Lips: Repressed Emotions
- Downturned Lips: Disappointment, Regret

Some Treatment Suggestions

Use Points to Irrigate the Sensory Organ most involved in Trauma

Use the Extraordinary Meridian tied to a trauma based on whether or not the Trauma is Yin Based or Yang Based. For Example: Yin Based Traumas can be treated with Ren Points and Yang Based Trauma can be treated with Du Points

Pericardium Points – the Heart Protector needs to be treated

Phlegm can be seen as the body's way of trying to move the heat of stuck emotions – treating the underlying Emotions can help move Phlegm, particularly Phlegm misting the heart

Treat PTSD that manifests as Mental Illness as a Rhythm Disorder

Treating PTSD with Face/Head Points

- Use the Facial Map as an Acupuncture Map and needle the originating Trauma at the earliest point (often on the ears) and then needle the age positions of subsequent traumas.
- Many points for treating PTSD are on the on the Head and Face.
- Some of the most important Face/Head Points are on the Central Corridor – the Du Channel: Du 20, 21, 22, 23, 24, 25, 26 and 27 along with Ren 24 and Yintang. These points pacify or eliminate wind, benefit the brain and calm the spirit. They are considered especially useful for Mental Illness – Manic/Depression. There is some literature suggesting that these points, especially those at the top of the head, keep the spirit in the body or return the spirit to the body. PTSD can be considered a “Spirit Sickness.”
- Many other Face and Head points also eliminate or expel wind, clear heat, alleviate pain, calm fright and calm the spirit. They should be used in association with points involving the sense organs and parts of the body most affected by trauma and the way the trauma/pain was perceived: through the Visual Sense, the Auditory Sense, Kinesthetically (through the body), through the Sense of Smell and the Sense of Taste. Temperature may also be involved.
- The Psycho-Emotional aspects of PTSD can be seen through Shen Diagnosis and Treatment including Ghost Points and Points on the Extraordinary Meridians. It is very important to connect the Brain and Heart for healthy Shen.

Shen Disturbances – Psychiatric Manifestations of PTSD

- Shen reveals Psychological Blockages and Psychiatric Problems
- Mental Illness – Schizophrenia, Bipolar Disorder – Depression and/or Mania, Obsessive Compulsive Disorder, Anxiety Disorder
- Possession – Hungry Ghosts
- Spiritual Crises – Internal Ghosts
- Shen Deficiency – Failure to Thrive in infants, Being Out of Your Body, Being Removed from your Feelings, Not Being Fully Present or Not Living Fully, Failure to Incarnate Fully at any time

Shen Monitoring and Shen Disturbances

When monitored, Shen reveals the functioning of the brain and the changes in emotions moment to moment. It is somewhat equivalent to using a Polygraph or Lie Detector to measure the Autonomic Nervous System

- Clear and Translucent Shen is considered healthiest – The Spirit is present “in the body”

- Warm Shen shows the Heart is Engaged

Dark Shen shows that the Emotions are in turmoil

- Dull Shen shows Depression and Repressed Emotions

- Lifeless Shen shows Grief and Desire to Escape

- Muddy Shen is associated with Strong Emotions

- Confused Shen shows Worry, Obsessive Thinking

- Pleading/Sad Shen is asking for Help and Understanding

Wild Shen shows an Overactive Brain, Reactive Emotions

PTSD Shen/Spirit Treatments

- Many Head Points are effective in bring Cosmic Qi from universe into body to calm the spirit and ground the Spirit into the Body.
- Many Face and Head points will access, move and/or release the top levels of old trauma. This is why Facial Acupuncture helps to release wrinkles, which are caused by repressed emotions.
- If you can, treat the earliest Childhood Traumas first before working with the Presenting Trauma.
- The Ghost Points are very good for treating PTSD symptoms – they are for resuscitation and bring the spirit back – PTSD can be seen as “Spirit Sickness” where the spirit does not want to stay in the body. They also release the top level of Wind, but the underlying trauma must be addressed as well.
- Fire Backdraft is an explanation for Emotional Trauma that causes an emotional breakdown. Self Criticism and Criticism of others can be seen as a type of Wind that contributes to the reverse Fire cycle.

Emotional/Spiritual Trauma Work

- Desensitizing Previous Trauma
- Reversing Trauma
- Viewing Trauma from a Higher Perspective
- Recognizing the Value of Previous Trauma
- Utilizing Trauma as part of a Golden Path