

## Spiritual Intuition: A Core Competency in the Lifelong Management of PTSD and Dissociation: Wisdom in the Making

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A phase oriented treatment approach to PTSD is presented which facilitates spiritual empowerment by teaching patients how to have nonlocal perceptions (benign dissociations) that stimulate the healing process. Patients are taught a structured protocol which promotes cognitive awareness of spiritual intuitions and their characteristic mental presentations. This in turn creates greater potential for personal growth, transformation and healing. The phases in this treatment approach will also include somatic experiencing techniques, hemispheric coherence theory, cognitive behavioral therapy and lifestyle coaching. Adding this spiritual component completes the patients healing toolbox for lifelong management.

The protocol taught is a scientifically validated means of accessing nonlocal perceptions. This involves mild dissociation in the patient (right brain perceptions) and the therapist (left brain analysis) working as a team to access intuitive information about therapeutic nonlocal perceptions such as a waterfall. The goal is to differentiate the two streams of consciousness. The patient learns to distinguish accurate and healing information obtained from the therapeutic dissociative state leading ultimately to greater integration. The training occurs in an emotionally safe place involving non-traumatic triggers and positive beliefs. Illustrative cases are presented.