

The Role of Network Spinal Analysis in Augmenting Psychotherapy

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This presentation considers a possible role for Network Spinal Analysis (NSA) as an augmenting adjunct for patients requiring psychotherapy. Based on reported benefits following NSA care in areas of health, wellness and quality of life, a rationale is provided which provides this approach in a manner consistent with aspects of psychoneuroimmunology and recent concepts of autonomic nervous system retraining (“polyvagal theory”) relative to mind-body awareness. Disorders of affect regulation in which a NSA/psychotherapy approach is considered to have a synergistic effect include: depression, stress, and lesser well-known conditions of alexithymia and alexisomia which refer to impairment in the ability to perceive, process and label bodily sensations. Four case studies are presented to illustrate the unique advantages of combining NSA with conventional psychotherapeutics: two cases of post-traumatic stress disorder (PTSD), child oppositional-defiant disorder, and an adult substance abuse resulting from early childhood sexual abuse.

Additional benefits of a collaborative relationship between psychotherapists and NSA practitioners are discussed in relationship to (1) the patient, (2) the psychotherapist, and (3) the NSA practitioner. Finally, practical, ethical, and legal concerns are discussed regarding collaboration between NSA practitioners and other professionals.

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