

AN EXAMINATION OF ASSESSING THE NEED FOR A  
COMPLEMENTARY ALTERNATIVE MEDICINE TREATMENT TOOL IN  
THE TREATMENT OF POST TRAUMATIC STRESS DISORDER AND MILD  
TRAUMATIC BRAIN INJURY

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## ABSTRACT

**Background:** Approximately 24% of service members returning from Iraq and Afghanistan have or will develop Post Traumatic Stress Disorder (PTSD). If untreated, PTSD can lead to life long and debilitating symptoms. On average, 22 service members and/or veterans commit suicide each day due to PTSD related symptoms. Complimentary Alternative Modalities (CAM) appear to reduce PTSD and mild Traumatic Brain Injury (mTBI) signs and symptoms.

**Purpose:** The purpose of this survey study was to determine whether or not a need exists for a CAM education resource on PTSD and mTBI and if Quick Reference Sheet was potentially helpful to practitioners and/or patients with PTSD and mTBI.

**Method:** Out of 34 people recruited, 28 completed the survey. Those recruited were from varied occupational and educational backgrounds. Most survey respondents were either in the healthcare field who treated people with PTSD and mTBI or had PTSD and mTBI themselves.

**Results:** The survey revealed 71.4% would find the Quick Reference Sheet helpful. Seventy five percent felt it would also benefit their patients. Forty Six percent of respondents stated they were unaware of CAM's effects on the individual neurotransmitters. Approximately 71% felt they would be more comfortable recommending CAM if they had the Quick Reference Sheet available to them.

**Conclusion:** The survey appears to demonstrate both patients and practitioners are interested in what CAM modalities work best for PTSD and mTBI. Lack of education on CAM and lack of CAM resources are the main reasons some practitioners hesitate to recommend CAM for treating PTSD and mTBI. However, over 70% of surveyed practitioners would recommend CAM if they had a resource to help guide them in using CAM effectively.