

Visual Thought Stopping for Pain Stress and Depression

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***Professor R. H. Brian Costello
PhD FCP (Lond) Dip FAB Med Psych FAAIM FACFE MACE***

AFTERIMAGE INSTRUCTIONS PROTOCOL

***New Technique for Pain Control, Depression & Stress Reduction:
Afterimage Visual Perception Thought Stopping***

“Not New Age Color Therapy”

Costello, B.R. (Australian Institute of Criminology, 9.9.99

Orlando Florida AAIM Annual Convention, 09. 26.02

***Continuing Medical Education Units Duke University Medical School
CEU & CMEU Participant Attendance Approval***

Canberra Press Club Senior Govt Public Servants, 07.22.03

Visual Afterimage Conditioning Instructions

1. Use a natural daylight background with “filtered sunlight” directly behind you but without artificial lighting to avoid shadows on the sheet. Use a standard light from behind if it is too overcast.
2. Always use spectacles if prescribed. Avoid excessive reflection or shadows cast onto the fluorescent yellow-green circle. A highlighter pen is used to color in the solid 20cm circle.
3. Focus on the circle at a comfortable distance holding the sheet gently but at 90 degrees to your eyes, approximately 30cm from the page.
4. Within (5-10 seconds), a violet-indigo corona (margin) appears floating around the circle.
5. Continue to focus directly on the centre of the solid yellow circle for (30 seconds in total).
6. Close your eyes, turn away from the brightness or gently shade your eyes and relax while seeing the violet-indigo afterimage, appearing for 10-20 seconds or longer. This time increases.
7. Record daily in your log how long the afterimage is retained before it disappears.

****Please enter the date and afterimage retention time in your daily work log. If the afterimage appears spontaneously (or in a relaxed state possibly even at will) during your four weeks retinal conditioning, explain what you experienced or any special dreams that occurred around that time.***

First Week:

*Use the afterimage method for **30 SECONDS**, repeated **(3) times** each day: (a) In the morning after breakfast, (b) Following lunch and (c) in the afternoon preferably between 3.00-5.00PM.*

Second Week:

*Increase your focus time from 30 seconds to **ONE MINUTE**, repeated **(3) times** each day.*

Third & Fourth Week:

*Continue as above for **ONE MINUTE** (repeated twice (3) times daily) **AND** when settling to go to sleep at night focus on your fluorescent circle for **TWO MINUTES**. Use a light or bed-lamp behind you before relaxing into slumber for ‘strengthened conditioning’ as sleep induction reinforcement. When awakening in the morning, try to keep you eyes closed and gently drift into consciousness and then open your eyes. Stretch you muscles while lying on your back and awaken slowly. Enter any significant dreams in your daily work log.*

RESEARCH GROUP ONLY *Record daily results on the Visual Analogue sheets provided; just before going to sleep at night. Mark these letters neatly on the same line (Middle for average, left for decrease and right for increase) (S) Quality of sleep the night before. (P) Intensity of pain. (St) Stress experienced that day.*