

# ***Visual Thought Stopping for Pain Stress and Depression***

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

***Former PhD Student Robert Walsh Presentation Approved by Duke University  
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Discovered in 1998, the afterimage technique evolved following Dr Costello's diagnosis of an inoperable massive oesophageal adenocarcinoma. He was told the chance of recovery from this biopsy-proven undifferentiated tumour was 2.5% and he had 12-18 month's life expectancy "at the outer limits" or at best, if an aoesophagectomy was possible, 3-5 years only. This technique succeeded in excruciating pain control and stress reduction on discarding prescribed 24hr slow release morphine in the first week of treatment.

The afterimage is achieved by focusing on a specific fluorescent stimulus. Patients then close their eyes to see a beautiful violet afterimage. This trance-induced state is at the shortest visual wavelength of 400 nanometers. Afterimage duration time increased with daily entrainment through physiological conditioning.

Positive results were achieved in clinical practice with 70 traumatised patients and victims of crime suffering acute/chronic pain and adrenergic stress. The presenter explains his additional measurements in research at Swinburne Graduate School of Integrative Medicine, Australia. This replicates the original study (Costello, 1999) with pre-post salivary cortisol analysis used frequently by Drs Sali & Vitetta at Swinburne; blood pressure; Coronary Age Assessment (Cassel, 1985, 1987; Costello, 1987); and Wahler Physical Symptoms Inventory (Wahler, 1983). Noteworthy research confirms brainwave activity "follows" repetitive light and sound frequencies (Cox, Shealy, Cady & Liss, 1996). The 400nm-afterimage frequency induces low brainwaves between 3-12Hz. At this low level an altered state of consciousness trance is attained. The optic nerve relays messages from the retina to two thirds of the brain.

In the original study, pre-post computerised biofeedback showed greatly reduced EMG, EDA and pulse rate with increased peripheral body temperature. Also the Type A Lifestyle Analysis Profile (Gilley 1976; Gilley & Uhlig, 1985; Cassel, 1985,1990; Cassel & Costello, 1990, 1991) revealed psychological personality changes. Remarkable pre-post reductions were scored for depression, anxiety, loneliness, negative attitude and overall stress load. Improved scores were evident for self-esteem, satisfaction, involvement, assertiveness and ego-strength. Daily visual analogues and diaries recorded reduced pain and adrenergic stress, increased duration and quality of sleep.