



CORE CLINICAL APPROACH

1. **Stimulate until the client responds.**

Note that each session should be approached from scratch, and a stimulus which worked last time might not be the right level this time. The clinician's job is to match the stimulus level with the reactivity of the nervous system.

- a. **If the client is overstimulated, reduce the stimulus strength by at least 50%.** Overstimulation-related symptoms will crop up within 24 hours, present steadily (not intermittent), and diminish each day they persist.

2. **Track progress during and after treatment.**

The strength and duration of positive changes after each treatment session are the basic markers of progress. The goal is stronger, more long-lasting changes.

- a. **If the effects in a session are not as long-lasting as previously, decrease the stimulation strength.** It is better to give too low than too high a stimulation — if a stimulation is too weak and there is no response, offer to allow the client to return for a slightly stronger treatment, free of charge.
- b. **If the positive effect is weaker in a session than previously, increase the stimulation strength.** Questions such as “Are you feeling the effect as strongly as last time?” or your previous notes can guide these decisions.

3. **Once a plateau has been reached, increase intervals between sessions**

gradually. Taking a periodic break from weekly treatments to monitor duration of effect can be helpful. When effects last 6+ weeks, treatment proper is over and we switch over to maintenance sessions, which may be required every 3, 6, or more months.