

The Use of Holographic Memory Resolution® to Improve the Physical and Biopsychosocial Symptoms of Chronic Pain: A Feasibility, Mixed Methods Study

This study is the first clinical research to report outcomes of the use of Holographic Memory Resolution® (HMR®) as a feasible health intervention for chronic pain and its associated symptoms. The results include statistically significant reductions in anxiety, depression, somatic symptom burden, and post traumatic stress. These are notable outcomes in a population that has often sought multiple providers and treatments to manage their symptoms.

Prior to study implementation, approximately half of the 60 participants reported at least moderate levels of depression (55%), anxiety (48%), and PTSD symptoms (50%); 93% of participants reported somatic symptom burden. Nearly 100% of participants had at least one Adverse Childhood Event (ACE), and 31 participants (over 50%) experienced 4 or more ACEs, which places them at high risk for developing toxic stress responses and associated chronic illness.

Clinical Trial Results After 3-4 HMR® Sessions:

Individual somatic symptoms improved among 67%– 95% of participants experiencing a given symptom at baseline:

67% improved dizziness,
70% improved head-related pain,
79% improved stomach or bowel problems,
81% improved chest-related pain or shortness of breath,
89% improved back-related pain,
92% improved trouble sleeping,
94% improved feeling tired and/or having low energy, and
95% improved arm-, leg-, and/or joint-related pain.

Post-study measurements indicated that average levels of depression, anxiety, symptom burden, and PTSD symptoms decreased, and vitality improved:

37% decrease in depression,
44% decrease in chronic pain or somatic symptom burden,
46% decrease in post traumatic stress,
48% decrease in anxiety,
14% increase in vitality.

Four measures were statistically significant: depression ($p = 0.05$), anxiety ($p = 0.03$), PTSD symptoms ($p = 0.01$), and somatic symptom burden ($p < 0.01$).

HMR® may be a feasible intervention to address chronic pain and accompanying biopsychosocial symptoms. Unlike other mind-based therapies, HMR® participants use their own internal language for identification and resolution of the pain. The trauma imprinting can then be gently addressed, and the memory-based components of pain resolved or reduced, which empowers participants to improve their well-being.

Study Citation: Gaddy MD, Baum B, Kiesow B, Coombs NC, Beamon ER, Mallowney Y, Williams GC, Brant JM. The Use of Holographic Memory Resolution® to Improve the Physical and Biopsychosocial Symptoms of Chronic Pain: A Feasibility, Mixed Methods Study. *Psychiatr Res Clin Pract.* 2023 Sep 19;6(1):4-11. doi: 10.1176/appi.prcp.20230028. PMID: 38510483; PMCID: PMC10948938.

Study Link:



New Complimentary Article

**The Color Key:
The Impact of Color
Intervention for Reducing
Pain, Stress, and Trauma**

