

# PTSD

POSTTRAUMATIC STRESS DISORDER

## Auriculotherapy Points for the treatment of PTSD

This protocol can be used on patients who suffer from the following medical conditions, depression, PTSD, ADHD and anxiety too.

You can use either Gold or stainless steel ASP needles (that stay in the ear for 2 to 5 days) or Pyonex needles. The Pyonex needles can stay in the ear for the same amount of time before they need to be replaced.

The following 4 points are needled bilaterally. You can also use electrostimulation on the points in lieu of needles if the patients doesn't want needles.

# Points & Locations

**Tranquility zone also known as the Valium point**

(Located on the lower tragus)

**Basal ganglia also known as Shenmen**

(Located on the triangular fossa)

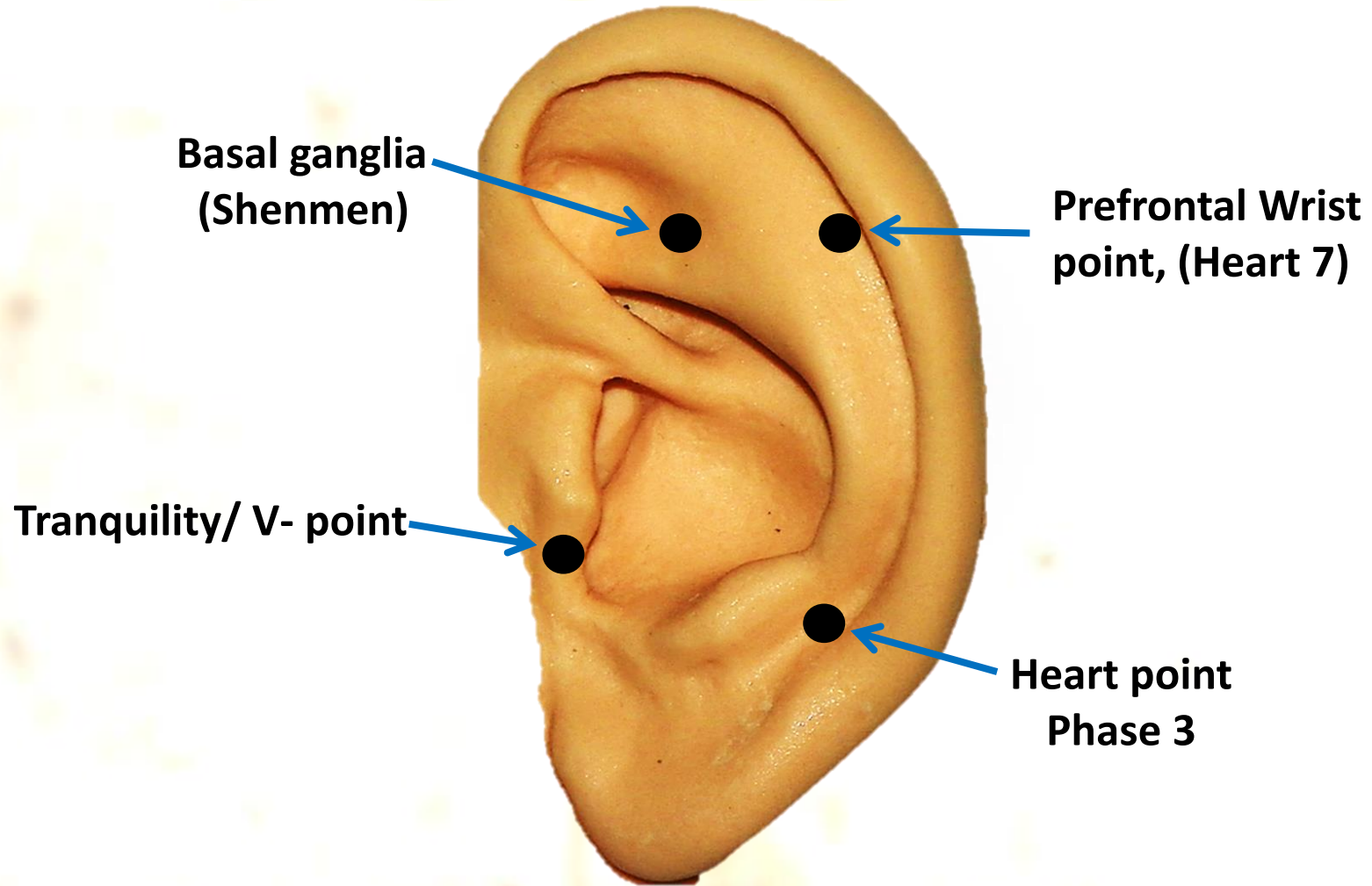
**Prefrontal also known as the wrist point**

(Located of the fossa anterior to Darwin's tubercle)

**Heart point in Nogier Phase 3 (chronic)**

(Located on the superior aspect of the ear lobe  
also known as the anti-depression point)

# Points & Their Locations



# If Treating with Frequencies in lieu of needles Treat Each Point Between 15 to 30 Seconds with the Following Frequencies

