



Visit #1

1) Mechanistic

• Laryngeal sensation/behaviors:

“How often do you have these symptoms?”

- Mucus: ___ Never ___ Sometimes ___ Often
- Globus: ___ Never ___ Sometimes ___ Often
- Burning: ___ Never ___ Sometimes ___ Often
- Tension: ___ Never ___ Sometimes ___ Often
- Dry: ___ Never ___ Sometimes ___ Often
- Itchy: ___ Never ___ Sometimes ___ Often
- Pain: ___ Never ___ Sometimes ___ Often
- Coughing: ___ Never ___ Sometimes (___ x/day) ___ Often (___ x/day)
- Throat clearing: ___ Never ___ Sometimes (___ x/day) ___ Often (___ x/day)
- Voice distortion: ___ Never ___ Sometimes ___ Often
- Breathing difficulty: ___ Never ___ Sometimes ___ Often
- Trouble swallowing: ___ Never ___ Sometimes ___ Often

Suppression/desensitization techniques provided: ___ Drinking water ___ Rapid positive pressure breathing ___ Slow resetting breaths ___ Humming ___ Distraction ___ Yawning ___ Other: _____

• Voice Production: ___ Normal ___ Pressed ___ Rough ___ Strained ___ Strangled ___ Raspy
___ Glottal fry ___ Breathy ___ Hypophonic ___ Other: _____

GRBAS Rating: _____ (0=Normal, 1=Mild, 2=Moderate, 3=Severe)

Techniques Taught: ___ Relaxation ___ Breath coordination ___ Flow ___ Resonance ___ Effort
___ Daily conditioning regimen ___ Other: _____

• Breathing: ___ Normal ___ Breath holding ___ Shallow breathing ___ ILO/PVFM ___ Laryngospasm

Techniques taught: ___ Slow pace ___ Diaphragmatic ___ Relaxed throat ___ Relaxed shoulders
___ Relaxed chest ___ Positive pressure ___ Yawning ___ ILO/laryngospasm prophylaxis
___ PVFM/laryngospasm reversal ___ Other: _____

• Swallowing: ___ Normal ___ Abnormal: _____

Techniques taught: ___ Eliminate piece-meal ___ Coordinate breathing and swallowing ___ Alternating liquids and solids ___ Relaxation and reset ___ Bolus hold ___ Eliminate aerophagia ___ Suppress supragastric belching ___ Suppress rumination ___ Other: _____

• Diet/Lifestyle: Breakfast: _____

Lunch: _____ Dinner: _____

Snacks: _____ Hydration: _____

Time of last PO (including any liquid): _____ Bedtime: _____

On reflux medication or alginate? ___ No ___ Yes: _____

Adjustments advised: ___ NPO 3 hours before bed ___ Avoid spicy/acidic ___ Healthier choices
___ Reduce caffeine ___ Reduce alcohol ___ Medication/alginate compliance ___ Other: _____

2) **Heart Rate Variability Biofeedback**

"Heart rate variability biofeedback is designed to help restore normal sensation in your digestive system and throat. Both areas are connected to the vagus nerve, a cranial nerve that plays an important role in calming the body. One way to measure how well this nerve is functioning is by looking at heart rate variability, which reflects the natural variation between heartbeats. Stress and heightened sensitivity lower this variability. You can support vagal function by slowing your breathing in a calm, steady way. For the full benefit, slow breathing should be paired with a clear and relaxed mental state, since ongoing worry or distraction can interfere with the body's calming response."

- Measured resonance frequency _____ Breaths per minute
- Ability to achieve resonance frequency ___Easy ___Challenging ___Neutral
- Elite HRV set up at appropriate breaths per minute ___Completed

3) **Cognitive Alignment**

Target: Cognitive flexibility

Rationale: Improve adaptability, alter perspectives, suppress automatic maladaptive responses

Literature:

1. Simons M, Marchese SH, Bedell A, Guadagnoli L, Zavala S, Carlson DA, McGarva J, Pandolfino J, Taft T. **The Acceptance, Commitment and COgnitive RemeDiation (ACCORD) Study: Can a Brief Online Cognitive Intervention Improve Outcomes in Patients With Esophageal Disease?** Neurogastroenterol Motil. 2025 Nov;37(11):e70150. doi: 10.1111/nmo.70150. Epub 2025 Aug 31. PMID: 40887804; PMCID: PMC12534575.
2. Jacobsen HB, Klungsøyr O, Landrø NI, Stiles TC, Roche BT. **MINDflex Training for Cognitive Flexibility in Chronic Pain: A Randomized, Controlled Cross-Over Trial.** Front Psychol. 2020 Dec 21;11:604832. doi: 10.3389/fpsyg.2020.604832. PMID: 33408670; PMCID: PMC7779603.
3. Huang WL, Liao SC, Gau SS. **Association between Stroop tasks and heart rate variability features in patients with somatic symptom disorder.** J Psychiatr Res. 2021 Apr;136:246-255. doi: 10.1016/j.jpsychires.2021.02.002. Epub 2021 Feb 14. PMID: 33621910.

Therapy:

"The feelings in your throat can be very real and distracting. Many people find that as they develop more flexible ways of thinking, such as noticing a sensation, stepping back from it, and choosing a helpful response, the sensation becomes less upsetting and less central to their attention. Learning to shift how you relate to symptoms rather than fighting them or constantly monitoring them has been shown to improve day-to-day quality of life and coping, and it can also reduce the anxiety or low mood that often builds up around ongoing symptoms. The exercises below help you recognize your usual thought and attention patterns when throat sensations appear and practice new responses, including refocusing attention and returning to what matters to you. With practice, many people notice they spend less time checking their throat, feel calmer when symptoms arise, and experience the sensation as less bothersome."



"Name the picture and the overlaid word."



elephant



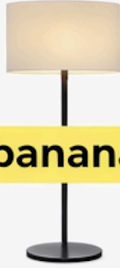
snow



pizza



hammer



banana



train



photograph



light



grape



baseball



ice cream



potato



vegetable



guitar



blanket



coffee



“Name the shape and the word.”

circle -o- -o- circle	circle circle circle	triangle triangle triangle	square square square
square square square	triangle triangle triangle	circle circle circle	
triangle triangle triangle	square square square	triangle triangle triangle	
triangle triangle triangle	square square square	circle circle circle	triangle triangle triangle



“Say the word in the box and the number of words in the box.”

THREE THREE	ONE ONE ONE ONE	FOUR	TWO TWO TWO	FOUR FOUR	TWO	THREE THREE THREE THREE
TWO TWO TWO	THREE	FOUR FOUR	ONE ONE ONE	THREE THREE	TWO TWO TWO TWO	FOUR
ONE ONE	TWO	THREE THREE THREE THREE	ONE ONE	FOUR FOUR FOUR	TWO TWO TWO	ONE ONE ONE

“Talking through complex or unclear pictures helps train the brain to handle uncertainty without immediately assuming something is wrong. This builds flexibility in how information is interpreted and reduces the habit of jumping to worst-case explanations. Over time, that same skill carries over to body sensations, so they are less likely to be labeled as threatening. When the brain interprets sensations as less dangerous, it turns down signal amplification and supports calmer, more regulated communication between the brain and body.”



LRT™

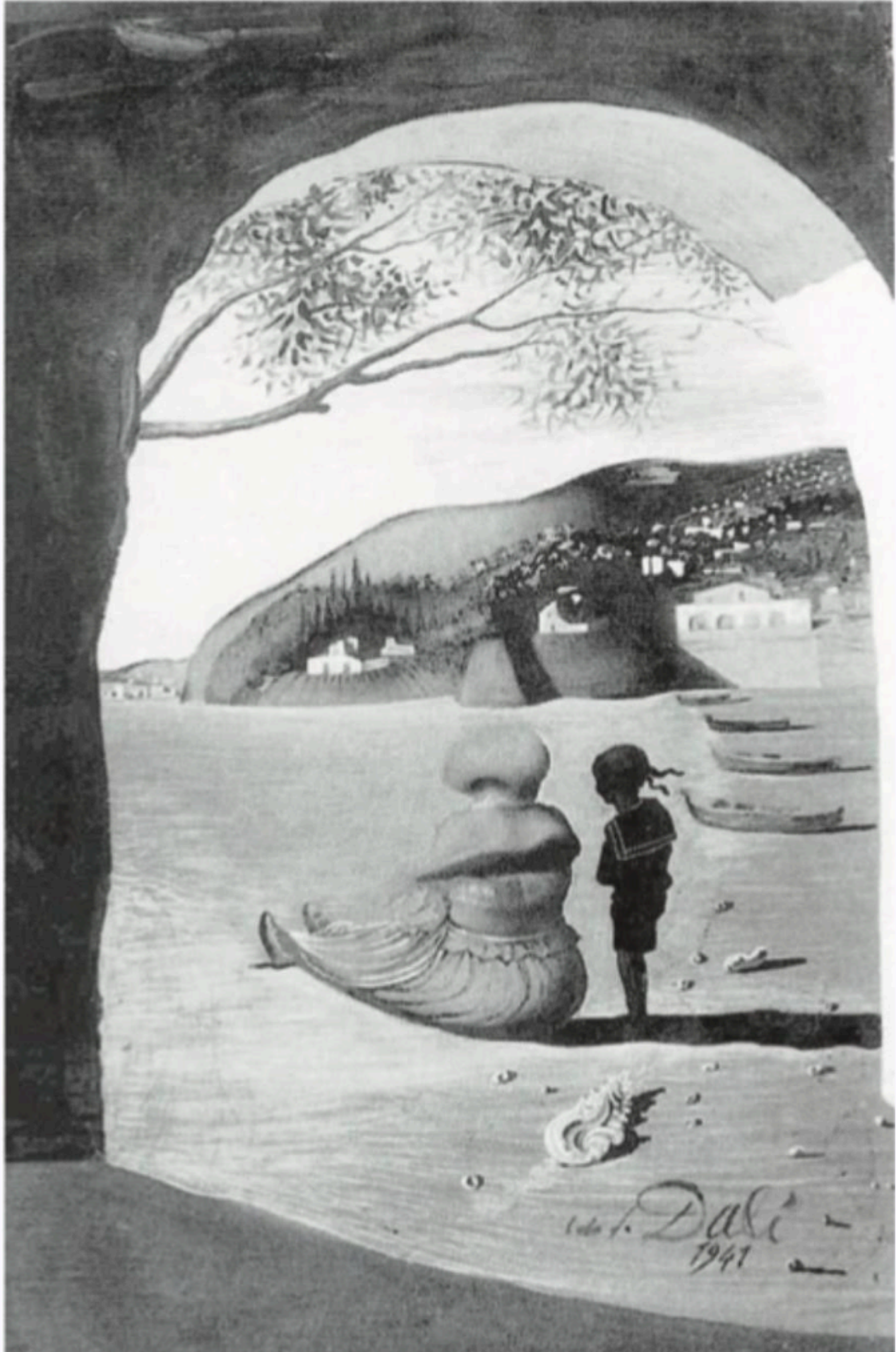
Laryngeal Recalibration Therapy

“Tell me what you see in these pictures. There are no wrong answers.”





LRTTM
Laryngeal Recalibration Therapy





LRTTM
Laryngeal Recalibration Therapy



“What did you notice about your thinking style? Do you tend to focus more on specific details or the overall big picture? How might that tendency influence how you perceive sensations in your throat?”

“Describe how medical complexity might shape what you notice or focus on in your throat. How could you approach those sensations in a more balanced way to reduce distress?”