



Visit #3

1) Mechanistic

- “Are there any lingering issues I can address that affect the way your throat feels when you breathe, talk or swallow?” ___ No ___ Yes: _____
- “Do you have the skills needed to suppress and desensitize your throat?” ___ Yes ___ No: _____
- “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
 - Throat clearing: ___ 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
- “Overall what percentage have your throat symptoms improved compared to pre-treatment?” _____ %
- “Are there additional questions I can answer to help you meet your goals?”
___ No ___ Yes: _____
- Suppression and 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 ___ PVFM/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: Long-term changes implemented: _____



2) Heart Rate Variability Biofeedback

- “How would you describe your experience with heart rate variability biofeedback?” ___ Positive ___ Neutral ___ Negative: _____
- “Do you think it made a difference in your symptoms?” ___ Yes ___ No ___ Some: _____
- “What did you like/dislike about it?” ___ Easy ___ Accessible ___ Relaxing ___ Hard ___ Technical difficulty ___ Stressful ___ Promoted hypervigilance ___ Other: _____
- “Do you see value in using this once you have completed treatment for your throat?” ___ Yes ___ No ___ Maybe: _____
- “Were there other areas you noticed improvement besides your throat?” ___ Yes ___ No: _____
- “How did you make a habit out of doing it every day?” ___ Alarm ___ Changed organization of day ___ Piggy back on other habits ___ Used when feeling stressed ___ Performed during breaks ___ Associated with meals ___ Other: _____
- “Can you create a calm, steady state in your body—like the one linked to higher heart rate variability—without looking at the monitor to guide your breathing?” ___ Yes ___ No ___ Somewhat: _____
- “Has your ability to recover from medical symptoms or stress improved?” ___ Yes ___ No ___ Somewhat: _____
- Data review from HRV Elite:
 - Compliance with home program ___ Yes ___ No ___ Partly
 - Days elapsed since last appointment _____
 - # of times HRV training completed since last visit _____
 - Highest HRV _____
 - Lowest HRV _____
 - Average HRV _____
- HRVB with Physiocomp GP-8e ___ Completed
- Able to achieve resonant frequency? ___ Yes ___ No ___ Partly

3) Cognitive Alignment

Target: Acceptance and Commitment Therapy

Rationale: Reframe cognitive distortions, accepting what cannot be controlled

Literature:

1. Pedersen HF, Agger JL, Frostholm L, Jensen JS, Ørnbøl E, Fink P, Schröder A. **Acceptance and Commitment group Therapy for patients with multiple functional somatic syndromes: a three-armed trial comparing ACT in a brief and extended version with enhanced care.** Psychol Med. 2019 Apr;49(6):1005-1014. doi: 10.1017/S0033291718001666. Epub 2018 Jun 26. Erratum in: Psychol Med. 2018 Dec;48(16):2804. doi: 10.1017/S0033291718002799. PMID: 29941062.
2. Arslan G, Aydoğdu U, Uzun K. **Longitudinal Impact of the ACT-Based Positive Psychology Intervention to Improve Happiness, Mental Health, and Well-Being.** Psychiatr Q. 2025 Dec;96(4):847-868. doi: 10.1007/s11126-025-10145-7. Epub 2025 Apr 22. PMID: 40263215; PMCID: PMC12647234.



Therapy:

“How do you compare the intensity of the sensations of your throat prior to doing this treatment?”

“When treatment focuses on your values—what matters most to you in life—it can change how symptoms affect you, even if the symptoms don’t disappear right away. Values-based approaches help shift attention away from constant monitoring of bodily sensations and away from trying to control every symptom. Instead, they encourage you to move toward meaningful activities and goals, which naturally takes up mental space that symptoms used to occupy. Over time, this helps your body and nervous system become tolerant of physical sensations, so they feel less alarming. People who build this kind of flexibility often notice that symptoms are less intense, interfere less with daily life, and lead to fewer medical visits—while overall functioning and well-being improve, even without complete symptom relief.”

“The final part of this process focuses on goals and values. Values are the principles that guide your life and give it meaning, such as learning, connection, or personal growth. You do not finish or achieve a value the way you complete a goal. Instead, values guide your choices over time. Goals are different. Goals are specific and concrete. They are steps you can work toward and accomplish. Often, goals reflect your values. For example, if you value learning, earning a college degree could be a goal that shows you are living in line with that value.”

“As you work toward goals that reflect your values, obstacles are likely to arise. When this happens, the focus shifts to problem-solving instead of giving up or blaming yourself. Problem-solving begins by clearly defining the problem. Next, you generate several possible solutions. Each option can be considered by looking at its pros and cons and asking how well it supports the value behind your goal. After choosing the approach that best fits your values, it can be helpful to break it into smaller, manageable steps so you can move forward with a clear plan.”

“Imagine that one of your core values is professional growth and building financial stability. Because of that value, you set a goal to apply for a new job. After submitting several applications, you receive rejections. One option might be to stop applying, which protects you from more disappointment but moves you away from growth. Another option is to continue sending out the same resume without changes, which feels easier but may not improve your results. A third option could be to place blame on a “tight” job market and complain that you are a victim of “today’s market.” A fourth option could be to ask for feedback, revise your resume, and practice interview skills with a friend. If your value is growth and stability, this fourth option may better support what matters most to you. The next steps might include scheduling time to update your resume, reaching out to a mentor for advice, practicing common interview questions, and setting a weekly goal for submitting applications.”

“Let’s identify one of your core values and choose a clear, meaningful goal that helps you take concrete steps in alignment with what is most important in your life.”



LRT™

Laryngeal Recalibration Therapy

“Now tell me a barrier you are likely to face and how you will problem-solve solutions.”

“I have one final exercise to help you practice responding to challenges in a more flexible way, guided by what matters most to you. This can be especially helpful for ongoing throat symptoms such as throat clearing, coughing, irritation, voice changes, breathing difficulty, or discomfort when swallowing.”

“Imagine you are walking several blocks to an important destination when it suddenly starts to rain. You were not expecting it and do not have an umbrella or jacket. Within minutes, the rain becomes a heavy downpour. You are soaked, cold, and uncomfortable, and you still need to keep walking.”

“Pause for a moment and picture this clearly. What do you notice in your body? Do your shoulders tense? Does your posture change? What emotions come up?”

“Now imagine the same situation, but with a different response. You notice that you are getting wet and recognize that you cannot control the rain. Instead of fighting it, you tell yourself, “I don’t like this, but I can still move forward.” You allow the rain to fall while continuing toward your destination.”

“Again, notice your body, posture, and emotions. What feels different this time?”

“In both situations, you still get wet. That part does not change. What changes is your response. This exercise is a metaphor for problems that do not have an easy or immediate solution. Some discomfort may be unavoidable, but struggling against it can add tension and distress. When you shift your response and keep moving toward what matters to you, you reduce that extra layer of suffering. This same approach can help you cope with ongoing throat symptoms while continuing to live your life.”