

## Highlights of NSA Care with Domestic Violence Program Participants

Dr. Jennifer Hartley

Clinical observations and patient self-reported assessment of 11 patients under Network Spinal Analysis (NSA) Care from the Men's Program (for men who have shown violence toward women) at the Marin Abused Women's Services ([mawsmen@aol.com](mailto:mawsmen@aol.com), Mark Owens, Program Coordinator):

- ∞ Less anxiety
- ∞ Less Anger
- ∞ More control at "the moment of fatal peril"
- ∞ Less depression (many of the patients have been diagnosed as bipolar)
- ∞ Less desire for stimulation from alcohol and drugs

Some examples of cases:

1. A male with a consistent history of violent episodes has noticed more calm and peace. This man's therapist has noted "breakthrough" progress since starting NSA care.
2. A male upon MRI testing to have decreased blood flow to the frontal lobes of the brain consistent with possible psychotic behavior. He was court ordered to receive anti-psychotic medication. After 4 weeks of NSA Care, another MRI test indicated significant improvement and the need for the medications were withdrawn by the court.
3. A male with a history of violence, drugs, and stalking was observed to make significant changes in his life and noticed marked improvement in his quality of life. Prior to NSA Care, he resided in an apartment above a tavern. The bartender of the tavern was his girlfriend who he stalked and exhibited violent behavior towards. After several months of NSA Care, he was able to stop his drug use, move into a house in a different city, and was able to provide a stable environment for his children, who had not lived with him for several years.

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