

VIVO Oral Focus

Restoring Peace in Distraught Minds

OVERVIEW

Our mission is to develop and confirm the feasibility and efficacy of **VIVO Oral Focus** (VOF) as a new paradigm for treatment of substance use disorders (SUDs). VOF combines cognitive behavioral mindfulness techniques with somatic awareness techniques and cue retrieval techniques in a novel protocol. VOF is designed to be an adjunct treatment to increase the effectiveness of most existing non-medication recovery methodologies, as well as a stand alone stress reduction aid. VOF is a self-administered multi-media intervention designed to give recovering substance abusers, in nine minutes, an immediate experience of self soothing, increased internalized locus of control, and self mastery. A 28 day protocol was designed for longer term reinforcement and retrieval of resourceful states through re-application of a scented oral anchor (Oral Focus).

CURRENTLY SEEKING RESEARCH CONSULTANT

We are currently looking for a research consultant with addiction treatment research experience to partner with us in preparing an SBIR grant re-submission. We applied for a Phase I SBIR grant application in December 2003. Although the NIH reviewers feedback in both the National Institute for Drug Addiction and The National Institute for Alcohol Addiction indicated we indeed might have a new paradigm for addiction treatment or at least a novel integration of existing SUD methodologies; they wanted changes to our research design. They suggested we find a consultant with addiction treatment experience. We have thorough notes about what is needed for a successful re-submission.

HISTORY

VIVO Oral Focus is the brainchild of **Penelope Young Andrade LCSW**, Licensed Psychotherapist and **Arturo Andrade, BA, MPA**, retired Federal Probation Officer. Penelope has been a psychotherapist for 35 years, helping people heal anxiety, depression, addictions, and dysfunctional life patterns by using body-mind resources. She synthesized her experience into a brief nine-minute body-mind process called VIVO, enabling people to quickly and easily shift from distress to empowered states of being. Penelope healed her own menopause induced anxiety disorder with the VIVO process.

During his 21 years as a Federal PO, Arturo witnessed the ravages of drug addiction and posttraumatic stress on probationers. A side interest in the body-mind connection and natural medicine, led him to develop an ingenious oral anchor for learning, Oral Focus. He personally used Oral Focus to help himself stop smoking. Arturo's teenage experience as a gang member and his personal transformation has led to an understanding of what it takes to change one's life.

ANECDOTAL RESEARCH RESULTS

Since 2001 we have been using the VIVO protocol in a small clinical practice (15–20 clients per week with diagnoses of approximately 60% anxiety disorder, PTSD diagnosis, 20% depressive disorders, and 20 % SUD), VIVO has been immediately beneficial in all except one case. During individual sessions, clients were able to shift mood, self efficacy and self confidence dramatically. They reported continuing gains in maintaining these shifts between sessions when they worked with the VIVO 28 day protocol.

ONE YEAR PILOT PROJECT RESULTS

The VIVO Oral Focus (VOF) kit was tested in a pilot research project at the Sanoviv Medical Institute in Baja, California, Mexico in 2008 to determine if VOF was useful in decreasing pain, reducing anxiety and increasing happiness and optimism. In an experimental group 10 subjects used the VOF kit for five days.

10 control group subjects spent a similar amount of time listening to classical music. Both groups were tested at the beginning and end of the five days on four instruments: 1) Short Form McGill Pain Questionnaire 2) Hamilton Anxiety Scale 3) Oxford Happiness Inventory 4) Seligman Optimism Test. T-tests were used to compare mean values before and after 5 days of utilization of VIVO Oral Focus sessions for each of the four instruments. Results indicated that the group using VOF were happier, less anxious and in less pain than before the utilization of VOF. The control group did *not* report any significant change in pain after listening to music for the same duration but they still felt happier and less anxious. However, the level of significance obtained for happiness and anxiety with group using VOF was higher than for group listening to music.

The research investigators for this pilot study were:

Gaetan Chevalier, Ph.D.

Visiting Scientist
Developmental & Cell Biology Department,
UC Irvine, Irvine, CA.
Director of Research at Psy-tek Laboratories
for Thermal Imaging
Director of Research for Earthing Institute,
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Jude Gladstone Cade, Ph.D

Director of Psych-Spiritual Programs
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From 2005—2007

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