

Multivariate Coherence Training for Developmental Trauma

Robert Coben, PhD., Neuropsychologist, Co-Director, Integrated
Neuroscience Services

Clark Thompson, MA., Post Doctoral Fellow, Integrated
Neuropsychological Services

Anne Stevens, PhD., Neuropsychologist, Co-Director, Integrated
Neuropsychological Services



ISNR
26th Annual Conference

Location: Glendale, Arizona
Conference: October 18-21, 2018


WHAT IS DEVELOPMENTAL TRAUMA?

- The Complex Trauma Taskforce of the National Child Traumatic Stress Network [Van der Kolk, B. A. (2005) Developmental Trauma Disorder, *Psychiatric Annals*, 35(5): 401-40] coined the term “Developmental Trauma Disorder” because most of the maltreated children did not meet the criteria for PTSD.
- PTSD also cannot capture the multiplicity of physical, emotional, and sexual abuse.
- PTSD diagnosis does not also encompass the developmental effects, such as self-endangering behaviors, self-hatred, self-blame, chronic feelings of ineffectiveness, and loss of body regulation in areas of sleep, food and self-care.

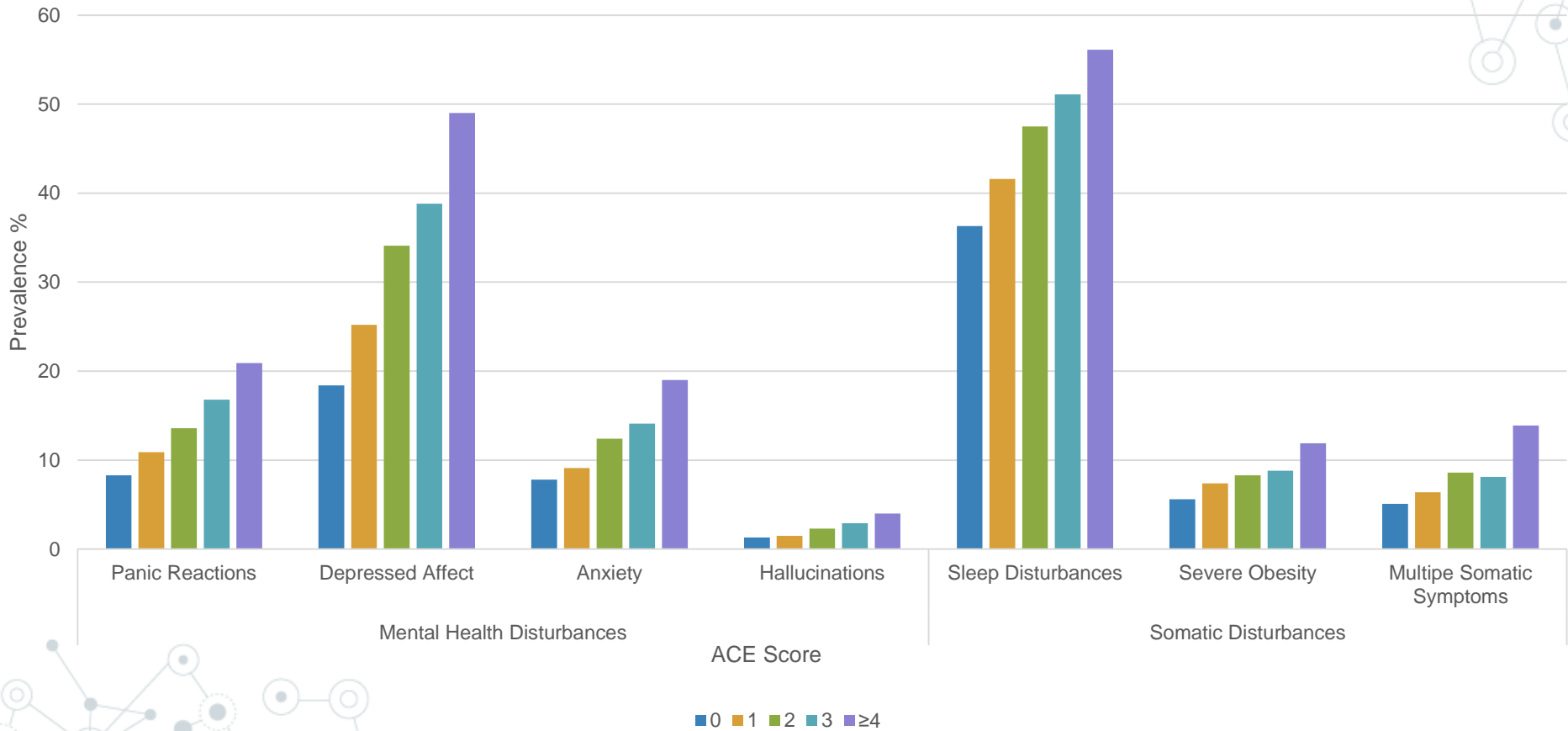


ADVERSE CHILDHOOD EXPERIENCES STUDY (ACE)

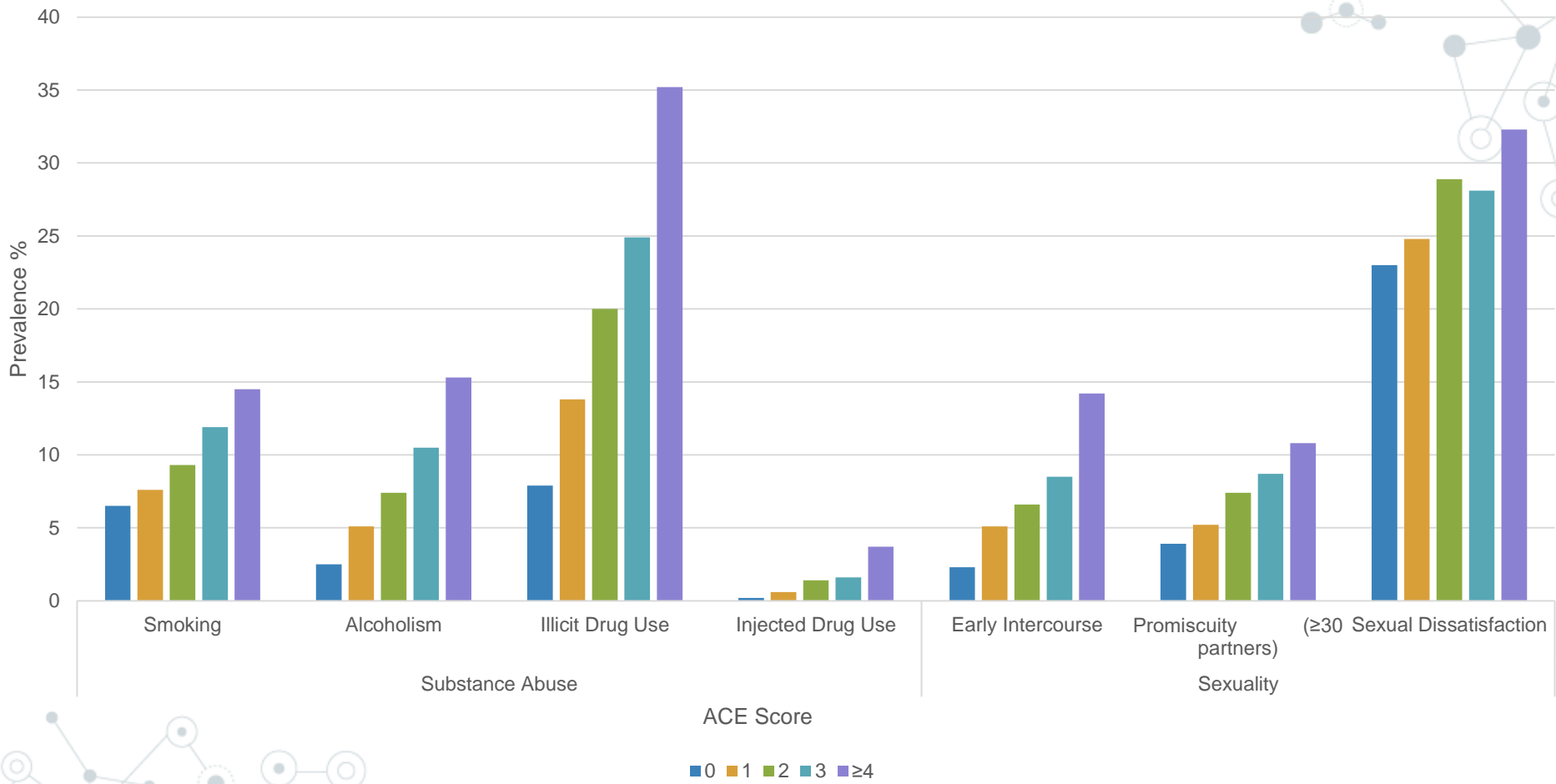
[Anda, Robert F., et al. "The enduring effects of abuse and related adverse experiences in childhood." *European archives of psychiatry and clinical neuroscience* 256.3 (2006): 174-186.]

- Study of linkage between epidemiologic and neurobiological evidence of the effects of childhood trauma.
 - Questions pertained to respondent's first 18 years of life.
 - Assessed 8 adverse childhood experiences: abuse (emotional, physical, or sexual); witnessing domestic violence; parental marital discord; growing up with-mentally ill; substance abusing; or criminal household members.
- 

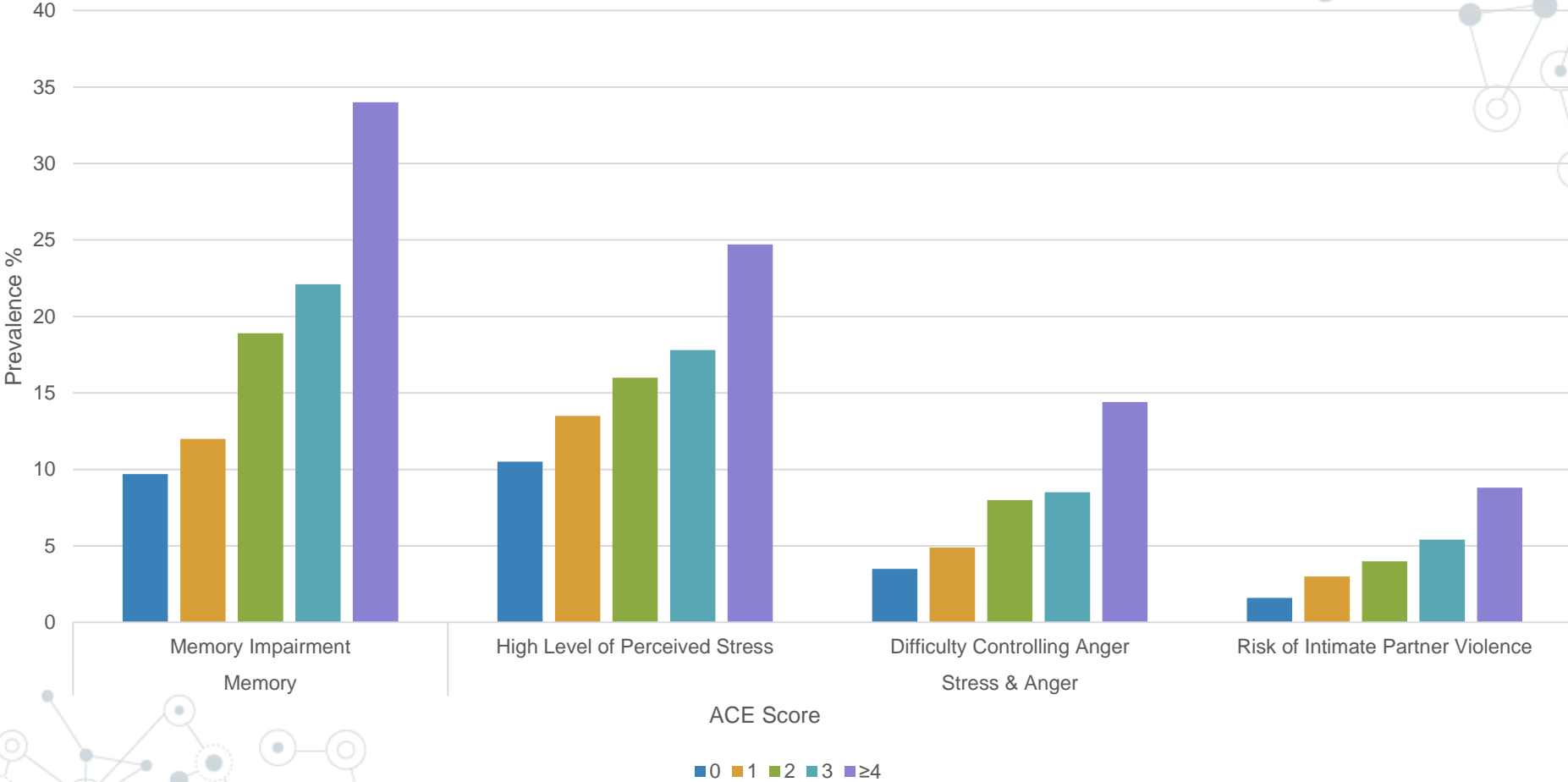
Relationship of ACE Score to the Prevalence of Mental Health Disturbances and Somatic Health Disturbances



Relationship of ACE Score to the Prevalence of Substance Abuse and Sexuality



Relationship of ACE Score to the Prevalence of Memory and Stress & Anger



The effects of childhood maltreatment on brain structure, function and connectivity

Martin H. Teicher, Jacqueline A. Samson, Carl M. Anderson & Kyoko Ohashi

Nature Reviews Neuroscience 17, 652–666 (2016) | doi:10.1038/nrn.2016.111

Published online 19 September 2016

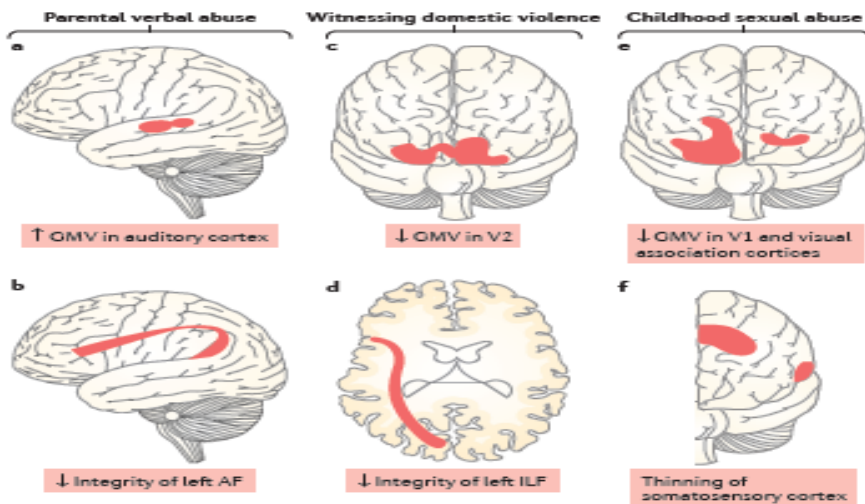


Figure 1 | Abuse type-specific effects on the developing brain. Images depicting the potential effects of exposure to specific types of childhood maltreatment on grey-matter volume (GMV) or thickness and fibre-tract integrity. Exposure to parental verbal abuse was associated with increased GMV in the auditory cortex portion of the left superior temporal gyrus²⁵ (part a) and decreased integrity of the left arcuate fasciculus (AF) interconnecting Wernicke's area and Broca's area²⁶ (part b). Visually witnessing multiple episodes of domestic violence was associated with reduced GMV in right lingual gyrus, left occipital pole and bilateral secondary visual cortex (V2)²⁷ (part c) and decreased integrity of the left inferior longitudinal fasciculus (ILF), which serves as a visual–limbic pathway²⁸ (part d). Adults reporting exposure to multiple episodes of childhood forced-contact sexual abuse were found to have reduced GMV in right and left primary visual cortex (V1) and visual association cortices, as well as reduced thickness in right lingual, left fusiform and left middle occipital gyri²⁹ (part e) and portions of the somatosensory cortex representing the clitoris and surrounding genital area³⁰ (part f). Part a is adapted with permission from REF. 25, Elsevier. Part b is adapted with permission from REF. 26, Elsevier. Part c is adapted from REF. 27. Part d is adapted with permission from REF. 28, Elsevier. Part e is adapted with permission from REF. 29, Elsevier. Part f is adapted from an image courtesy of C. Heim, Charité Universitätsmedizin Berlin, Germany, and J. Pruessner, McGill University, Canada.

- Verbal abuse: higher grey matter volume (GMV) in auditory cortex and lower integrity of left arcuate fasciculus. Diminished arcuate fasciculus integrity associated with lower verbal IQ and comprehension.
- Witness domestic abuse: Lower grey matter density in right lingual gyrus and reduced thickness in portions of visual cortex. Witnessing domestic violence between 11–13 years of age had considerable effect on thickness and volume.
- Sexual abuse: Lower GMV in primary visual cortex and visual association cortices directly correlate with duration of exposure before age of 12 and associated with deficit in visual memory.

The effects of childhood maltreatment on brain structure, function and connectivity

Martin H. Teicher, Jacqueline A. Samson, Carl M. Anderson & Kyoko Ohashi

Nature Reviews Neuroscience 17, 652–666 (2016) | doi:10.1038/nrn.2016.111

Published online 19 September 2016

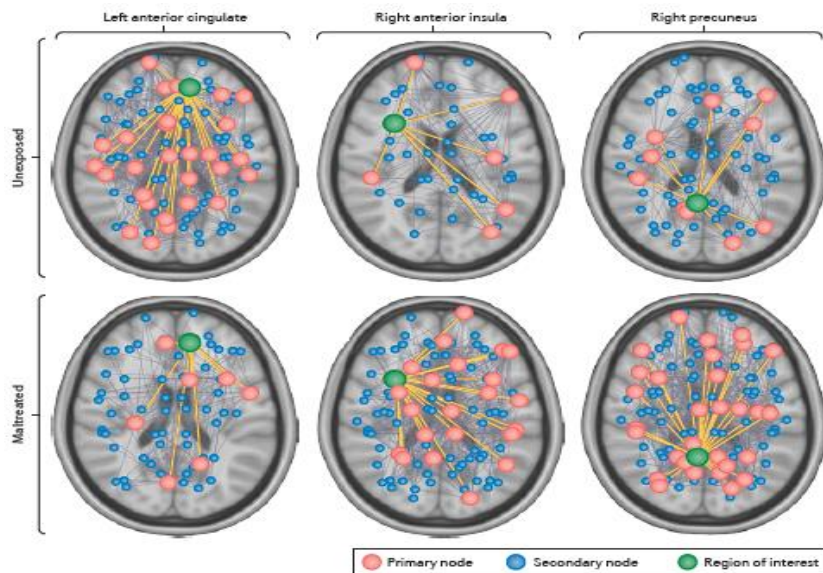
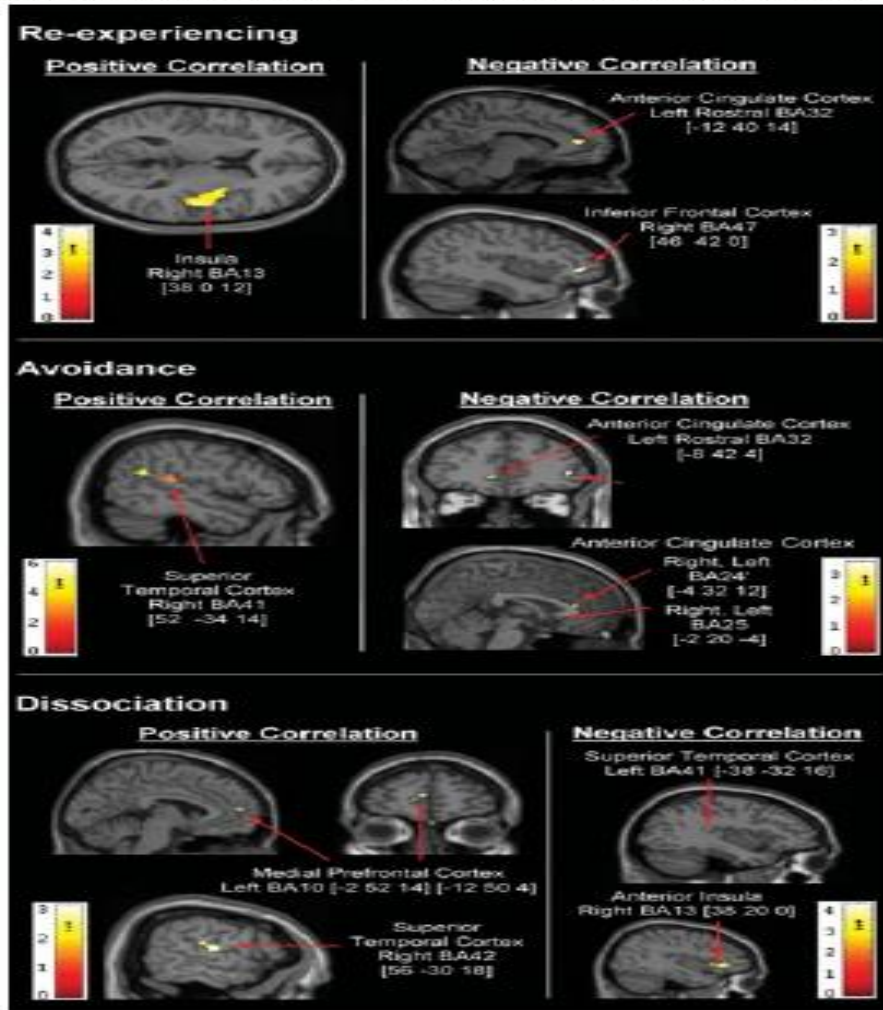


Figure 6 | Network changes associated with childhood maltreatment. Maltreatment during childhood has been found to be associated with changes in structural connectivity at the network level. Here, the entire cerebral cortex of young adults with ($n=142$) or without ($n=123$) histories of childhood maltreatment was divided into 112 regional nodes. Within each group, between-subject correlations in the cortical thicknesses of each nodal pairing were used to infer connectivity, as brain regions that co-vary reliably in size between subjects are either structurally or functionally interconnected⁹⁰. Network architecture and the centrality of each node were then determined by applying graph theory to the 112×112 -node maltreated and non-maltreated cross-correlation matrices. Three key differences in structural nodal centrality between maltreated and non-maltreated groups are shown here. Green circles indicate nodal centres (the regions of interest) in each case for the left anterior cingulate cortex (left), the right anterior insula (middle) and the right precuneus (right). Red circles indicate primary nodes, which are regions with direct connections to the nodal centre. Blue circles delineate secondary nodes, which have direct connections with the primary nodes but do not have direct connections with the nodal centre. Childhood maltreatment was associated with a marked decrease in the centrality of the left anterior cingulate, as indicated by a substantial decrease in primary and secondary connections. Conversely, maltreatment was associated with a significant increase in the centrality of the right anterior insula and the right precuneus, as indicated by the greater number of primary and secondary nodal connections in these regions in the maltreated group. Adapted with permission from REF. 90, Elsevier.

- Plasticity of the limbic system was found to be altered.
- Structural connectivity was lower for maltreated subjects in the left anterior cingulate (emotions), as well as the temporal pole, and medial frontal gyrus (social cognition and theory of mind).
- In contrast structural connectivity was higher for maltreated subjects in areas such as precuneus and anterior insula, which are linked to self-awareness.



Neural correlates of reexperiencing, avoidance, and dissociation in PTSD: Symptom dimensions and emotion dysregulation in responses to script-driven trauma imagery

James W. Hopper , Paul A. Frewen, Bessel A. van der Kolk, Ruth A. Lanius

First published: 22 October 2007 [Full publication history](#)

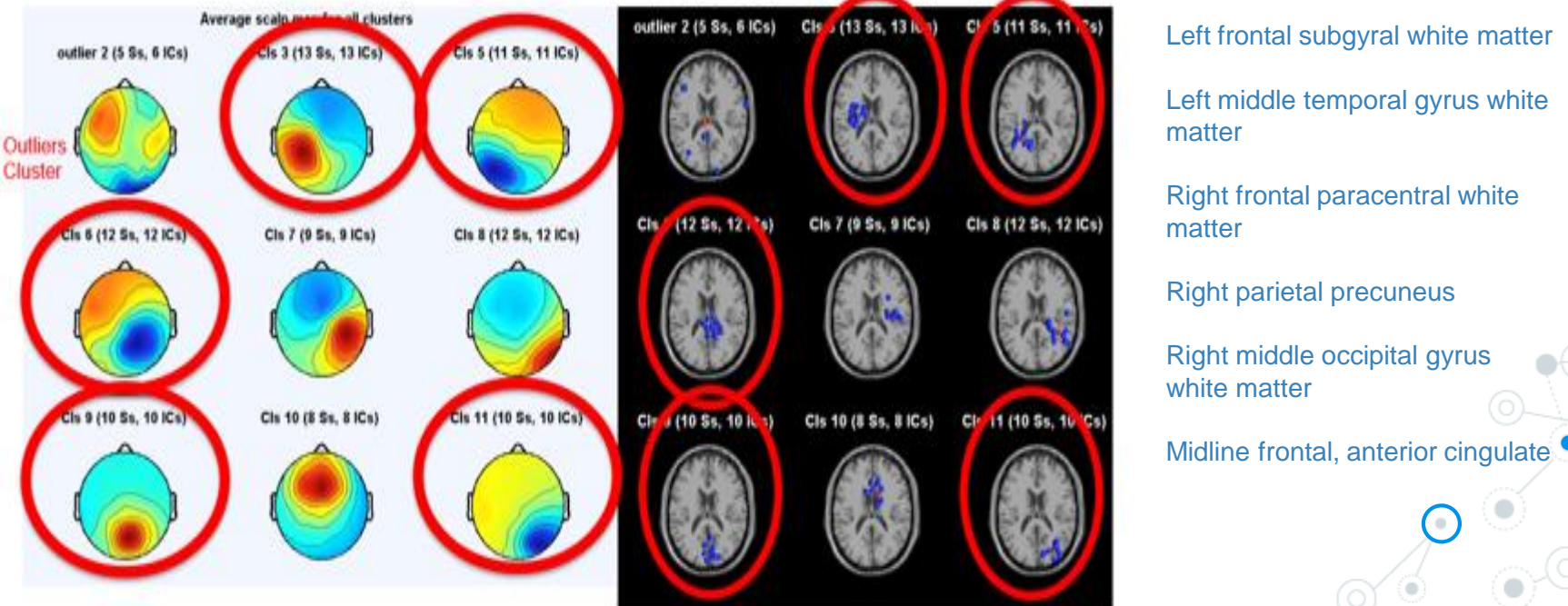
DOI: 10.1002/jts.20284 [View/save citation](#)

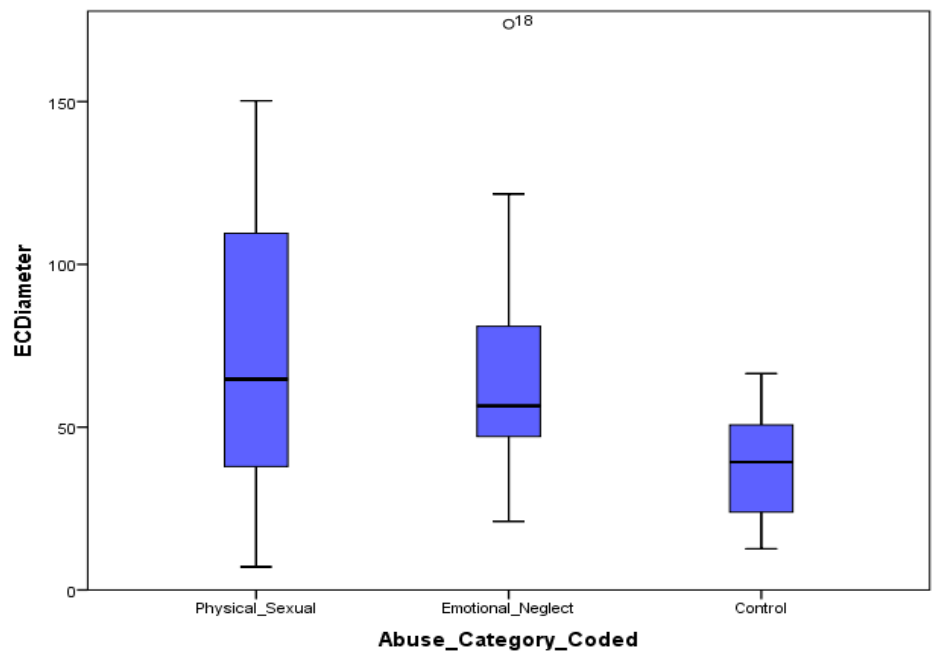
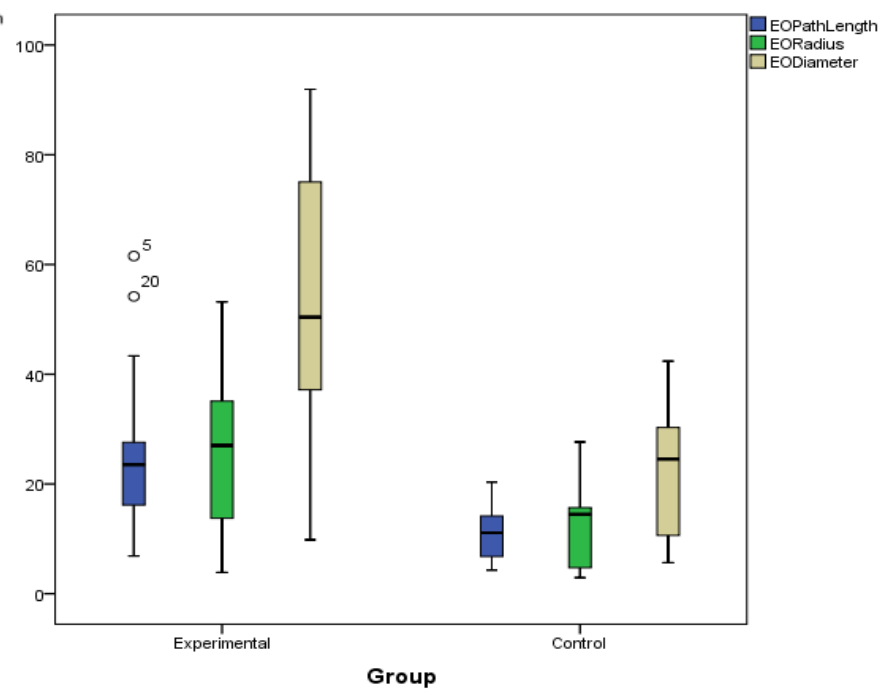
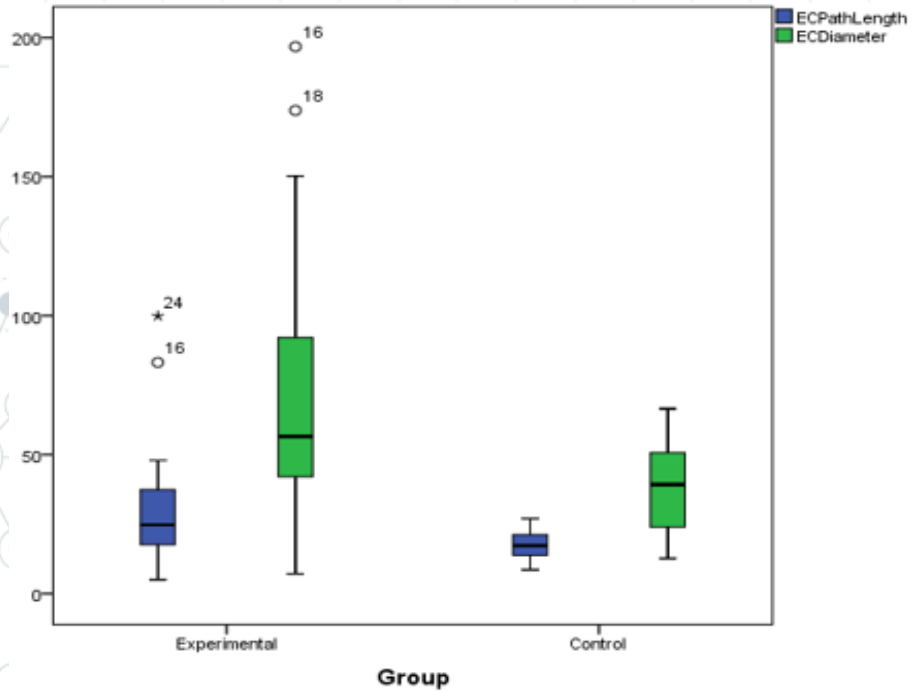
- Re-experiencing severity correlated positively with right anterior insula activity (involved in aspects of emotional states) and negatively with rostral anterior cingulate cortex activity (which can inhibit the amygdala).
- Re-experiencing correlated negatively with activation of right inferior frontal cortex (IFC), a region implicated in inhibition of movement and of emotional experience.
- Avoidance was negatively correlated with activation in three separate anterior cingulate cortex (ACC) clusters: left rostral ACC and SC, and bilateral dorsal ACC.
- Dissociation was negatively correlated with activity in left superior temporal cortex, as well as right anterior insula and right IFC.

Impact of Developmental Trauma on Brain Function and Connectivity

Armes & Coben (2017), presented at ISNR conf Foxwoods, Connecticut

53 adult subjects with DT were compared to 23 controls using 19 channel and high density 64 channel EEG.



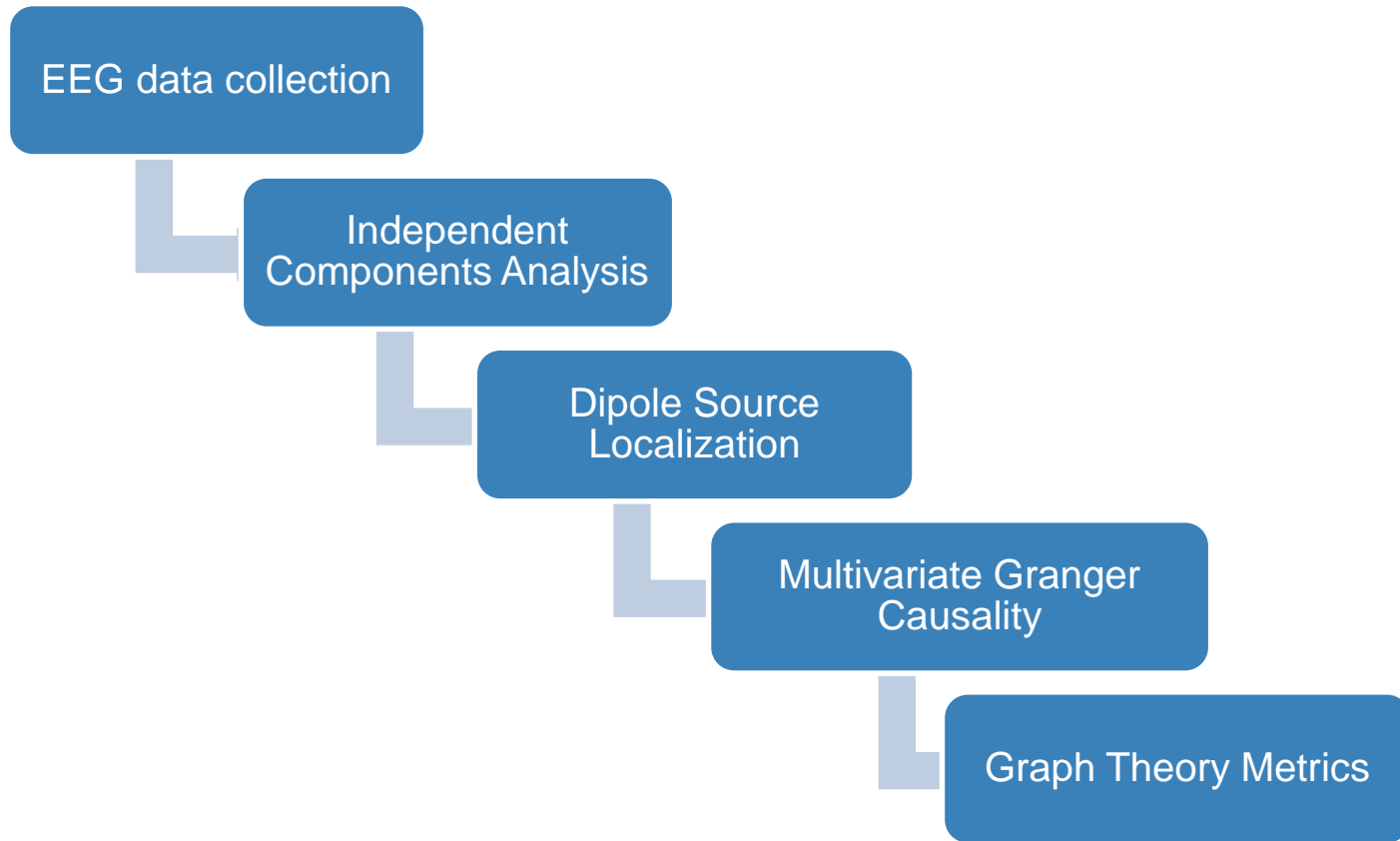


Eyes Closed: significant difference for path length ($p < .038$) and diameter ($p < .011$).

Eyes Open: significant difference for global efficiency ($p < .01$), path length ($p < .002$), radius ($p < .009$) and diameter ($p < .002$)

Abuse groups differ from controls on diameter ($p < 0.04$), but not from each other.

Novel EEG Analysis pipeline



ICA/EEGLAB Scientists and Journals

- Journal of Neuroscience Methods
- Plos One
- Computational Intelligence and Neuroscience
- NeuroImage
- Computational Intelligence and Neuroscience
- Frontiers in Neuroscience
- Frontiers in Neural Circuits
- UCSD Swartz Center for Computational Neuroscience
- University of Oxford
- UCLA Semmel Neuroscience Institute
- MGH/Harvard Medical School
- Georgetown University Medical Center
- University of Michigan Neuroscience Department

EEGLAB: an open source toolbox for analysis of single-trial EEG dynamics including independent component analysis

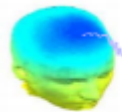
Arnaud Delorme , Scott Makeig 

 Show more

<https://doi.org/10.1016/j.jneumeth.2003.10.009>

Get rights and content

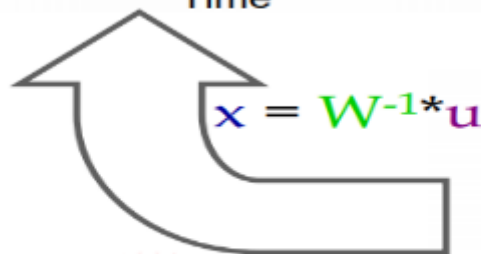
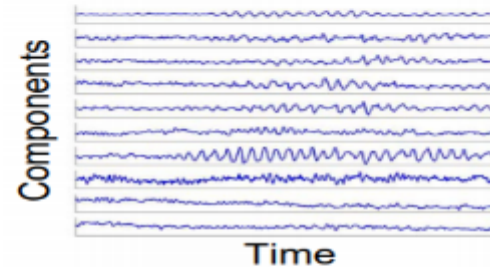
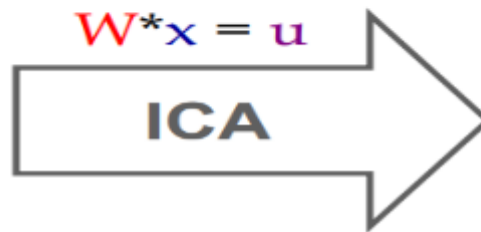
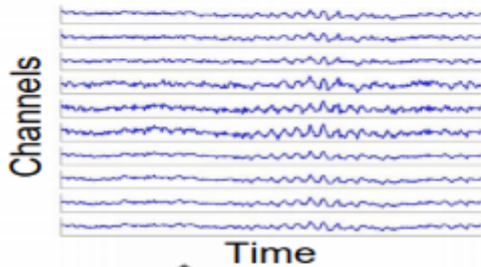
Independent Component Analysis



x = scalp EEG

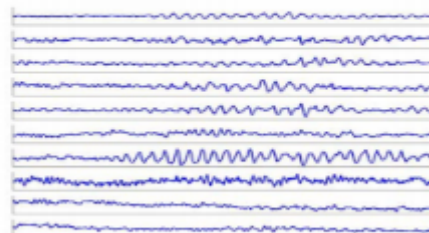
W = unmixing matrix

u = sources

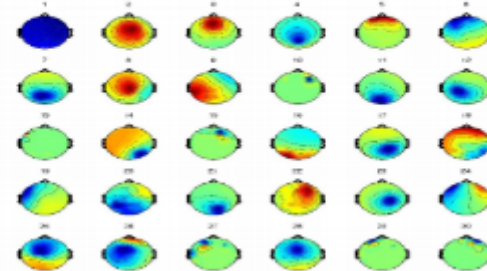


u = sources

W^{-1} (scalp projections)

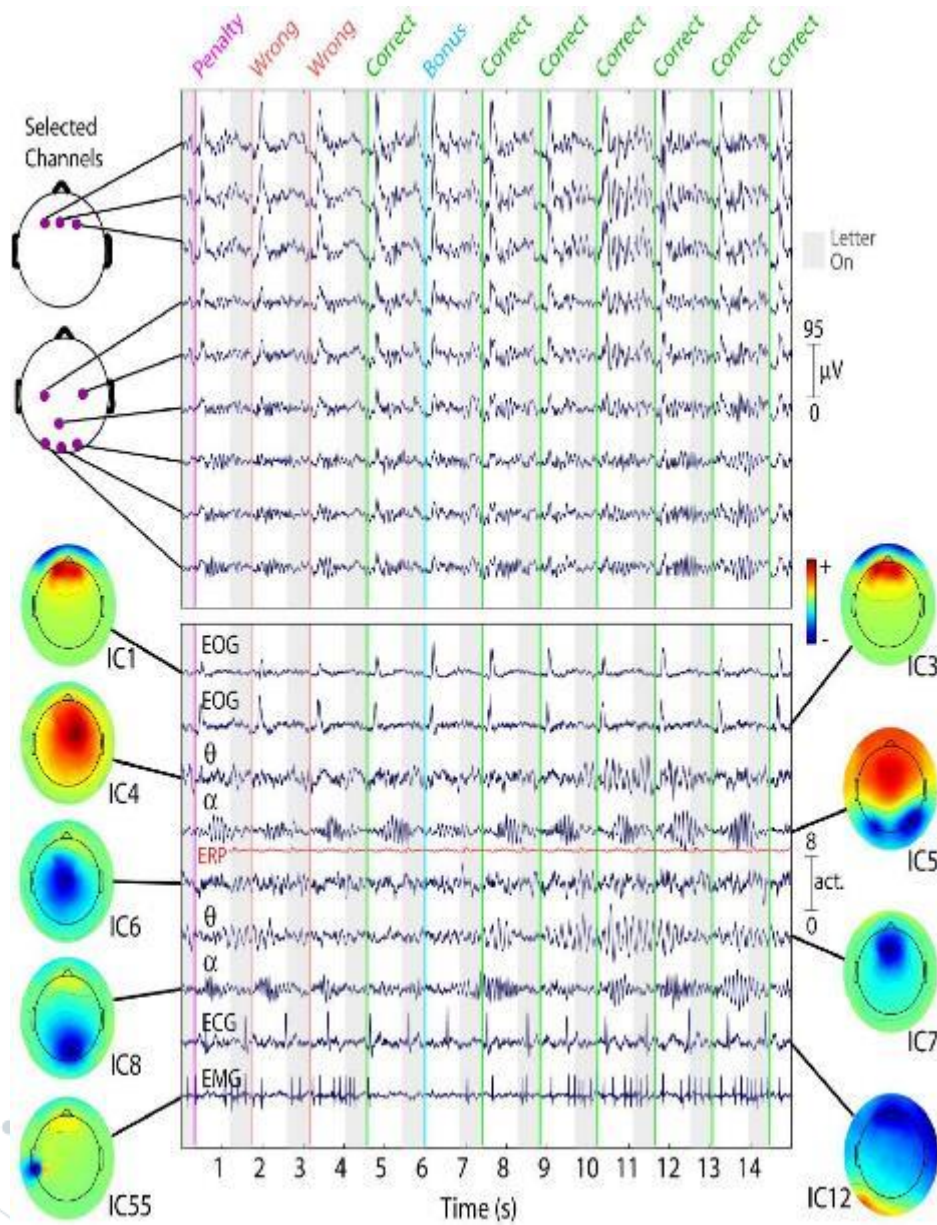


*

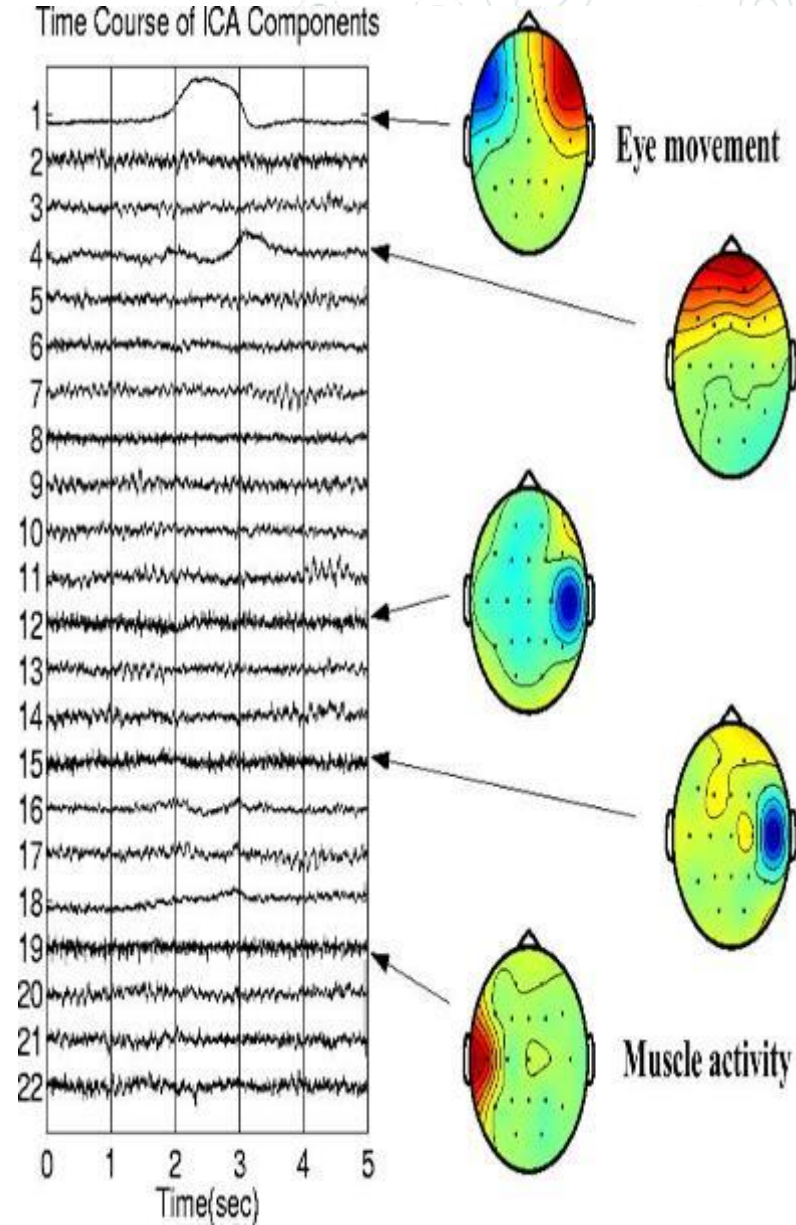


ICA Components

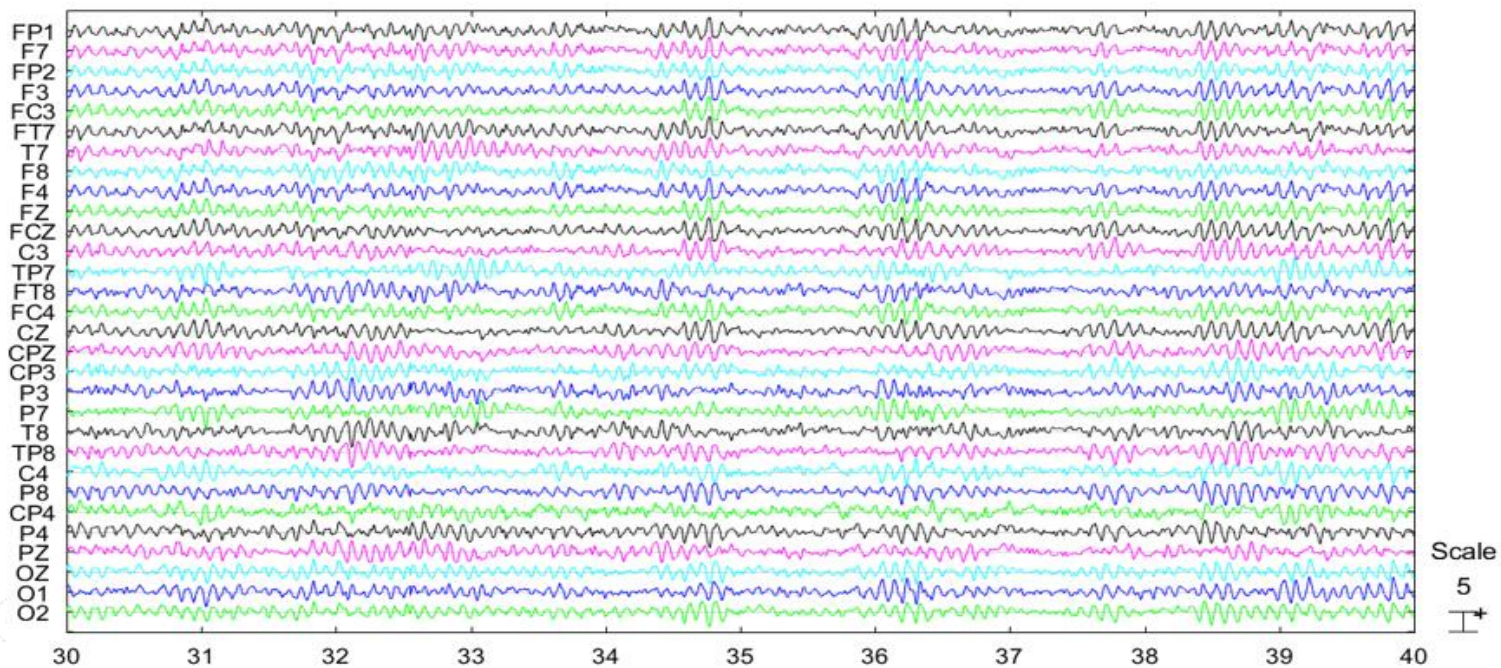
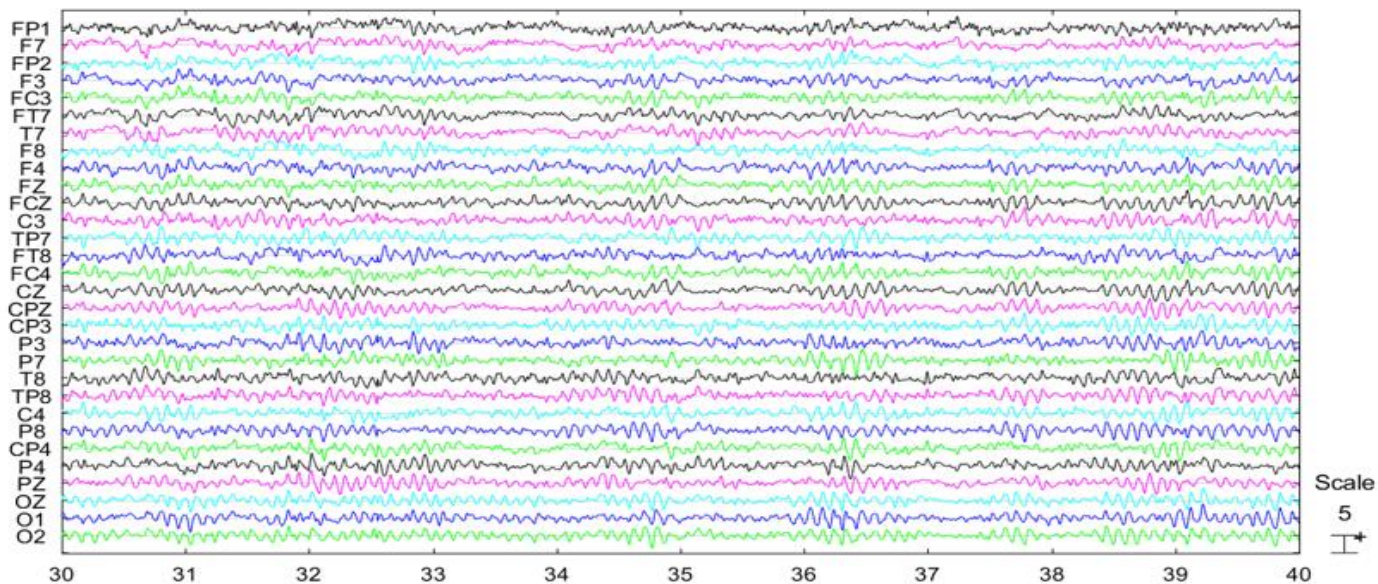


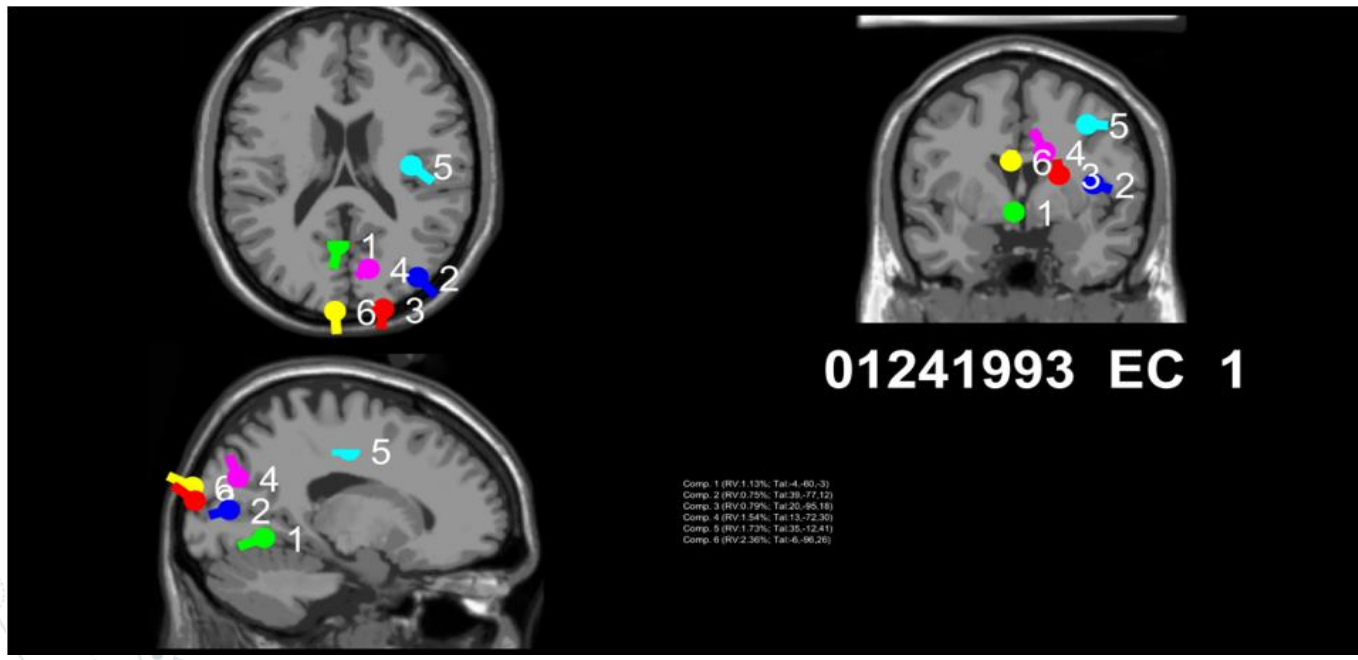
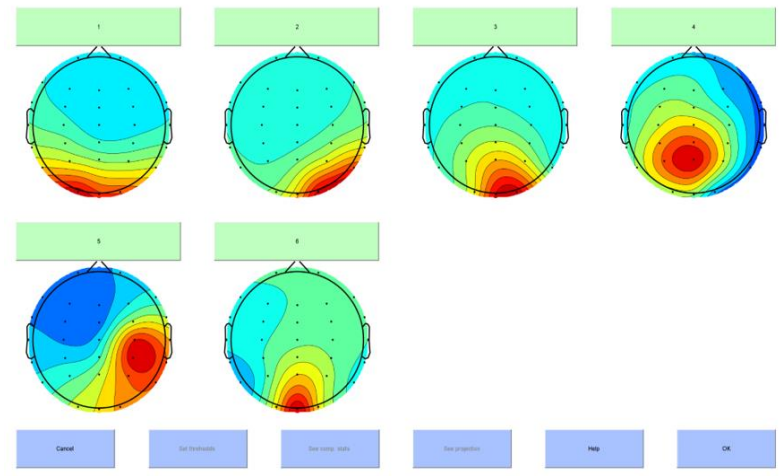
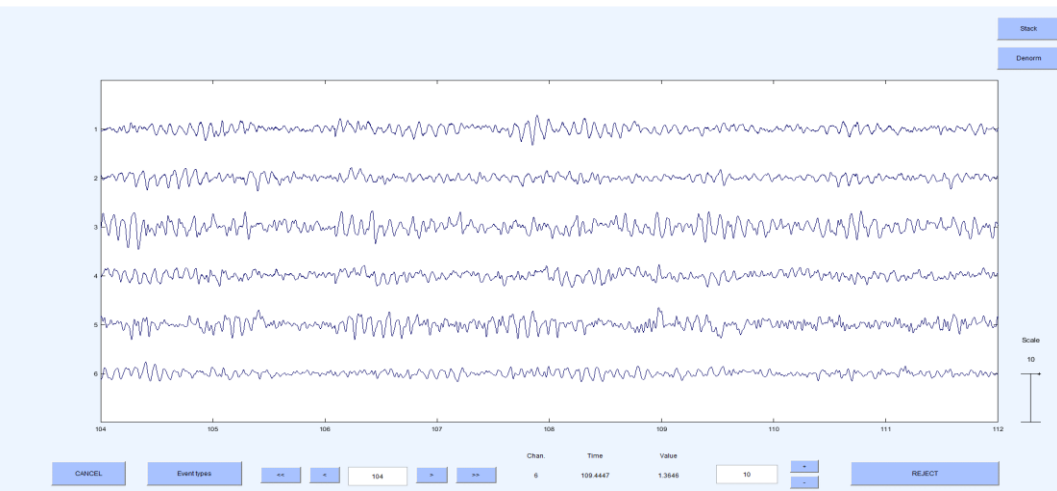


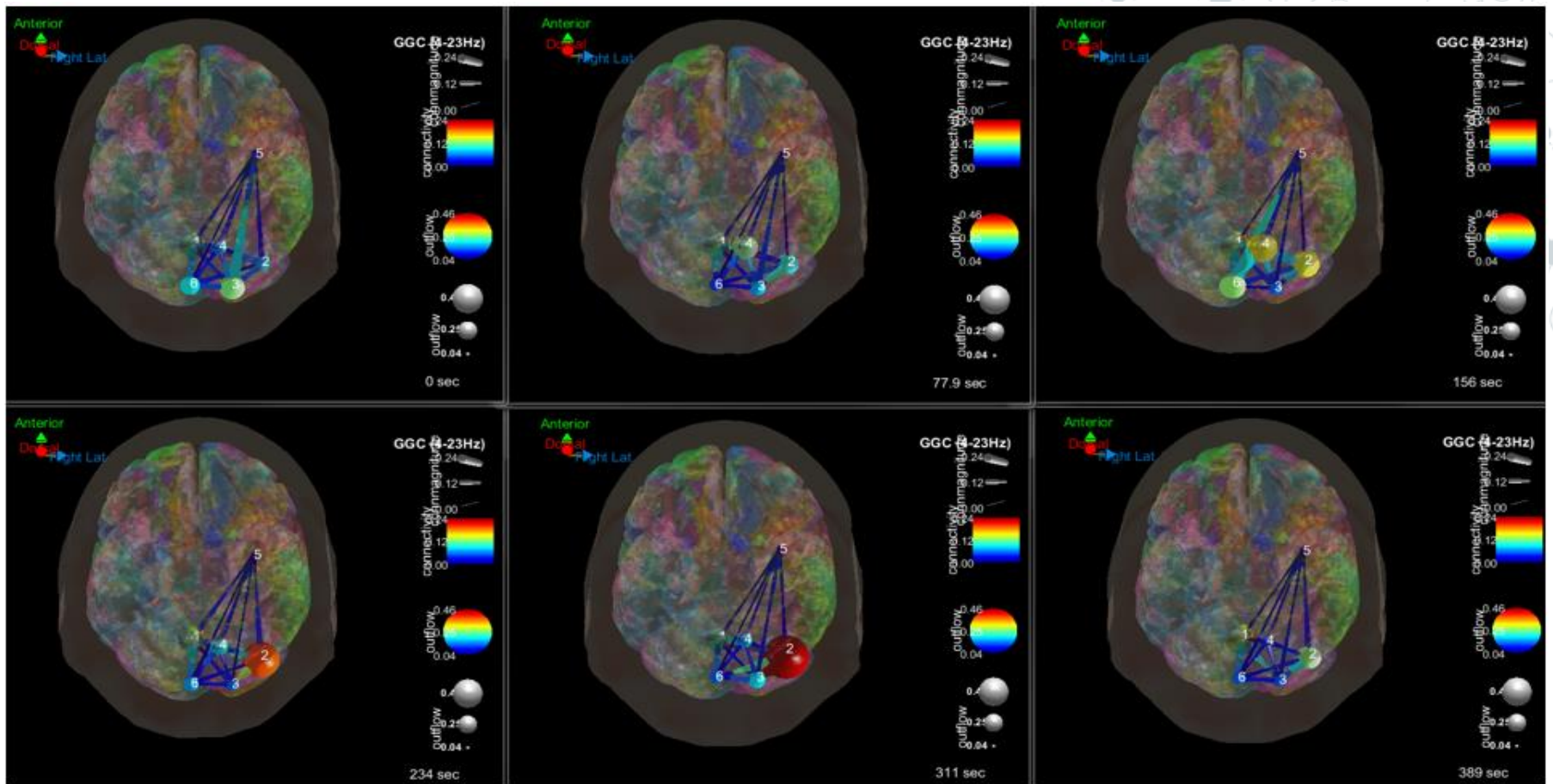
Time Course of ICA Components



Example: 25 year old woman with a history of emotional abuse as a child and adult. Presents with anxiety, panic, nightmares and dissociation.







Graph Theory Metrics

Time Range	Freq Range	Clust Coeff	Path Length	Global Eff	Radius	Diameter
281-352s	4-23Hz	0.031157467	37.27736431	0.044989651	39.41305	91.9196607

Graph Theory: Network Dynamics

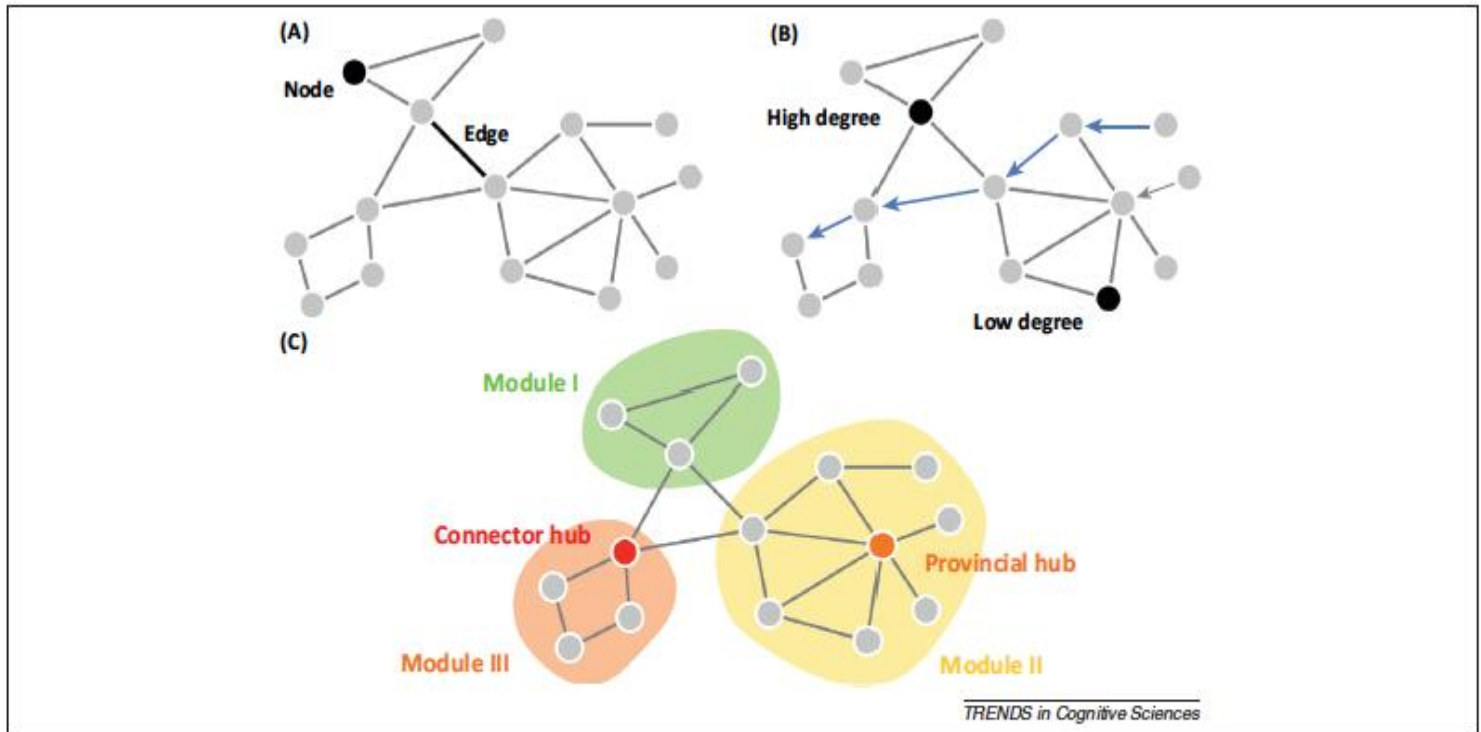
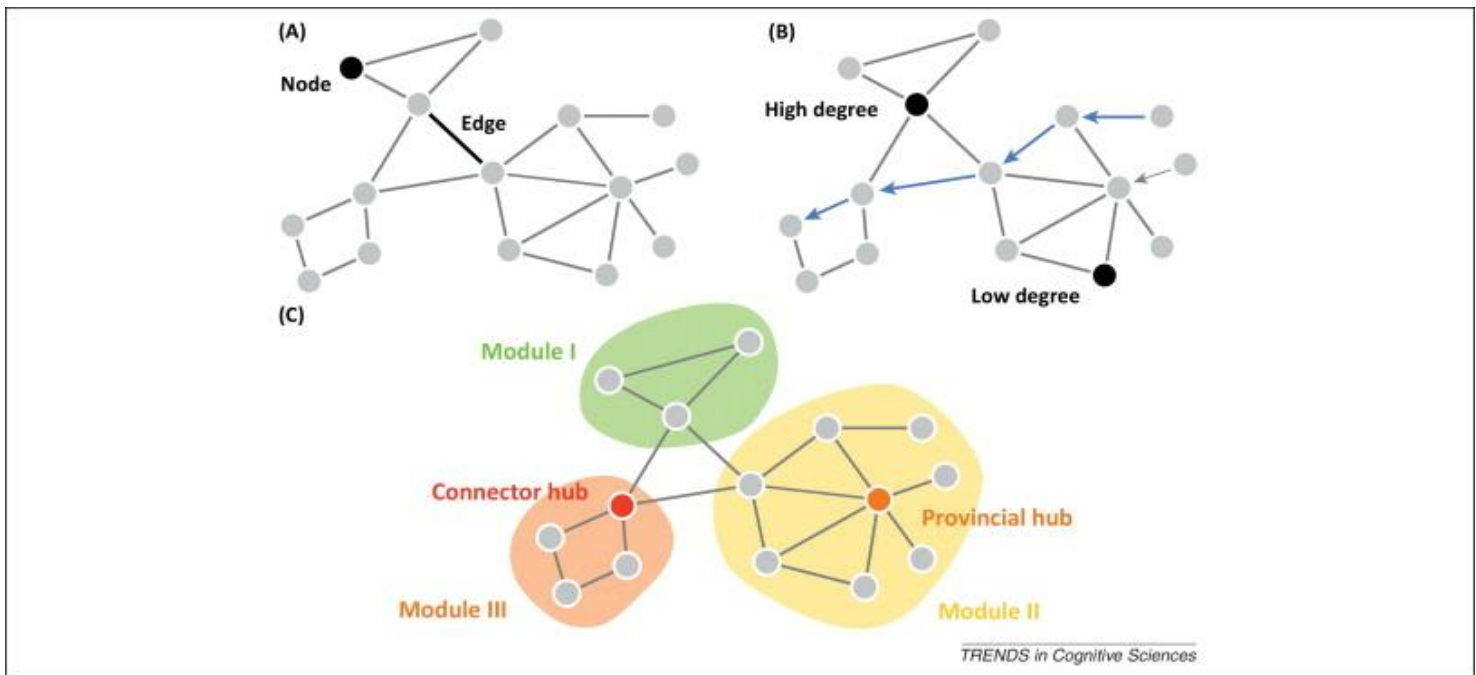


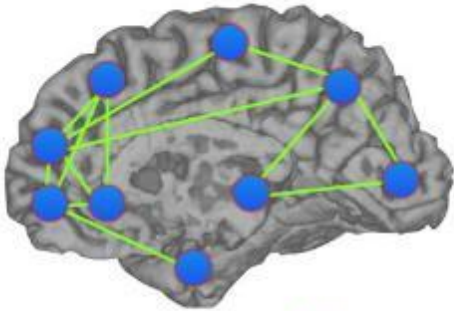
Figure 1. Basic network attributes. **(A)** Brain networks can be described and analyzed as graphs comprising a collection of nodes (describing neurons/brain regions) and a collection of edges (describing structural connections or functional relationships). The arrangement of nodes and edges defines the topological organization of the network. **(B)** A path corresponds to a sequence of unique edges that are crossed when traveling between two nodes in the network. Low-degree nodes are nodes that have a relatively low number of edges; high-degree nodes (often referred to as hubs) are nodes that have a relatively high number of edges. **(C)** A module includes a subset of nodes of the network that show a relatively high level of within-module connectivity and a relatively low level of intermodule connectivity. 'Provincial hubs' are high-degree nodes that primarily connect to nodes in the same module. 'Connector hubs' are high-degree nodes that show a diverse connectivity profile by connecting to several different modules within the network.

Graph Elements

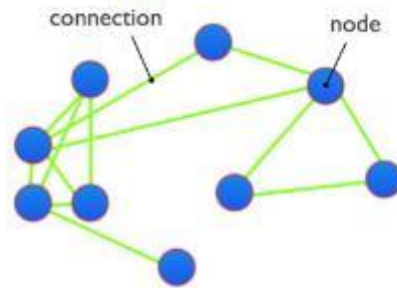
- ⦿ Hubs: A node with links that exceeds average.
- ⦿ Low vs High Degree Hubs.
- ⦿ Provincial Hubs.
- ⦿ Modules.
- ⦿ Connector Hubs.



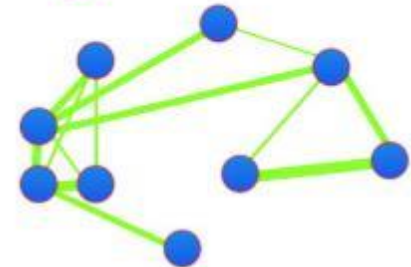
a the structural brain network



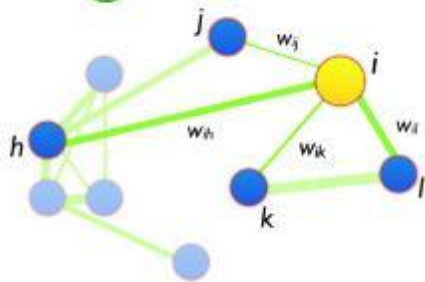
b graph



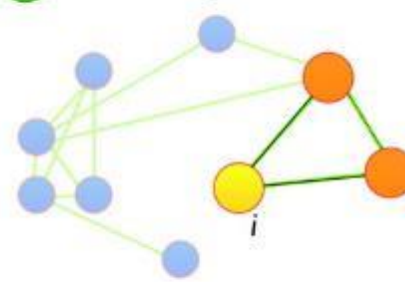
c weighted graph



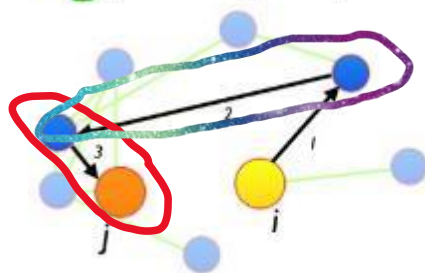
d strength S_i



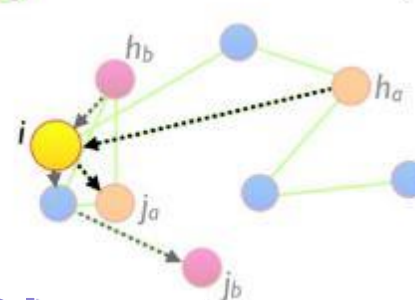
e clustering-coefficient C_i



f path length L_i



g betweenness centrality B_i



Radius **Diameter**

Four Channel Multivariate Coherence Training: Development and Evidence in Support of a New Form of Neurofeedback

Robert Coben^{1*}, Morgan Middlebrooks¹, Howard Lightstone² and Madeleine Corbell³

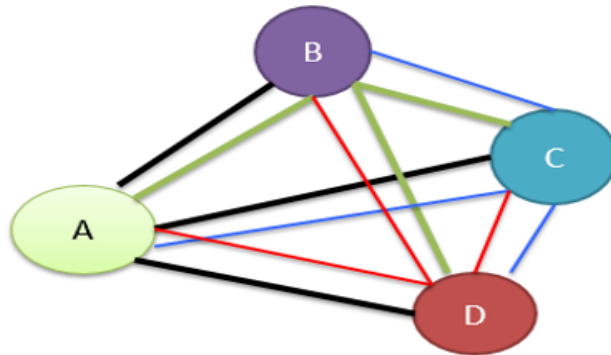
¹Integrated Neuroscience Services, Fayetteville, AR, United States

²EEG Software, LLC, Gainesville, FL, United States

³Department of Psychological Science, University of Arkansas, Fayetteville, AR, United States

QPS: Averaging coherences

- A method of combining averaged psync values.
 - 4 channels of EEG
 - Each pair has a running psync calculation
 - For each channel, the 3 pairs of psync values are computed, averaged and this is used as the output reward value
 - If a raw channel is in artifact condition, the channel is not used in the averaging calculation



$$A = (AB + AC + AD)/3$$

$$B = (BA + BC + BD)/3$$

$$C = (CA + CB + CD)/3$$

$$D = (DA + DB + DC)/3$$

$$\text{QPS Ave} = (A + B + C + D)/4$$

Efficacy Studies in Support of 4 channel MVCNF (N = 591)

Population	Sample	Design	Findings 1	Findings 2
General Population	N = 174	MVCNF v 2 Ch CNF	MVCNF > 2 Ch CNF	Enhanced coherence and reduced power
Traumatic Brain Injury	N = 20	Compared time since injury in 3 groups	Improvements in symptoms and NP testing	Changes associated with increases in coherence
Epilepsy	N = 52	MVCNF v 2 Ch CNF	MVCNF > 2 Ch CNF	81% reduction in seizures
Learning Disabilities	N = 63	MVCNF v 2 ch CNF v resource room	MVCNF > 2 ChCNF > RR	1.6 year increase in reading
Autism	N = 110	MVCNF v 2 Ch CNF	MVCNF > 2 Ch CNF	98% success rate
Autism MND	N = 78	MVCNF v 2 Ch CNF v Bipolar	MVCNF > 2 ChCNF > Bipolar	Mu suppression with coherence changes
Depression	N = 54	MVCNF Psychotherapy v WLC	MVCNF > both groups	94% success rate, crossover and 2 yr f/u

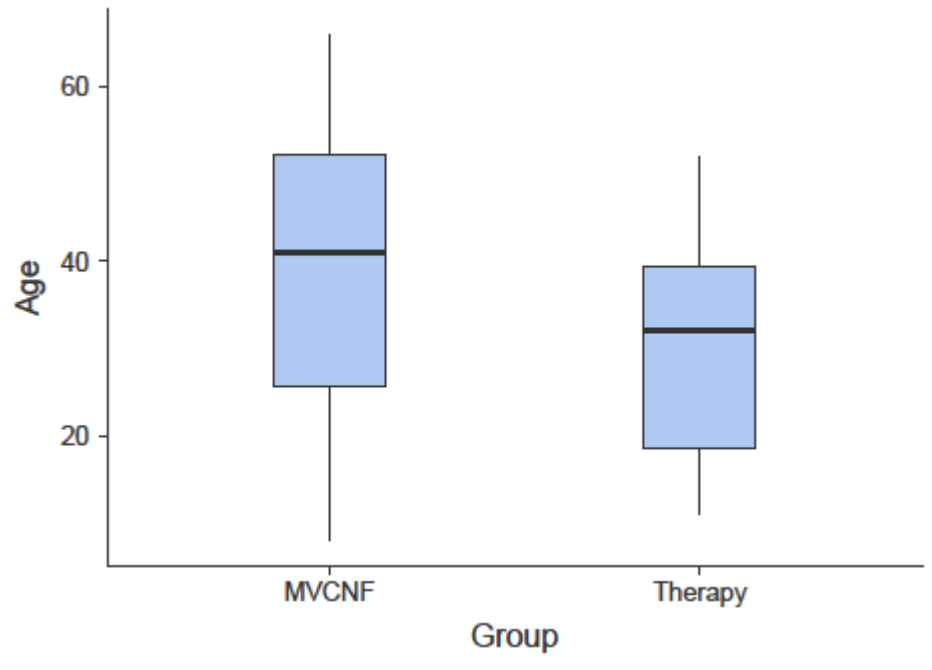
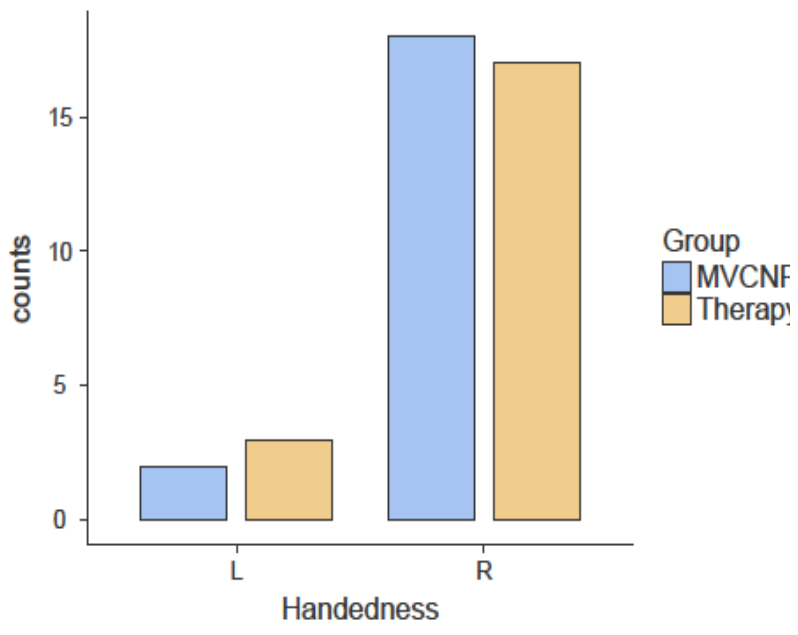
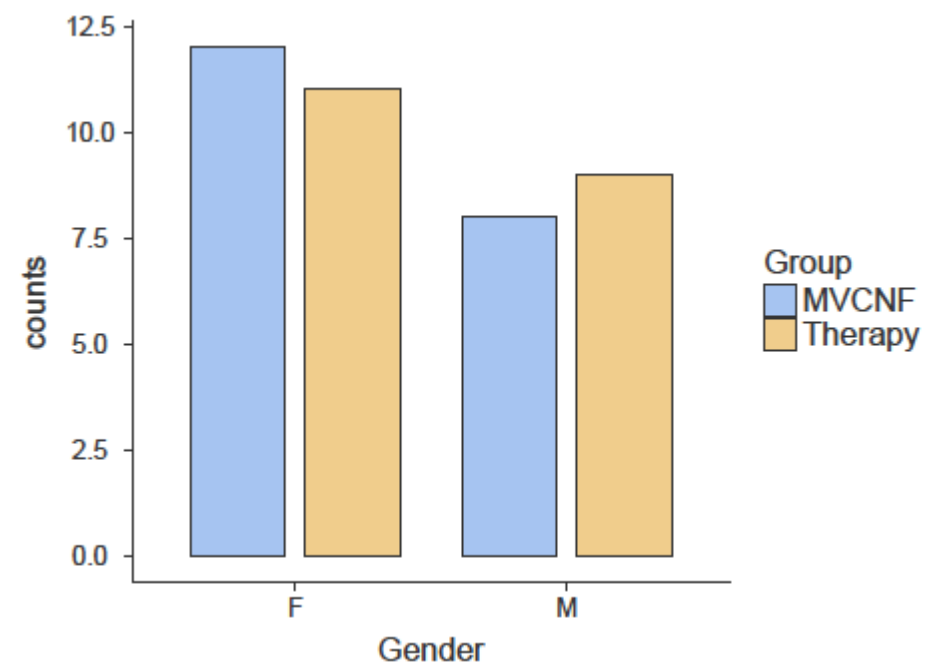
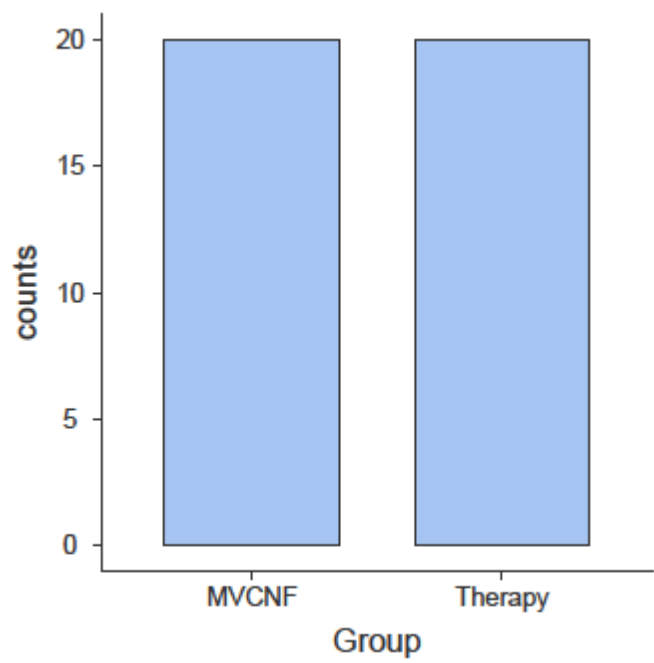
Study Methodology

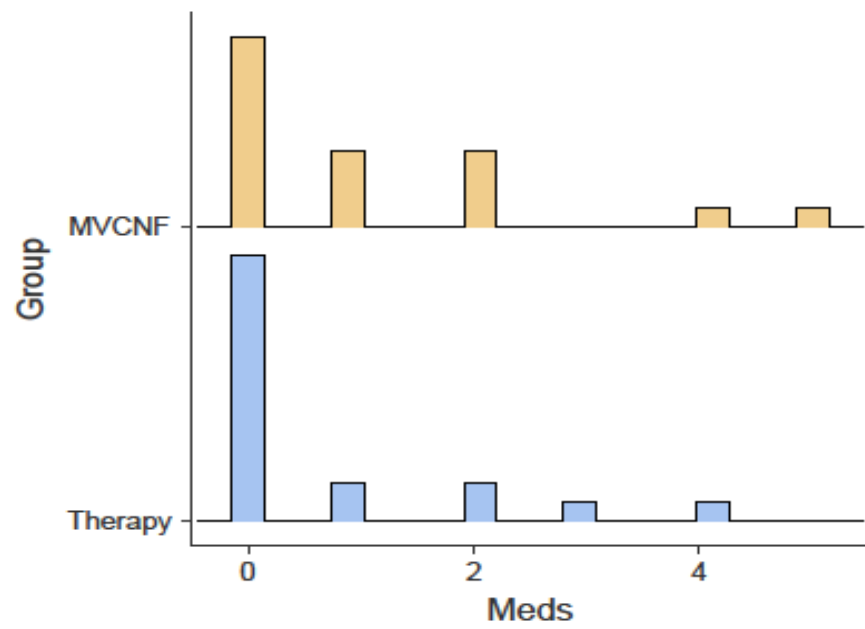
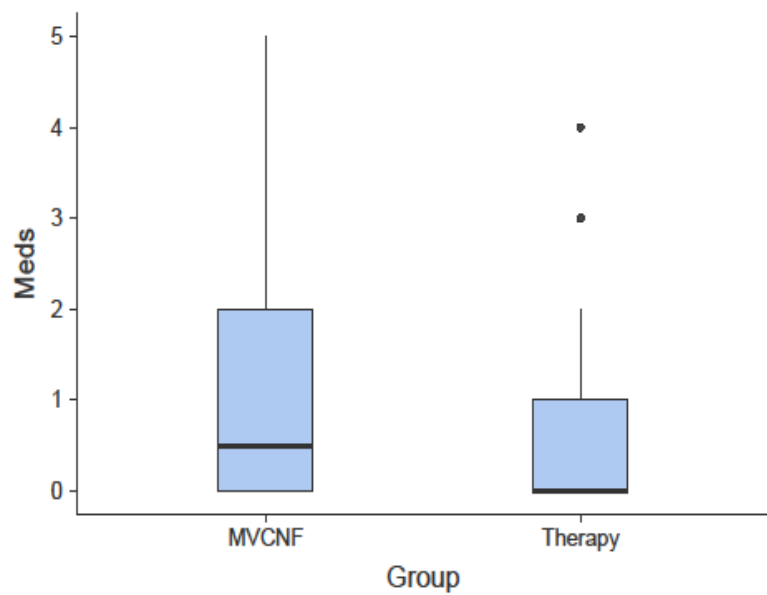
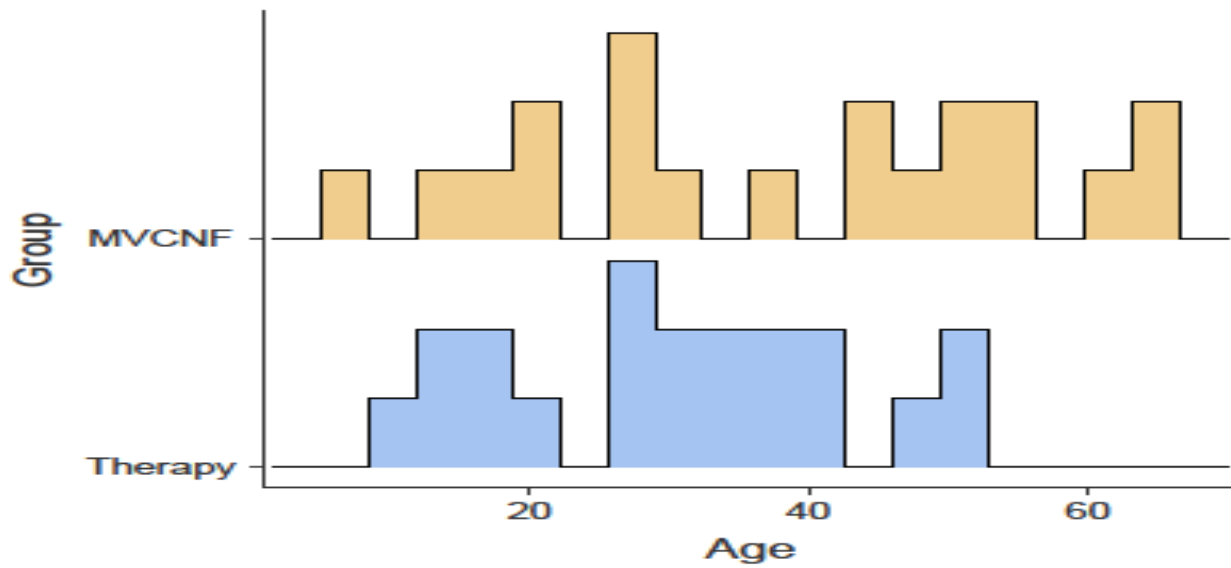
- ◎ Subjects were assigned to one of two groups (N = 40).
- ◎ These included an experimental group that received the active treatment (four channel multivariate coherence neurofeedback (20), and an alternate treatment comparison group (N = 20) that received individual psychotherapy. All subjects had experienced significant developmental trauma.
- ◎ All subjects in the experimental groups received four channel multivariate coherence training over 12-15 sessions.
- ◎ Clinical ratings and therapist ratings (0-20) were derived at the completion of their treatment regimen.
- ◎ Client ratings were largely subjective and based on self-ratings only or parental ratings at the completion of training and during the process.
- ◎ Therapist ratings were performed at the completion of training and were based on objective test findings including neuropsychological, behavioral and qeeg findings that reflected change over time.
- ◎ We also tracked the presence of negative symptoms, their severity and resolution during the training/treatment periods.
- ◎ QEEG analysis of change included measures of power at the component level, dipole sources, spectral properties, and multiple measures of graph theory connectivity.

Hypothesis

Individuals with developmental trauma will demonstrate greater clinical improvement of statistical significance through 4-channel multivariate coherence training compared to those in psychotherapy. We also theorize that multivariate connectivity metrics will significantly improve among the experimental group.







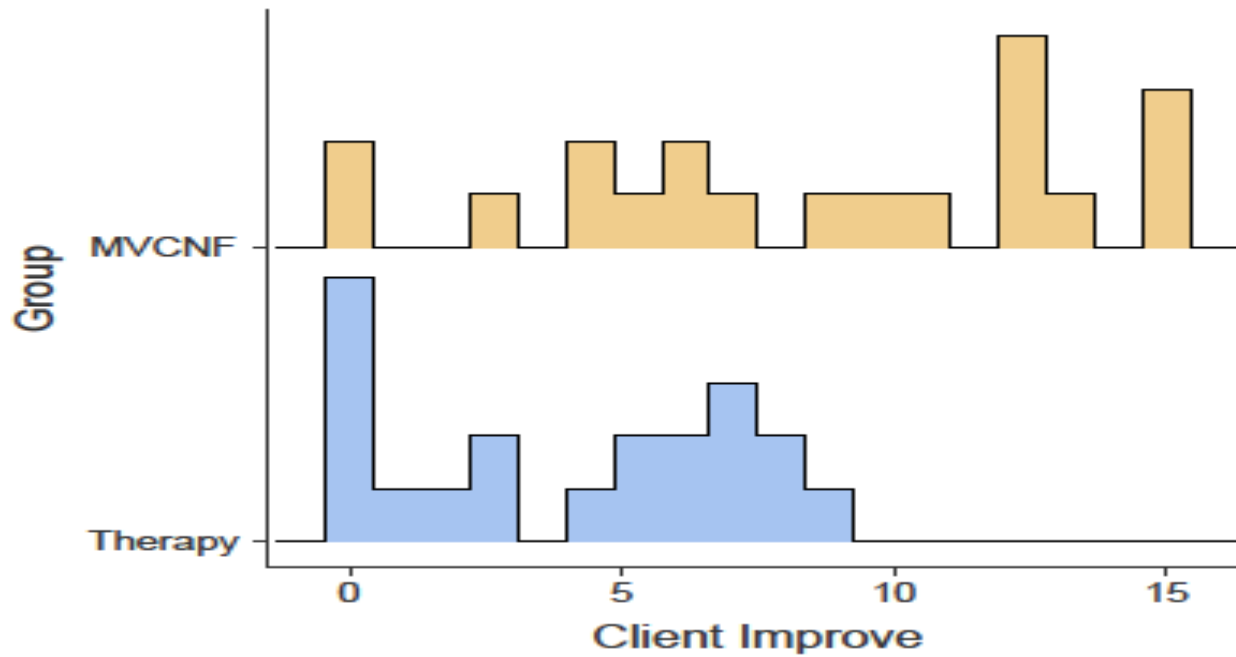
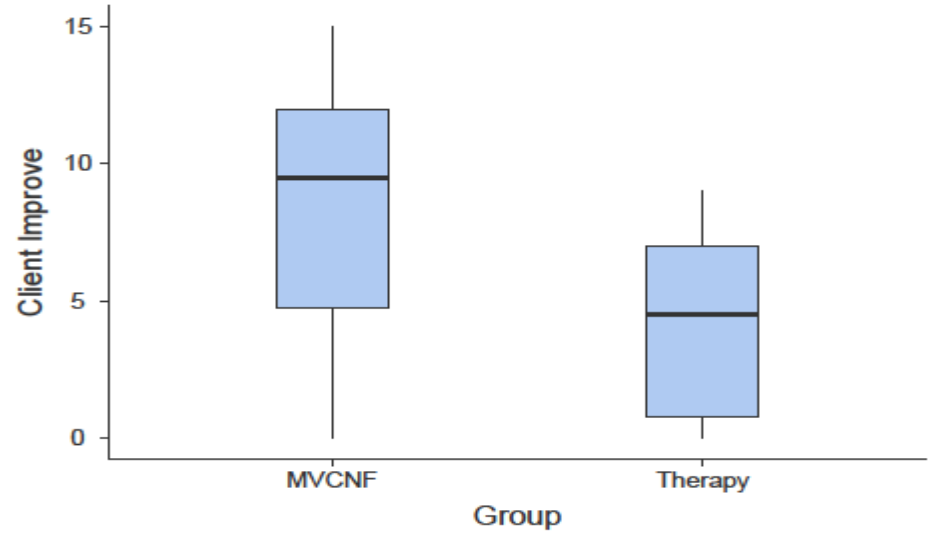
Statistical comparisons for demographics across groups

Age	Gender	Handedness	Medications
F = 2.32	$X^2 = 0.102$	$X^2 = 0.229$	F = 0.928
$p = 0.136$	$p = 0.749$	$p = 0.633$	$p = 0.341$

ANOVA

ANOVA

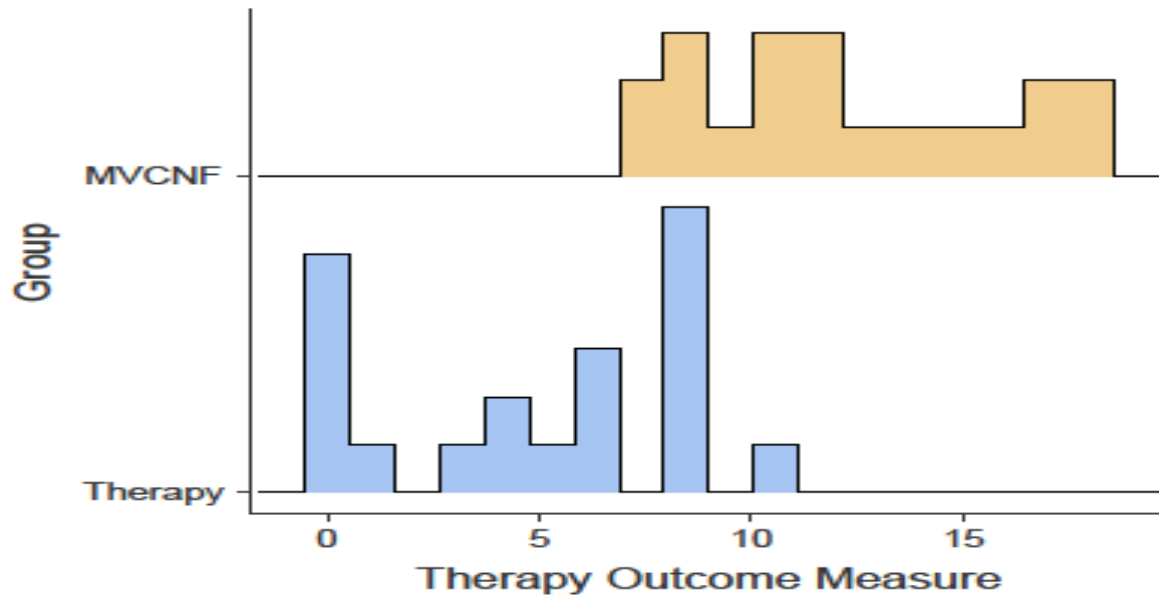
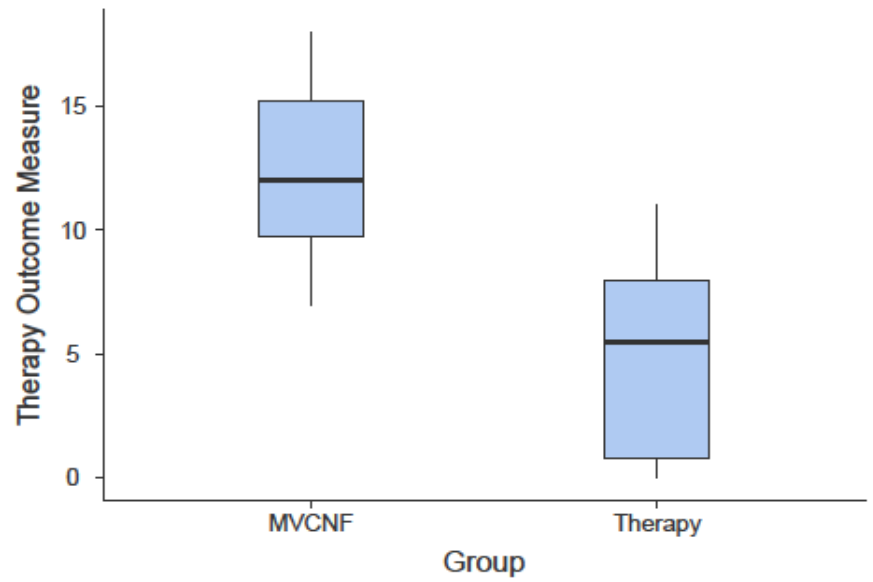
	Sum of Squares	df	Mean Square	F	p
Group	202	1	202.5	12.1	0.001
Residuals	636	38	16.7		

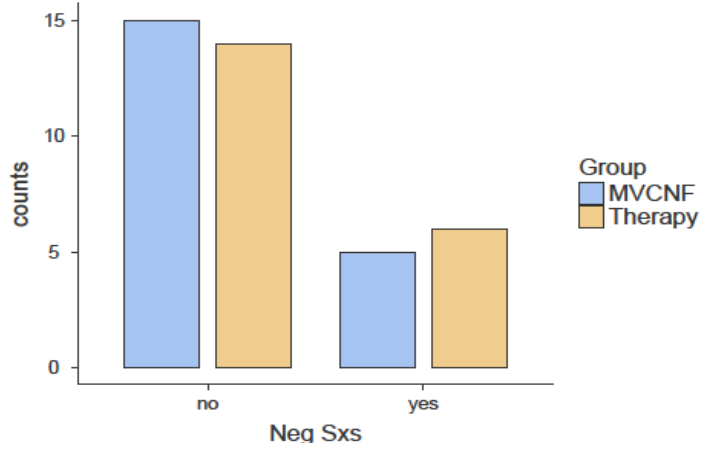


ANOVA

ANOVA

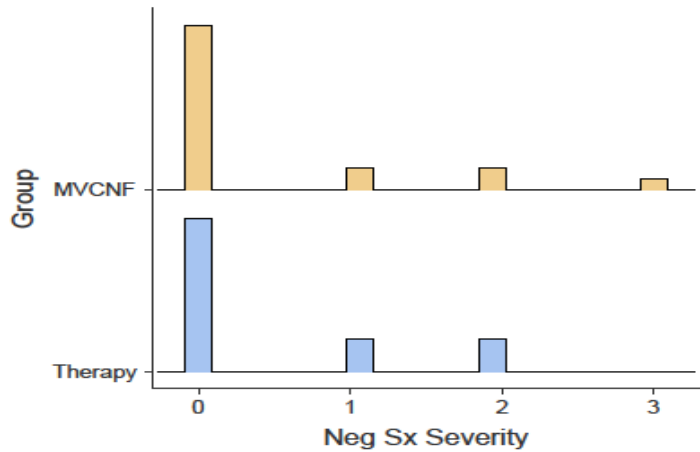
	Sum of Squares	df	Mean Square	F	p
Group	578	1	577.6	45.1	<.001
Residuals	486	38	12.8		





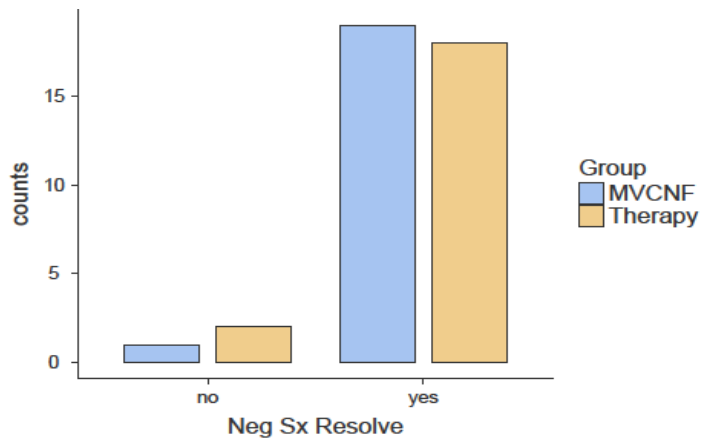
χ^2 Tests

	Value	df	p
χ^2	0.125	1	0.723
N	40		



ANOVA

	Sum of Squares	df	Mean Square	F	p
Group	0.0	1	0.000	0.00	1.000
Residuals	25.9	38	0.682		



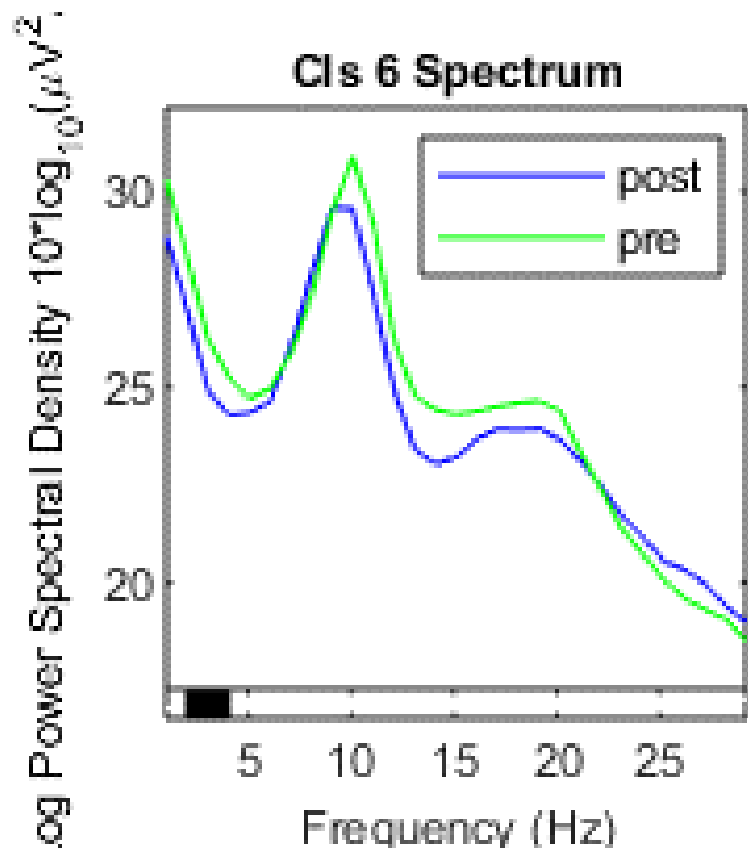
Contingency Tables

Contingency Tables

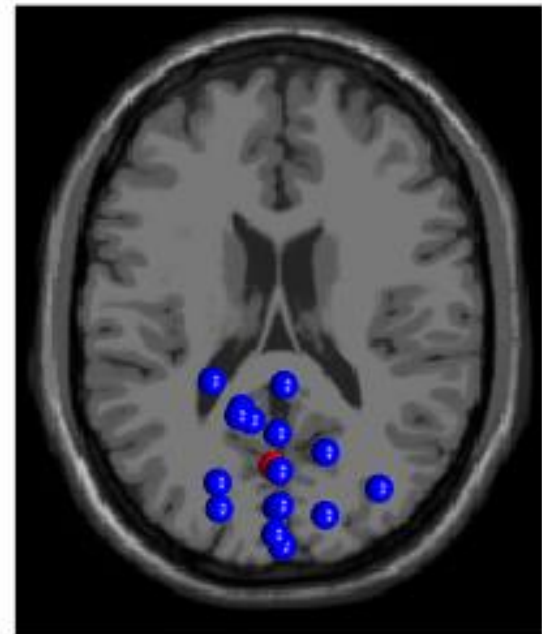
Neg Sx Resolve	Group		Total
	MVCNF	Therapy	
no	1	2	3
yes	19	18	37
Total	20	20	40

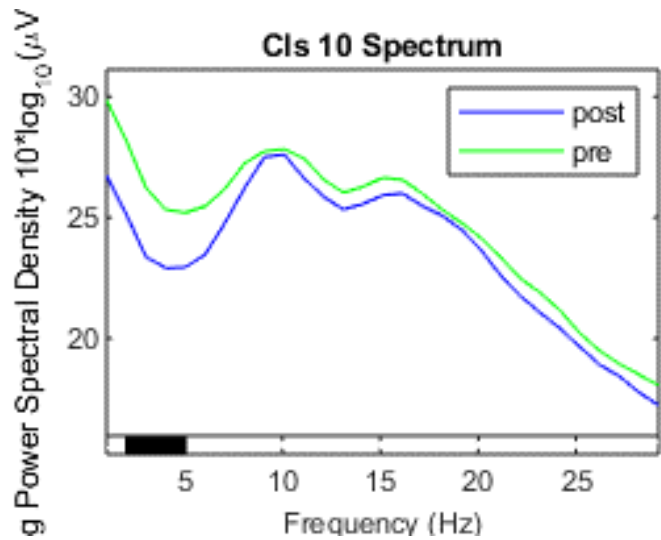
χ^2 Tests

	Value	df	p
χ^2	0.360	1	0.548
N	40		

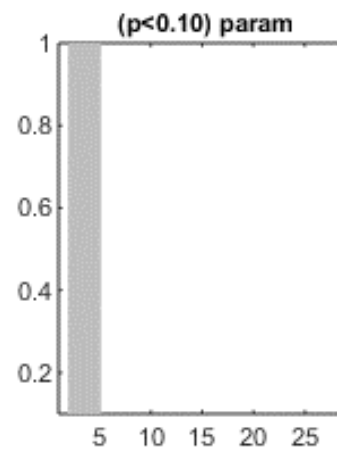
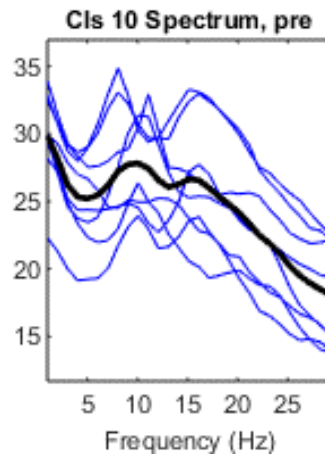
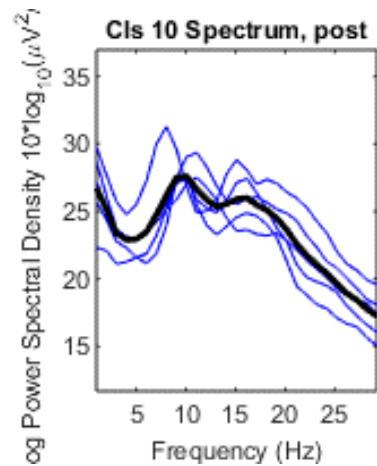
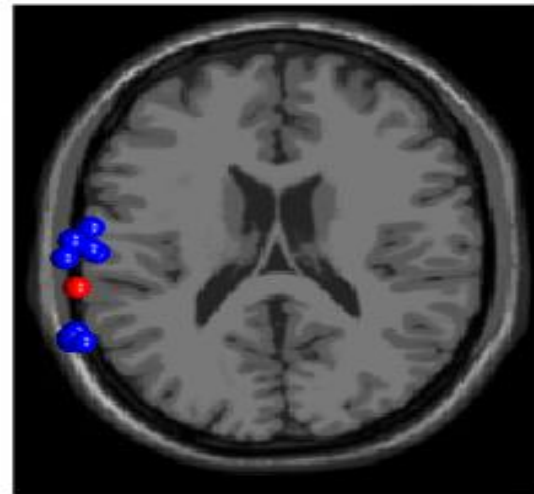


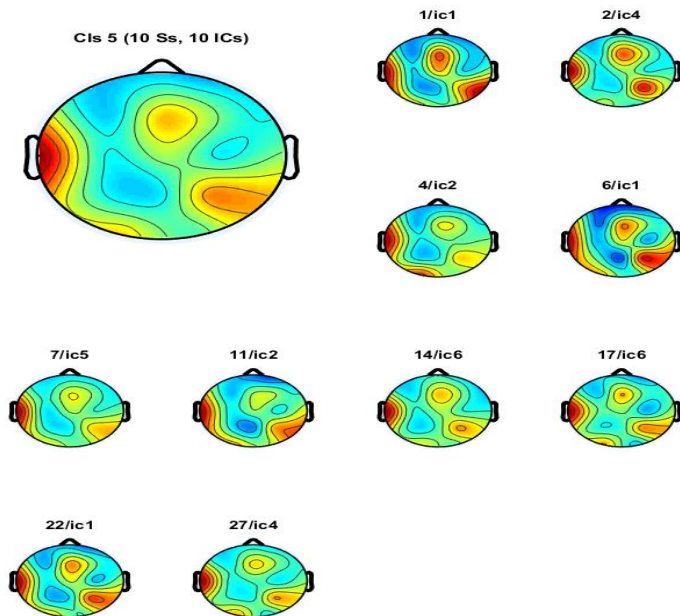
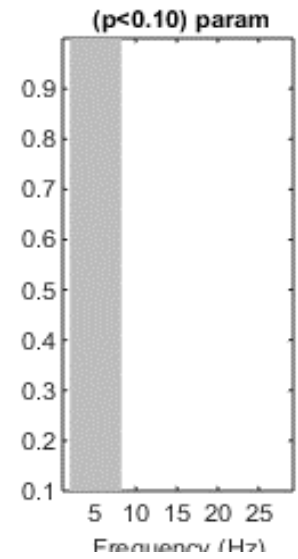
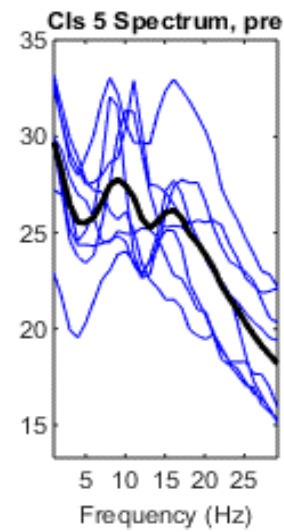
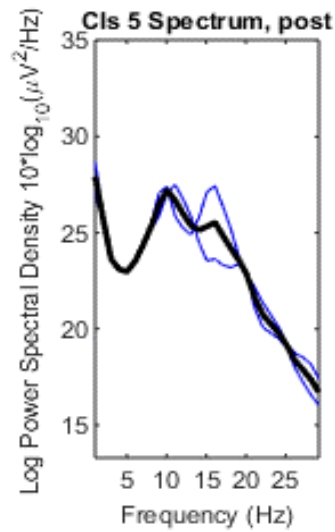
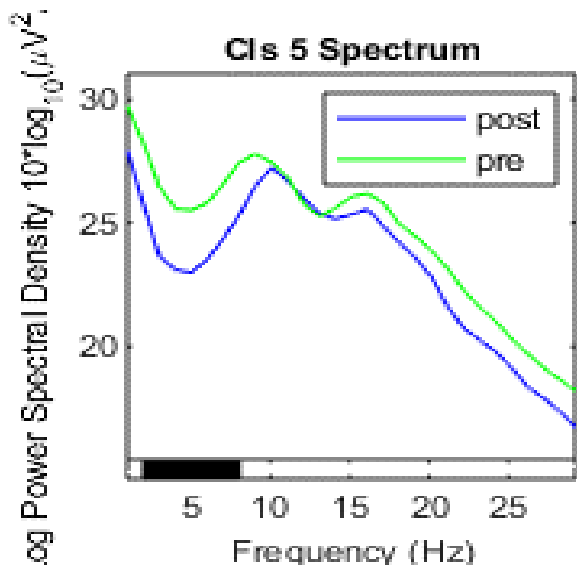
17
 Plot one
 Keep...
 Next
 Prev
 Keep...
 1
 9. IC2
 RV:
 X tal: -21
 Y tal:
 Z tal: 18
Display:
 Mesh on
 Tight v...
 Saqitt...
 Coron...
 Top view
No co...





14
 Plot ...
 Keep ...
 Next
 Prev
 Keep ...
 1
 1. IC1
 RV:
 X tal:
 Y tal:
 Z tal: -2
Displa
 Mesh...
 Tight ...
 Sagit...
 Coro...
 Top v...
No c...

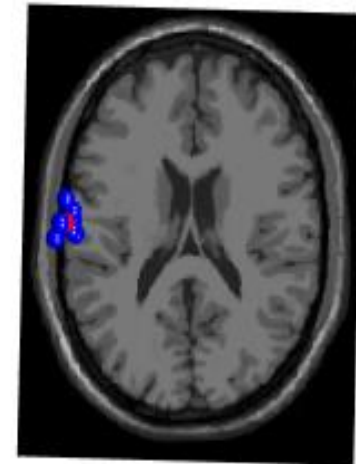


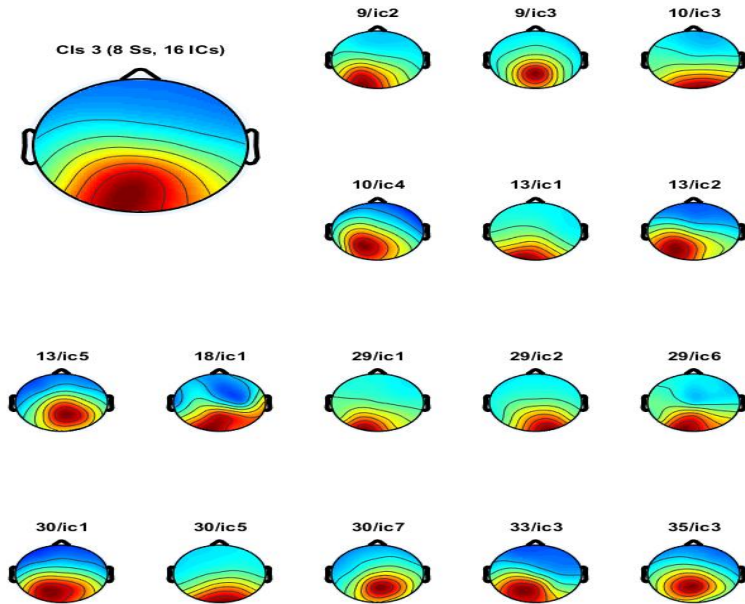
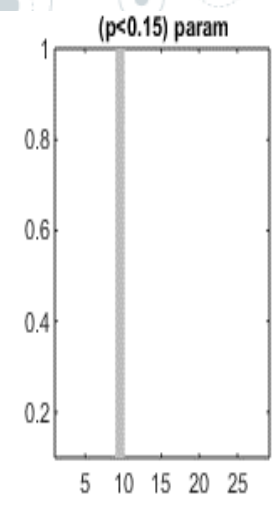
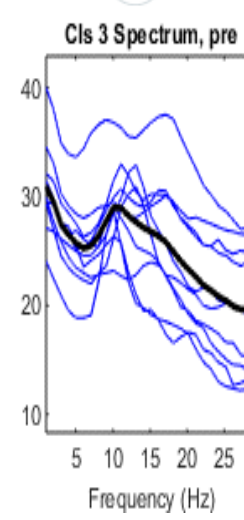
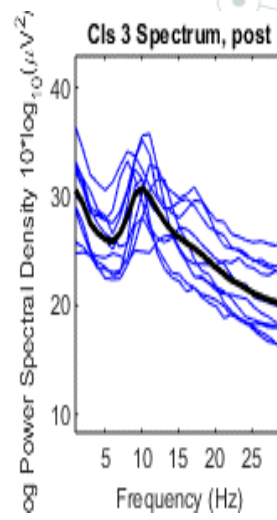
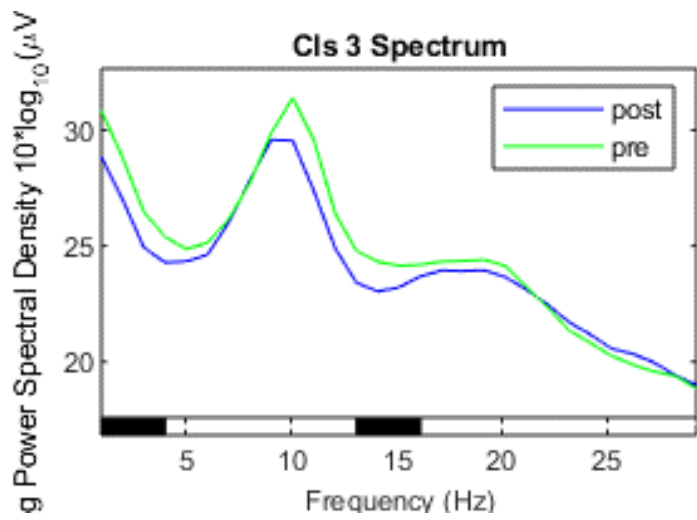


```

11
Plot one
KeepN...
Next
Prev
KeepP...
1
1 IC1
DI-
Y tal- 70
V tal- 20
Z tal- 0
Display:
Mesh on
Light vi...
Sagitta...
Corona...
Top view
No co...

```



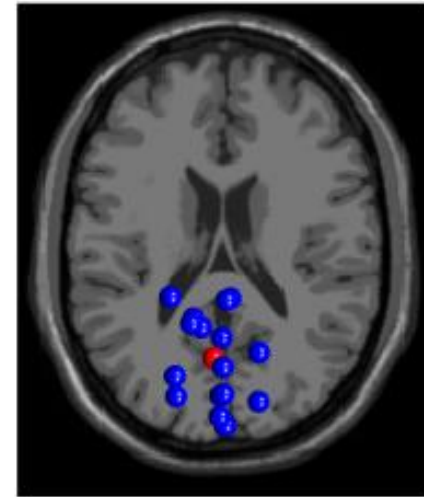


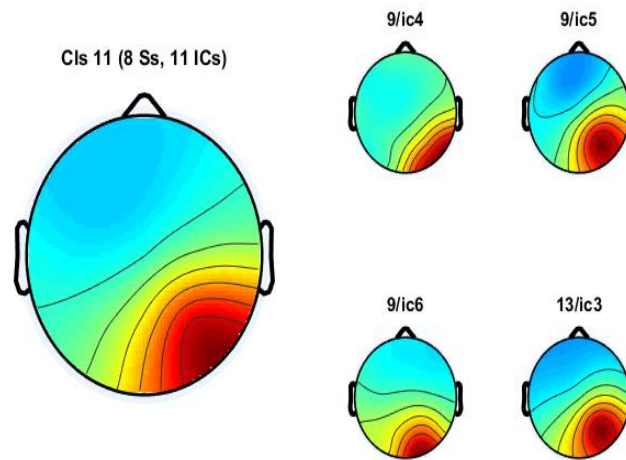
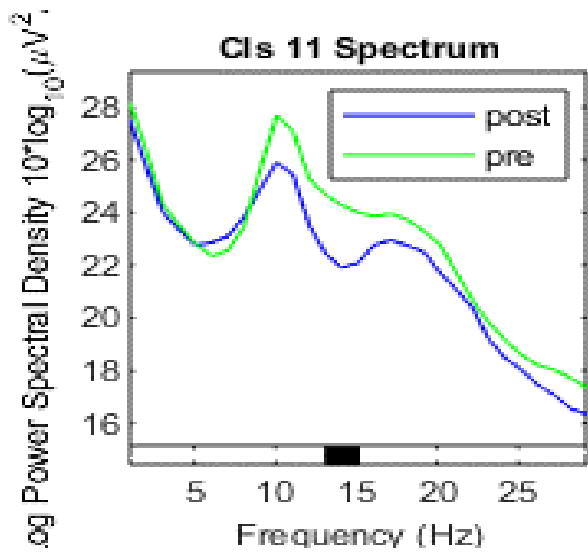
```

17
Plot o...
Keep...
Next...
Prev...
Keep...
1
9 IC?
RV...
X tal...
Y tal...
7 tal...

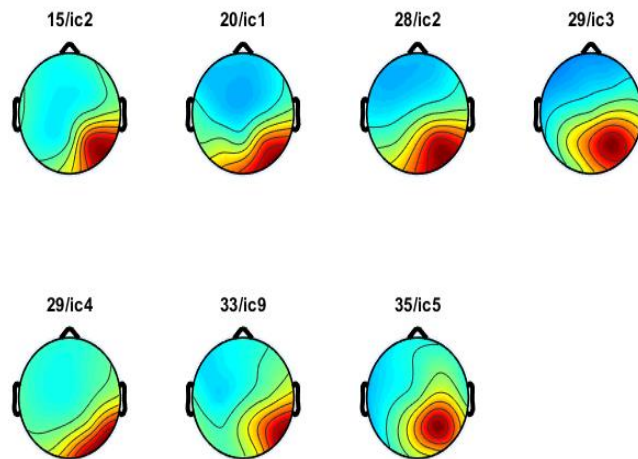
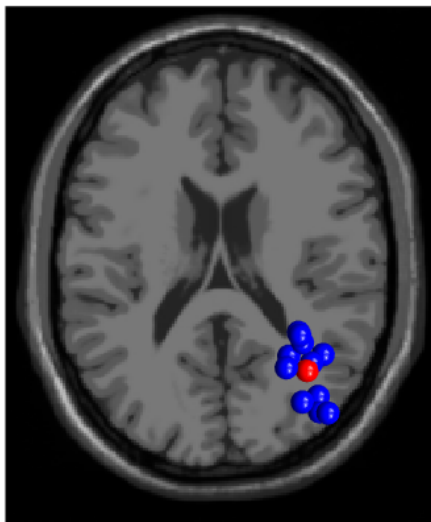
Displav
Mesh...
Tight...
Saquit...
Coron...
Top vi...
No c...

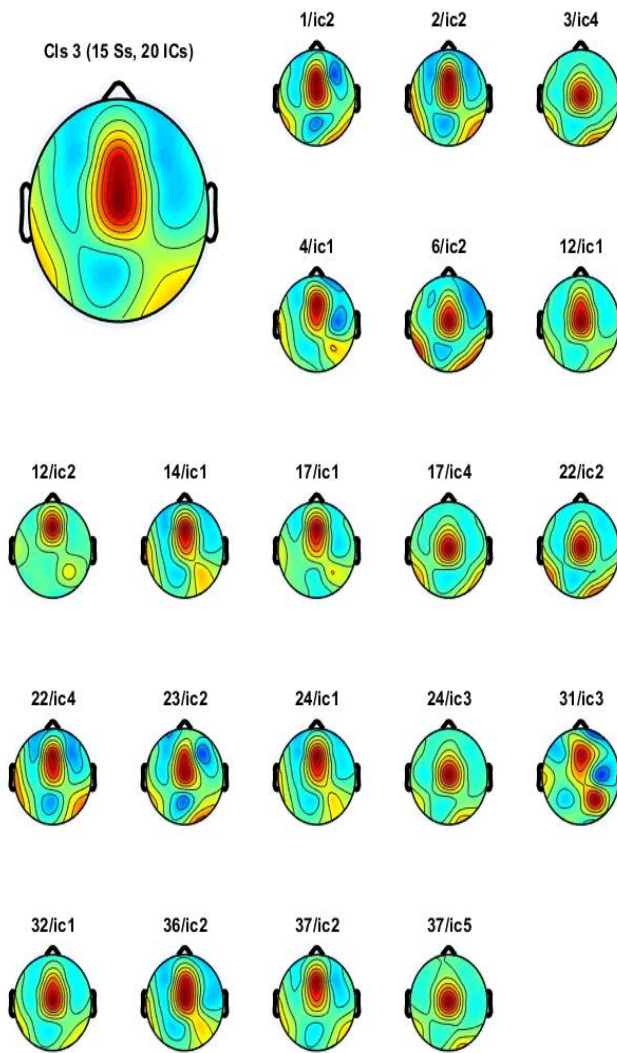
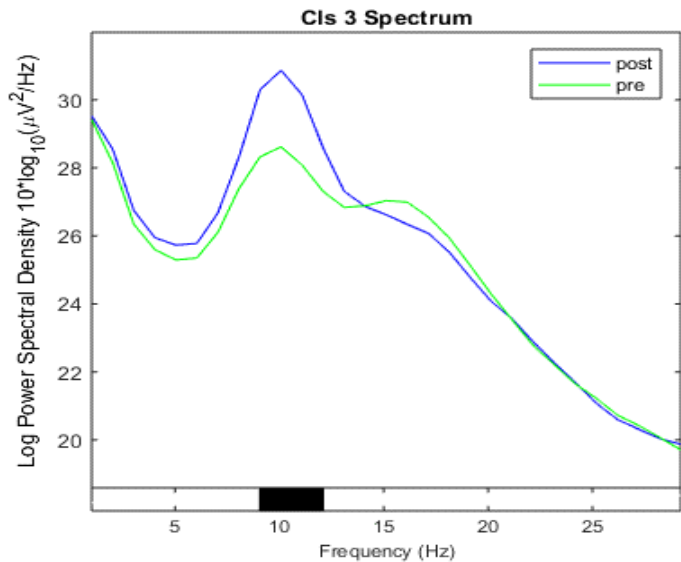
```





- 12 dipoles:**
- Plot one
 - Keep|Next
 - Next
 - Prev
 - Keep|Prev
 - 1
 - 9, IC4
 - RV: 1.33%
 - X tal: 41
 - Y tal: -75
 - Z tal: 10
 - Display:**
 - Mesh on
 - Tight view
 - Sagittal view
 - Coronal view
 - Top view
 - No controls**



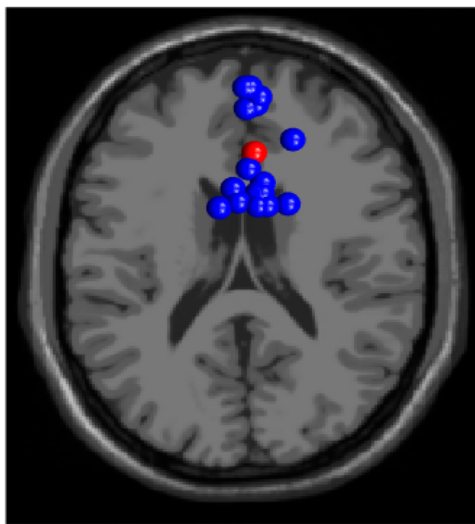


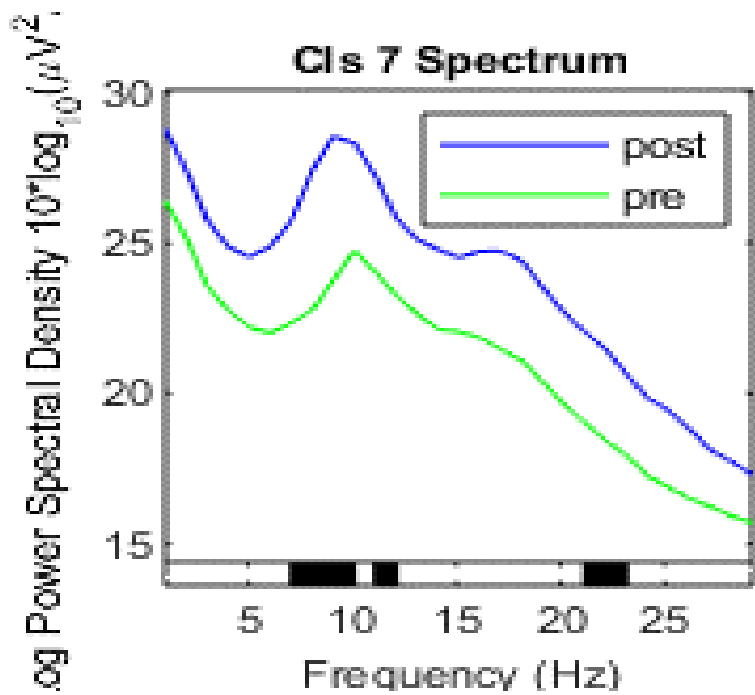
21 dipoles:

- Plot one
- Keep|Next
- Next
- Prev
- Keep|Prev
- 1
- 1, IC2
- RV: 56.43%
- X tal: 6
- Y tal: 55
- Z tal: 51

Display:

- Mesh on
- Tight view
- Sagittal view
- Coronal view
- Top view
- No controls**

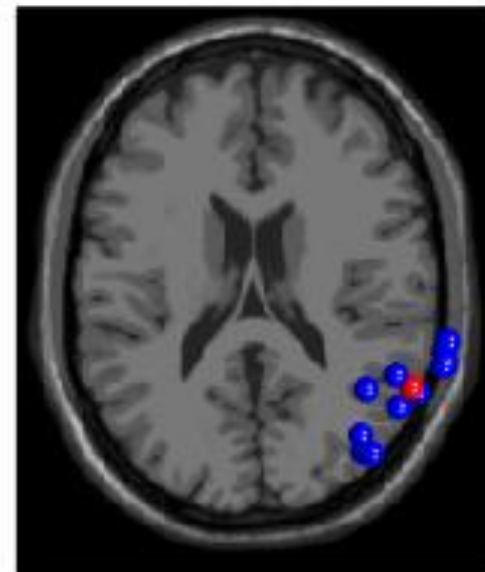




```

11
Plot...
Keep...
Next...
Prev...
Keep...
1
2 103
RV-
Y tal-
Y tal-
7 tal- 2
Djenla
Mes...
Tiaht...
Sagit...
Coro...
Top v...
No c...

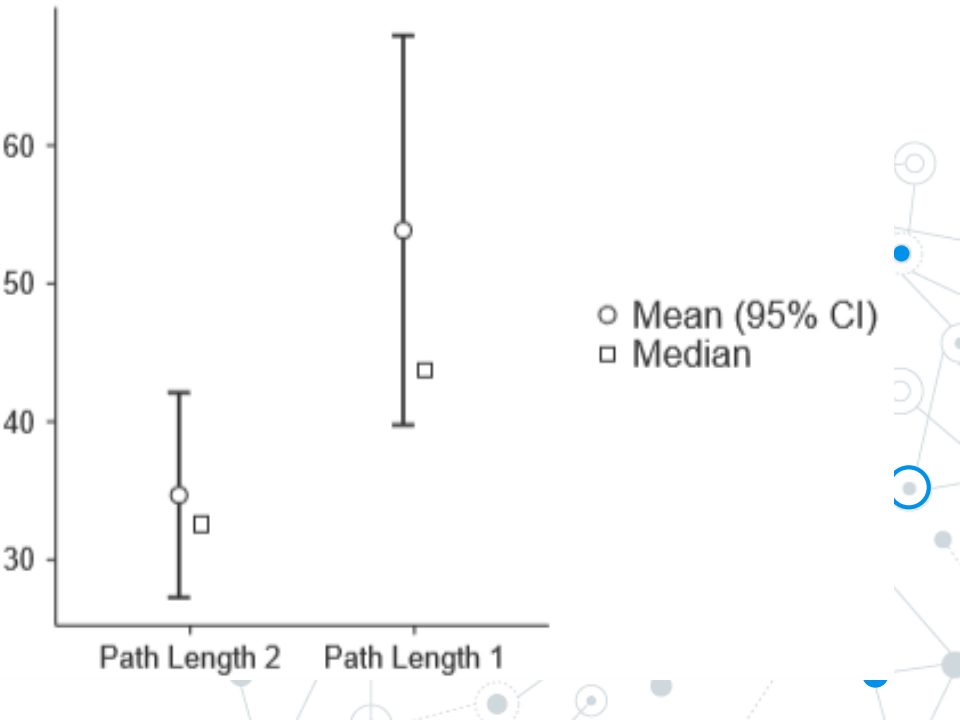
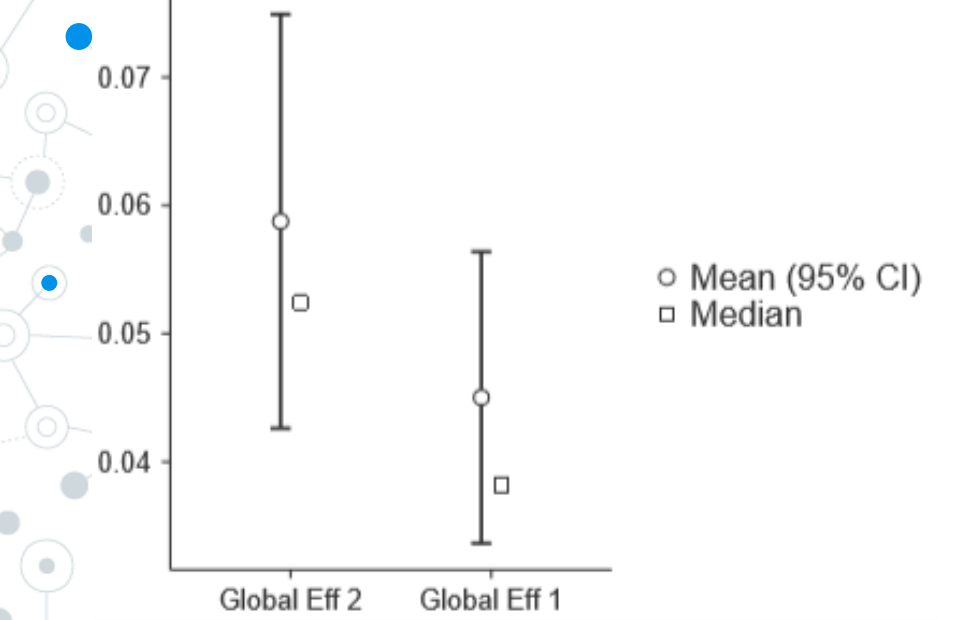
```

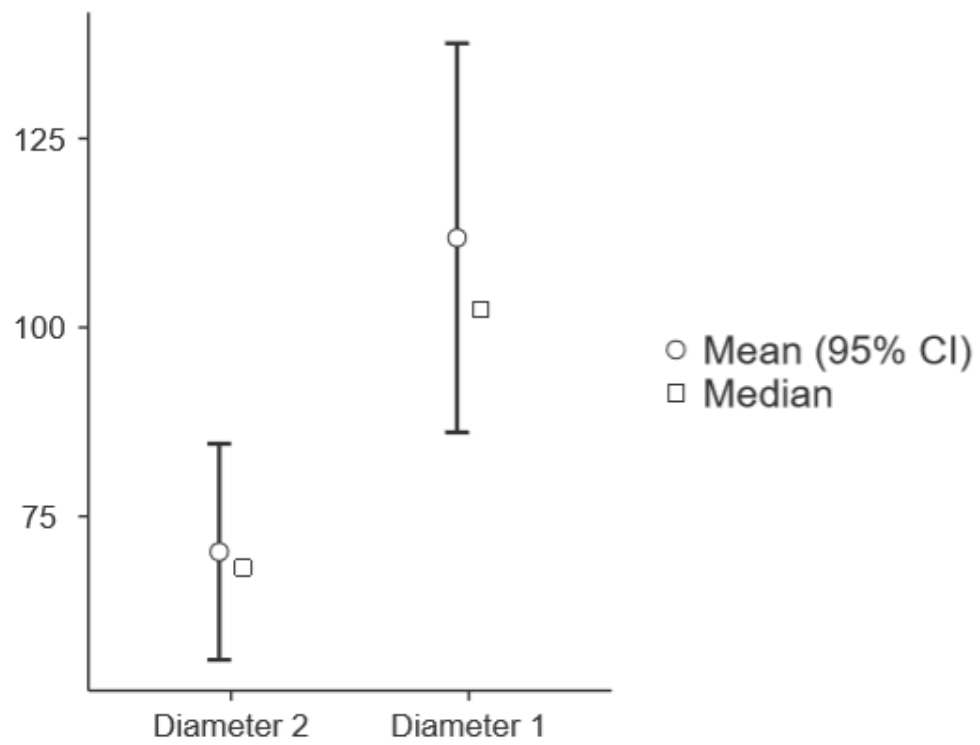
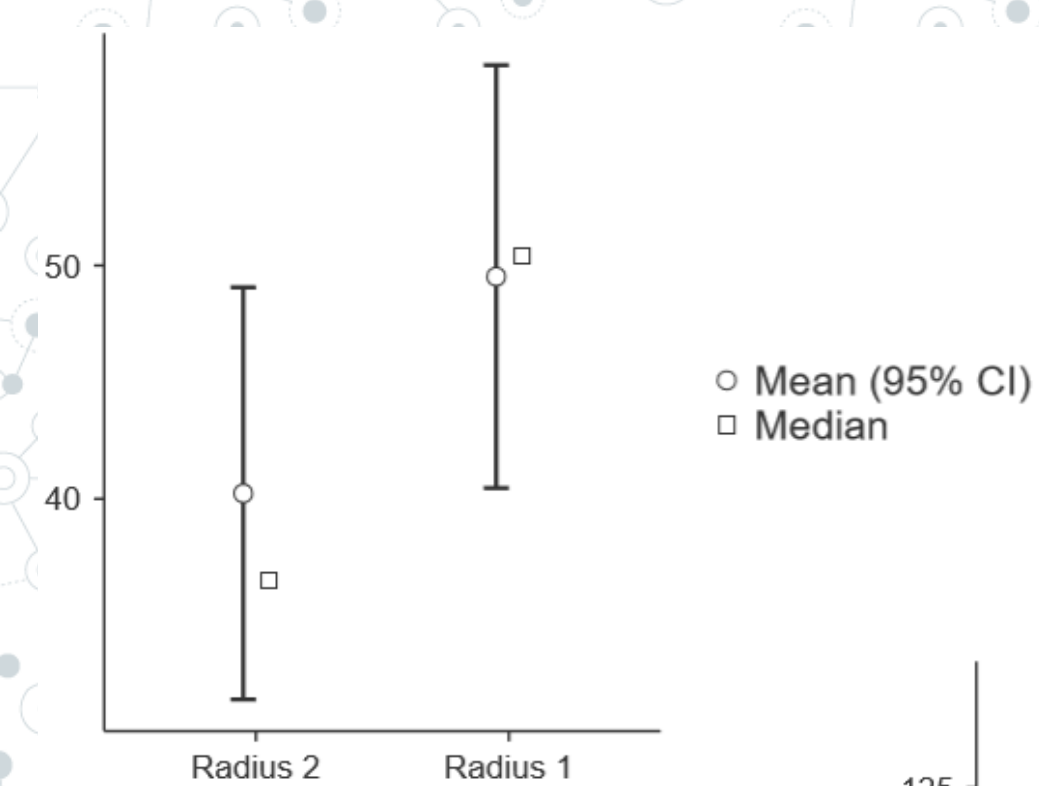


Graph Theory Connectivity Findings

Paired Samples T-Test

			statistic	df	p
Clust Coeff 2	Clust Coeff 1	Student's t	0.827	19.0	0.419
Path Length 2	Path Length 1	Student's t	-3.231	19.0	0.004
Global Eff 2	Global Eff 1	Student's t	2.470	19.0	0.023
Radius 2	Radius 1	Student's t	-2.472	19.0	0.023
Diameter 2	Diameter 1	Student's t	-3.618	19.0	0.002





Correlation Matrix

		Age	Meds	Client Improve	Therapy Outcome Measure	Neg Sx Severity
Age	Pearson's r	—	0.137	0.061	0.262	-0.044
	p-value	—	0.400	0.710	0.102	0.786
Meds	Pearson's r		—	-0.229	-0.122	0.569
	p-value		—	0.156	0.452	<.001
Client Improve	Pearson's r			—	0.699	-0.437
	p-value			—	<.001	0.005
Therapy Outcome Measure	Pearson's r				—	-0.337
	p-value				—	0.034
Neg Sx Severity	Pearson's r					—
	p-value					—



Model Coefficients

Predictor	Estimate	SE	t	p
Intercept	0.142	0.1299	1.097	0.280
Meds	0.362	0.0845	4.280	< .001
Group:				
Therapy – MVCNF	0.145	0.2190	0.661	0.513

Conclusions

- ◎ MVCNF leads to enhanced client and therapist ratings of outcome and to a greater degree than traditional psychotherapy.
- ◎ Client and therapist outcome ratings correlate but disagree with therapist ratings being higher (more accurate?).
- ◎ Mild, negative symptoms are possible but often can be resolved. These do not differ from psychotherapy and are often related to medication usage.
- ◎ Positive response to MVCNF in DT leads to decreases in delta, theta and beta activity over left temporal, precuneus (midline parietal), and right parietal brain regions. There were also increases in alpha and high beta over midline frontal (anterior cingulate) and right parietal-temporal regions.
- ◎ Positive responses are also seen with increases in multivariate connectivity, especially long range connectivity.

The background of the slide is a light gray network of interconnected nodes and lines, resembling a molecular or data network structure. The nodes are represented by small circles, some solid and some hollow, connected by thin lines.

Thanks to our team:

Carl Armes, BS

Melchizedek Ghandour, BS

Tarik Bel-Bahar, PhD