

Financial Interest Disclosure Statement

Beverly Swann is a doctoral candidate at Saybrook University and is conducting this research study as part of the requirements for a PhD in Mind-Body Medicine. This research study utilizes Trauma Releasing Exercises (TRE) as a muscle relaxation method. The study compares the use of TRE with the use of Progressive Muscle Relaxation (PMR) in the treatment of people with co-occurring post-traumatic stress disorder and non-specific chronic low-back pain.

Beverly Swann is also the sole proprietor of two small businesses: Beverly Swann, LMFT, and Cygnus Transformations (dba). Both businesses are located at:

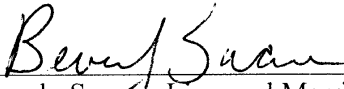
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www.beverlyswann.com
www.cygnustransformations.com

Beverly Swann is a trained facilitator for Trauma Releasing Exercises (TRE) and has earned a certificate to teach and facilitate TRE as part of Cygnus Transformations. As such, she earns part of her income from teaching and facilitating TRE sessions with individuals and with groups.

Should TRE, a relatively untested intervention, prove effective in treating these two conditions, the results of this study could promote this part of Beverly Swann's business. It represents a financial interest in the outcome of the study.

To reduce or prevent this risk of bias, Beverly Swann has incorporated the following in the study methodology:

- Participants will be randomized to the two study groups.
- Participant contact with Beverly Swann will be limited to the in-person training for either PMR or TRE and to email contact should participants have questions or concerns during the study. Phone contact may be used should a participant experience an emergency.
- Beverly Swann will not accept study participants as clients in either business for at least two years after the conclusion of the pilot study.



Beverly Swann, Licensed Marriage and Family Therapist,
Certified TRE Facilitator

4-23-18
Date