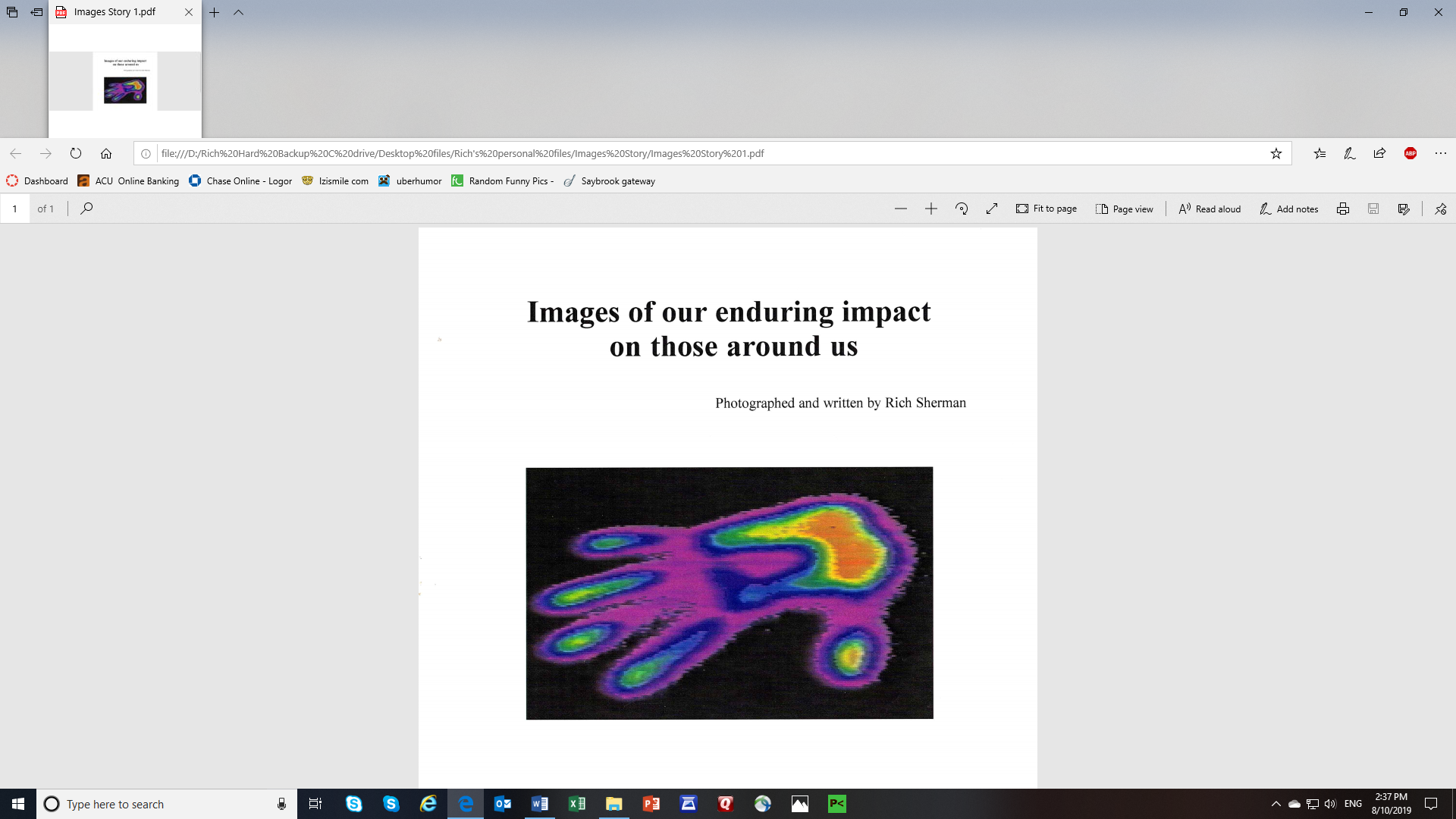
**Thermography as an aid to sensitivity training**



Sherman, R. (2019) Thermography as an aid to sensitivity training. Behavioral Medicine R&T Foundation, Sequim, WA. Pamphlet. Free copies available at: [www.behavmedfoundation.org](http://www.behavmedfoundation.org).

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This material was specifically developed as an aid for sensitivity training.

Images of our enduring impact on those around us

Photographed and written by Rich Sherman

Our hearts tell us that we have a profound and lasting effect on everything and everybody we touch. In this age of hurried skimming over overwhelming masses of bombarding information, we can easily lose sight of the impacts we make with every action, because we can't see them.

Ah, but in some ways we can.

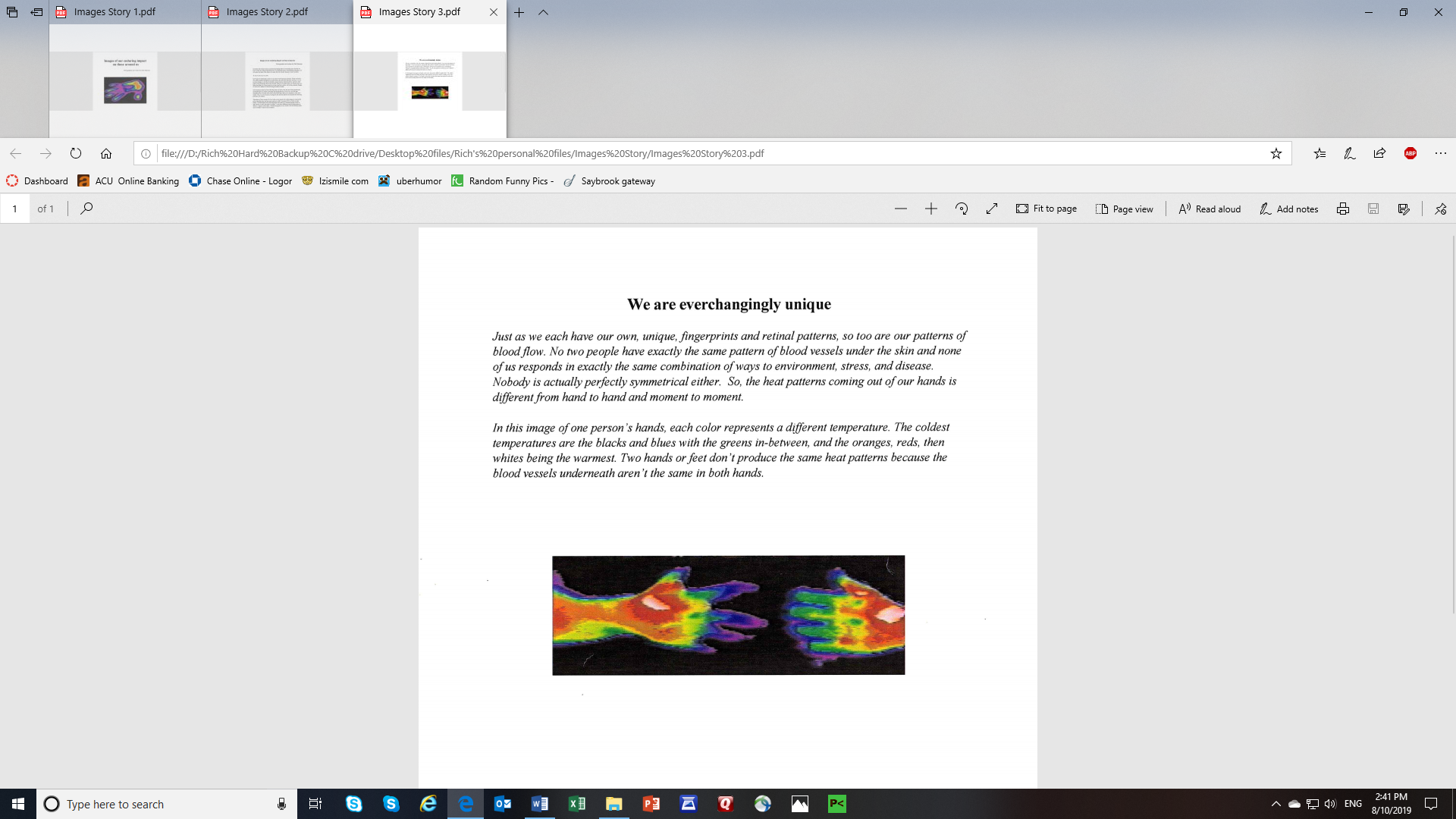
Our bodies are fantastically reactive to our state of well being and emotions. Nearly everybody who suffers migraine headaches has colder hands, feet, and noses than those who don't. As our emotions change, so does blood circulation, muscle tension, electrical activity, and every other aspect of our physiology that can be recorded. When we are under stress, our muscles tense, our hearts beat faster, the blood vessels in our hand and feet constrict. All of these ceaseless changes are mirrored in patterns of blood flowing just under our skins.

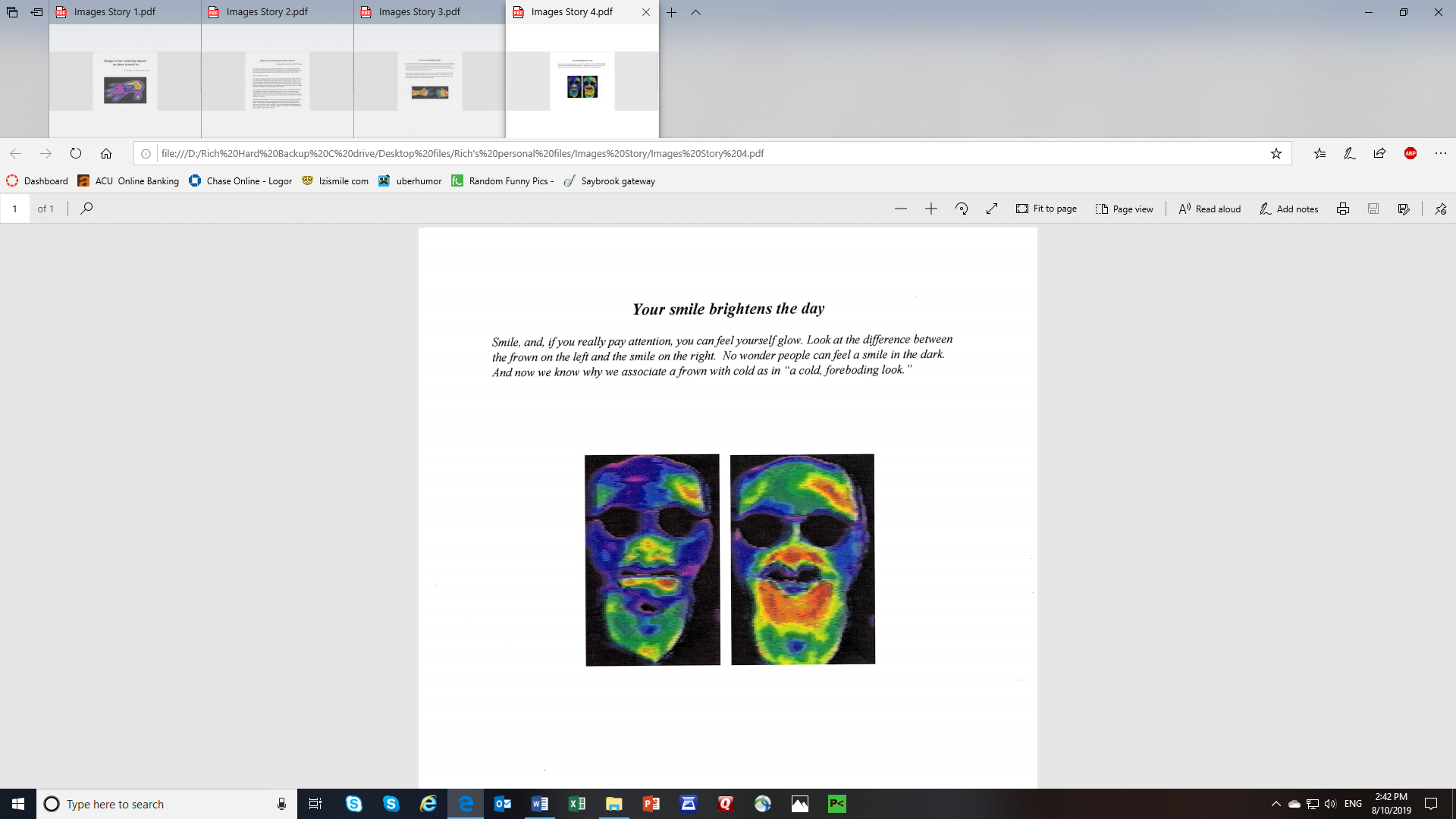
The momentary pattern of blood flowing under our skins is the sum total of the physical and emotional factors our bodies are dealing with during that slice of our lives. All of the heat emanating from our bodies is the result of blood flowing within a few centimeters of the skin's surface. Thus, our very essences are imaged in the skin heat patterns mirroring the blood flowing just below our surfaces.

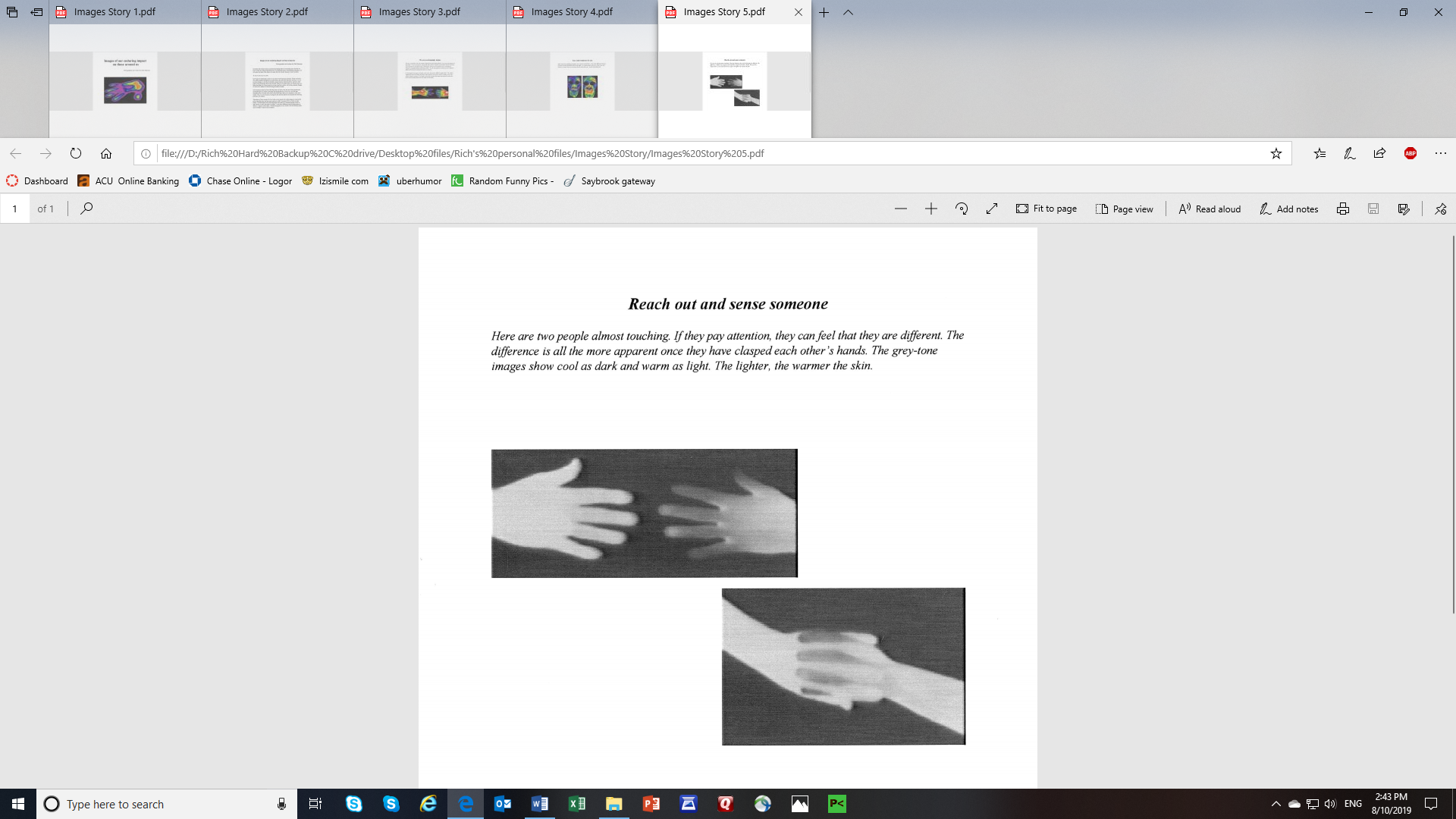
The patterns of heat coming off of our bodies can be turned into visible images by cameras that pick up heat the same way television cameras use light bouncing off of our bodies to make images. The heat images on the following pages were made by a videothermograph (video for light, thermo for heat, and graph for picture). It can detect difference between temperatures as little at 0.1 degrees Celsius apart. Videothermographs are very similar to the heat sensing scopes used on military weapons and in satellites.

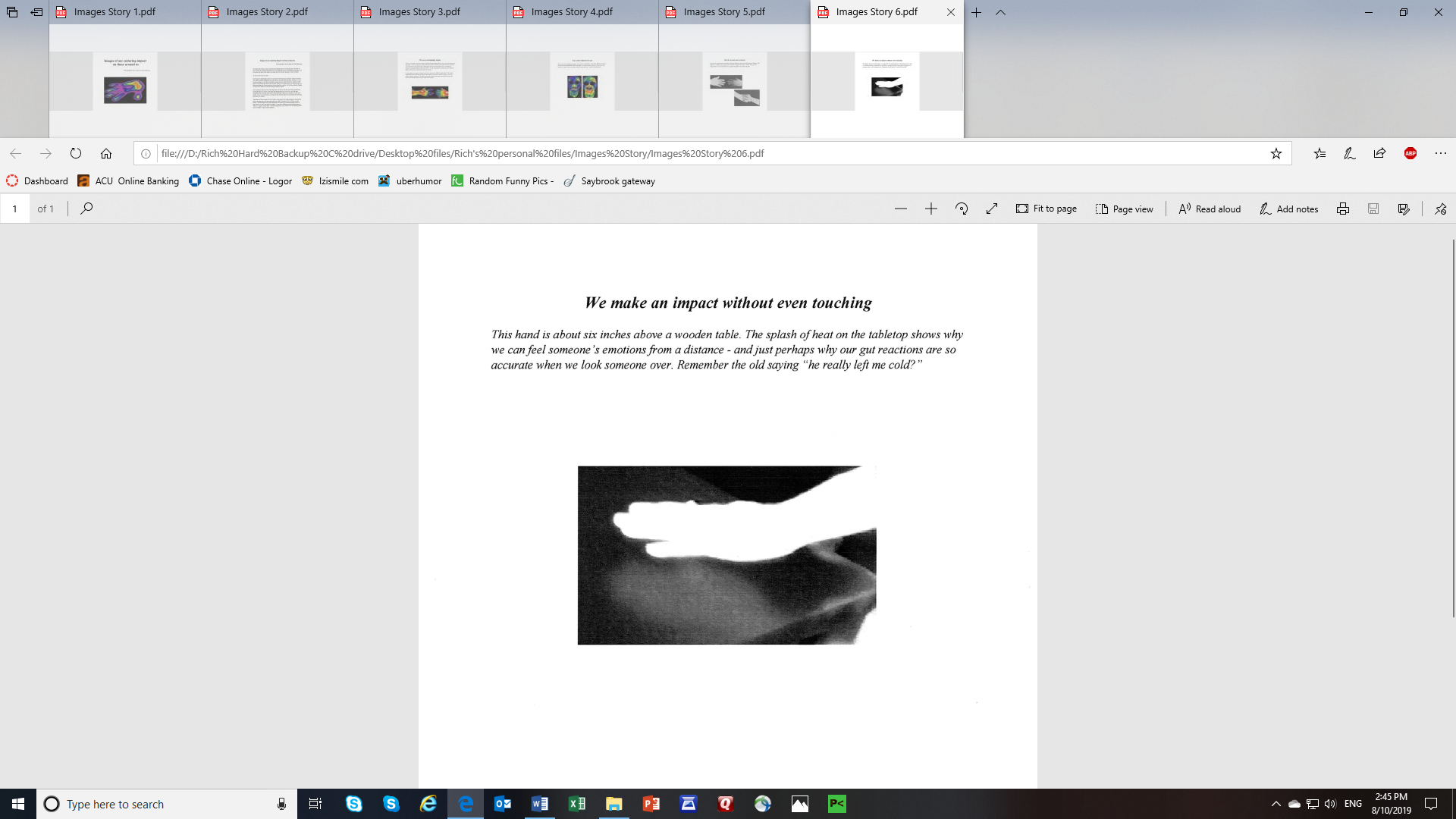
When we bare our faces and hands to the world, in a very real sense, we bare our "souls" as well. It is said that an open hand and an open face mean an open heart. Perhaps this is not just a metaphor, but a subliminal sensation instead.

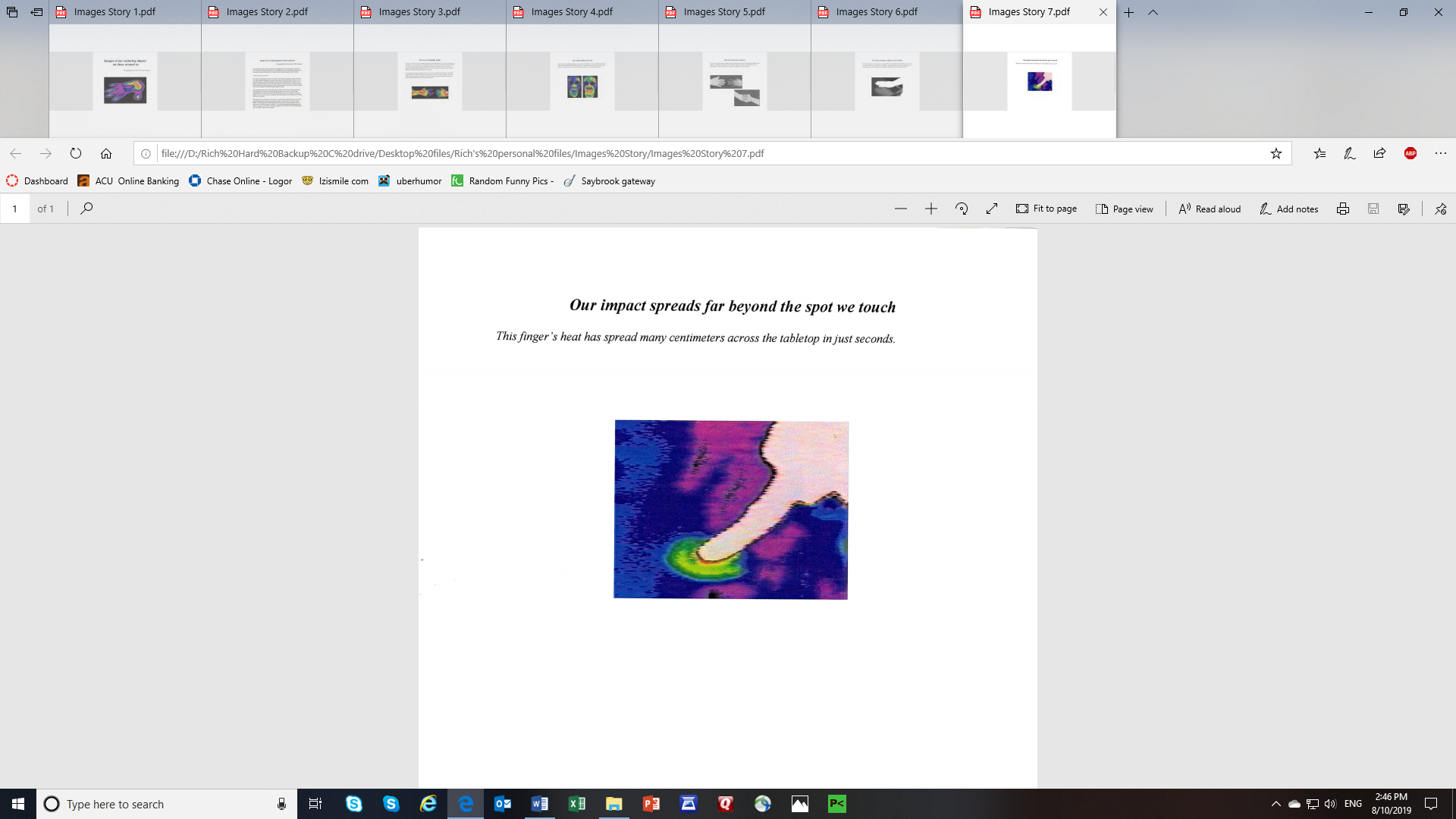
January 1998

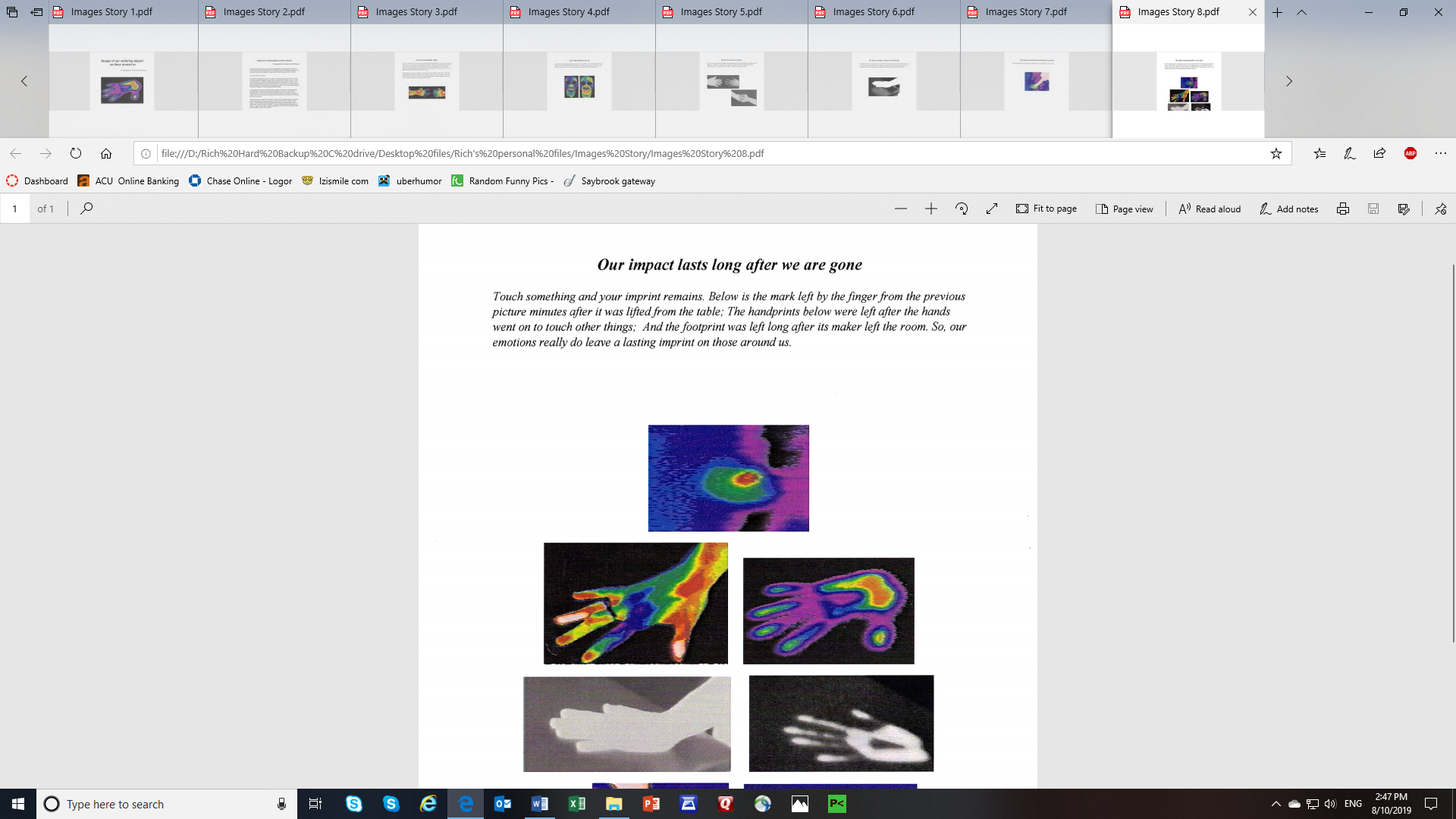


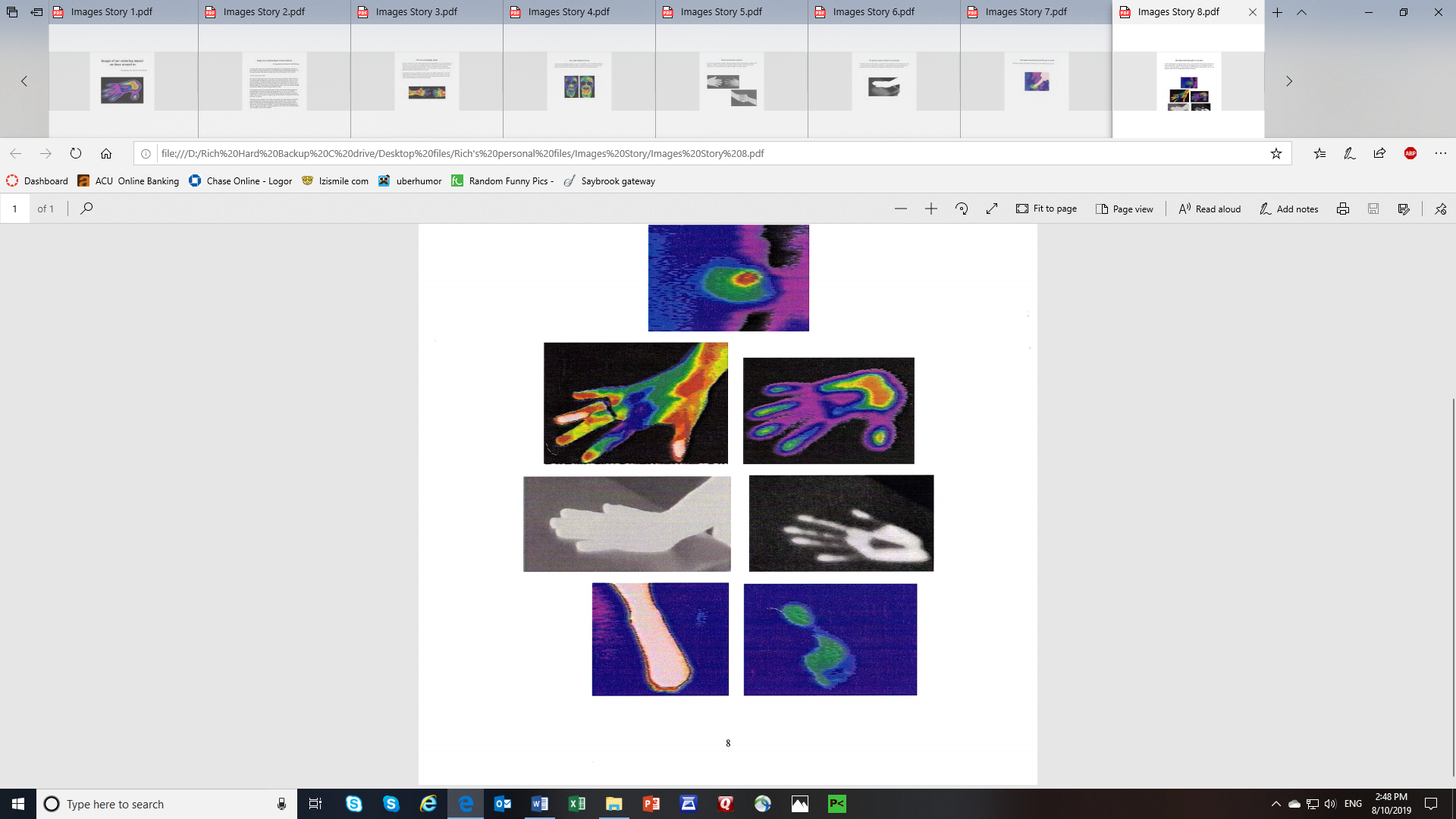


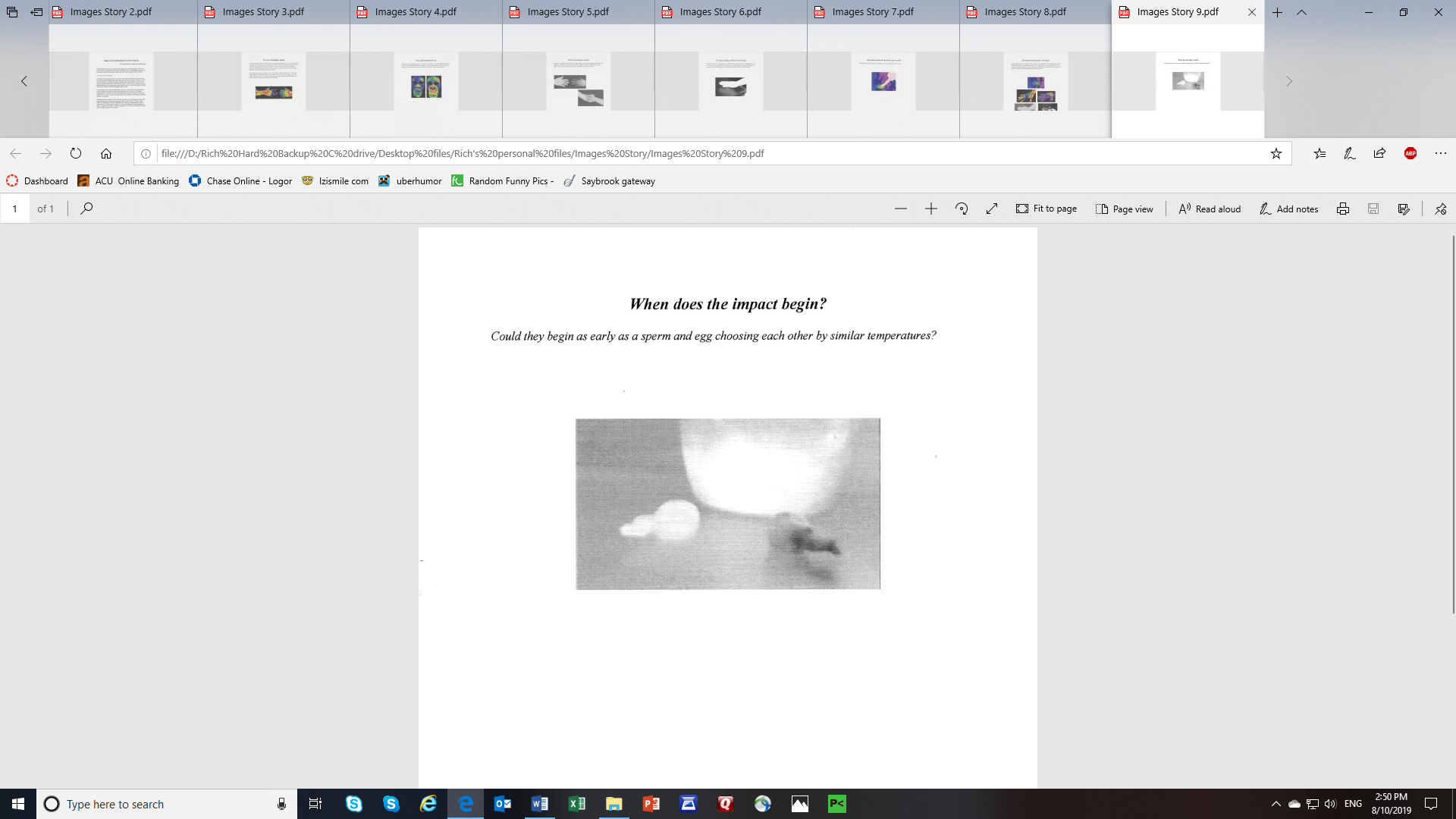












End

