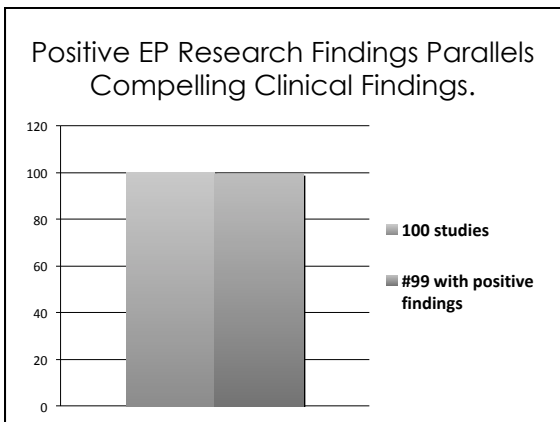


EP=?

*Energy Psychology is a family of
focused and brief mind-body approaches
to releasing stuck energy
in the mind-body system
that usually is the result of
unresolved small "t" or big "T" trauma.*



Scientific Evidence

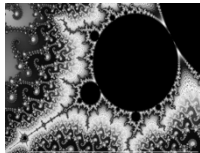
- Over 200 studies and papers published in refereed journals
- Over 50 RCTs (99% had positive results)
- Over 50 Pre- Post outcome studies
- Combined (99% had positive results)
- 5 meta-analytic studies
 - Anxiety (large effect size $d=1.23$)
 - Depression (moderate effect size $d=.63$)
 - Multiple problems (moderate effect size $g=.66$)
 - PTSD (large effect size $d=2.96$)
 - Tapping is an active ingredient (large effect size $d=1.28$)

Scientific Evidence

- 100% of studies that had follow up – maintained results
- FMRI study EFT and cravings showed changes in the brain in areas associated with cravings
- 1 study - Highly significant drops in cortisol levels for 1 session of EFT compared to controls.
- 1 study Changes in gene expression after 10 sessions of EFT with Vets with PTSD as well as significant symptom improvement
- 2 studies showing EFT reduced PTSD in vets by 86% after 6 sessions compared to studies showing 49% reduction in PTSD after 12 sessions.

Hypnosis, EP & the Mind Body Connection

- Patterns repeat on multiple levels.
- Two Way Communication
- Most mind-body people have a bias to one direction
- You can “Run the System” in any direction

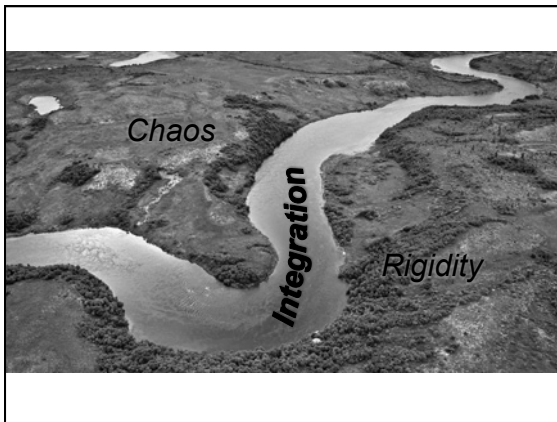


What is the Mind?

The mind regulates the flow of Information and energy. - Dan Siegel, MD



The Mind is Embodied and Interpersonal



Why do people develop psychological problems?

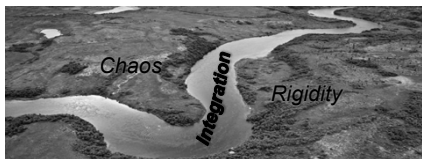


Sometimes you feel like a nut, sometimes you don't.

The functional flow of information and energy becomes dysfunctional.

What is Effective Psychotherapy?

- Shifts dysfunctional flow of information and energy (chaos/rigidity) toward functional flow and Integration



Psychotherapy is

Erickson

Re-association and reorganization of a clients inner learnings.

Interpersonal
Neurobiology

Shifting the flow of information & energy from dysfunctional to functional (Integration)

“Classic”
Energy
Psychology

Removing distortions in the flow of energy (when attending to a “specific target”.

EP General Treatment Protocol

First and foremost, create rapport, train client in procedure and establish appropriate expectation.

A. Client Identifies a specific “target” and assigns a SUDS rating

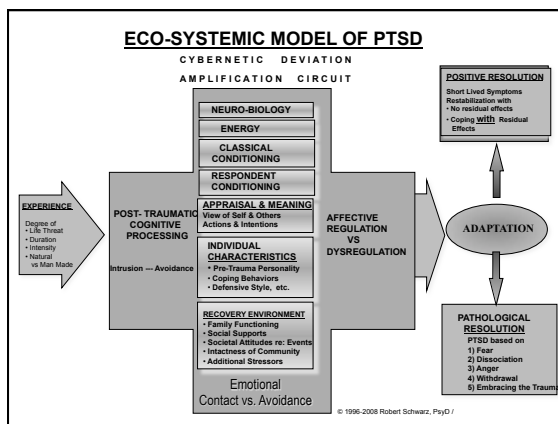
B. Client focuses non judgmental awareness on the target and activates energy points with or without cognitive reframes

C. Assess client’s new SUDS level and any additional data: feeling, image, sensation, etc.

D. If SUDS is not 0 and/or there is new data, return to Step A (on new or original target) and repeat.

Why Ericksonian's should add EP to their toolkit

- Adding an important channel for communication.
- It's Indirect & Direct
- Not necessarily conscious or logical
- It's focused and brief



Polyvagal theory – Hyper Brief Summary 1

1. Vagus nerve is a cranial nerve - runs from gut up to the “bottom of” limbic system
2. Old (reptilian) & New (Mammalian) branches
3. First & Chief function = am I safe?
4. Vagal Breaking System(VBS) / arousal & recovery
5. VBS / HRV / Trauma / Bottom - UP
6. Social Connection/Bonding/Safety
7. Prosody/tone - Vagus nerve and the “hypno-voice”

**Polyvagal theory –
Hyper Brief Summary 2**

- 8. Safety & Danger is a felt sense pre-conscious/below the neocortex
- 9. Affect regulation & dysregulation is interpersonal
- 10. Two way communication: information and influence

**Interpersonal Regulation a la
Polyvagal theory**

Ericksonian Hypnosis

- Utilization/Accept
- Hypno voice
- Tx goes into trance
- Lineage from Erickson

Energy Psychology

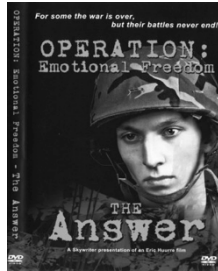
- Set Up – Accept self
- Tapping as induction
- Tx Taps self
- Lineage from Callahan/Craig

Memory Reconsolidation -3 steps

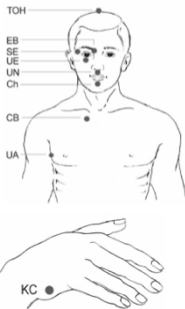
- 1. Reactivate.** Re-trigger/re-evoke the target knowledge by presenting salient cues or contexts from the original learning.
- 2. Mismatch/unlock.** create an experience that is at variance with the client's model and expectations of how the world works. (unlocks synapses and renders memory circuits susceptible to being updated by new learning).
- 3. Erase or revise via new learning.** create a new experience that contradicts (for erasing) or supplements (for revising) the labile target knowledge. (This new learning experience may be the same as or different from the experience used for mismatch in step 2; if it is the same, step 3 consists of repetitions of step 2) (Ecker, Ticic and Hulley, 2013)

Another story...

Post Traumatic Stress with Veterans



Very Basic EFT



Step 1 Focus on Problem and rate 0-10 SUDS

Step 2 The set up statement

Tap KC & say 3 X Even though I _____
" I deeply and completely Accept myself.

Step 3 Tap Points 10 times each

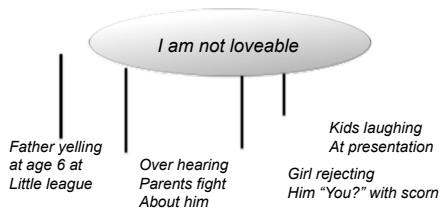
ToH-> EB-> SE-> UE-> UN->
CH -> CB->U A →

Step 4 Go back to Step 1:

Re-assess if suds not 0
Follow the data – get more specific

More Advanced EFT

- Check for "aspects"
- Deconstruct things back to short specific events



- Testing the work

**Polyvagal informed hypno-energy trance
with a dash of memory reconsolidation**

- Imagine an warm friendly energy ball - color (patient associates with safety – centered somewhere in the abdomen (tummy))
- Radiates warmth, comfort, safety, relaxation
- Notice breathing slows & deepens as if you are breathing in this feeling. Allow The color & comfort to move up into your heart. Notice how your heart rate can slow since your body senses that you are safe
- Feel/Sense the warmth/safety- as if the the energy is telling you in the most relaxed voice you can imagine “you are safe”. It may seem to you that the very quality of that voice is melodic –like an angel’s voice would sound.

**Polyvagal informed hypno-energy trance
with a dash of memory reconsolidation**

- Perhaps you did not realize that you can create these internal feelings of safety easily
- Perhaps you did not realize that these feelings can live in your body and arise a
- But now you do! Is that not wonderful
- And your UCS can memorize this process so that it can automatically bring it back whenever you need.
- PHS for automatic return and/or conscious access


Resources

- Energypsych.org
– SAVE 40% ON MEMBERSHIP CODE- BOB40
- ACEPBLOG.org
- Energypsychologyconference.com
- [Facebook/energypsych](https://www.facebook.com/energypsych)
- Free-EFTcourse.org
- Energyhealingsscience.com

Resources

- Upcoming Essentials of Comprehensive Energy Psychology Levels 1 & 2
– Phoenix, Atlanta, New York, Baltimore
- EFT Professional Skills Level 1 Virtual training with live small group practice sessions
Feb 10, 2020 EFTonline.org
- Science of Energy Healing Online
– 18 hr CE/CME/CNE Save \$200 MHE200
Energyhealingsscience.com

The Art & Science of Transformational Change
22nd International Energy Psychology Conference
May 14-18, 2020 | Baltimore, MD | Hyatt Regency Inner Harbor




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Andrew Newberg, MD • Norman Shealy, MD • Cyndi Dale

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VIP price ends February 10, 2020



See you **SATURDAY**
at **2:30pm**
For a demonstration of
Integrating EFT and Narrative
Approaches for a traumatic event

Integrating Energy Psychology and Ericksonian Approaches for Treating Trauma - Robert Schwarz

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