Integrating Energy Psychology And Ericksonian therapy For Trauma

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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
The mind regulates the flow of information and energy.

- Dan Siegel, MD

The Mind is Embodied and Interpersonal

Chaos

Integration

Rigidity

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

Chaos  Rigidity

Psychotherapy is

Erickson  Interpersonal Neurobiology  “Classic” Energy Psychology

Re-association and reorganization of a client's inner learnings.

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

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**

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<tr>
<td>8.</td>
<td>Safety &amp; Danger is a felt sense pre-conscious/below the neocortex</td>
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<td>9.</td>
<td>Affect regulation &amp; dysregulation is interpersonal</td>
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<td>10.</td>
<td>Two way communication: information and influence</td>
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### Interpersonal Regulation a la Polyvagal theory

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<tr>
<th>Ericksonian Hypnosis</th>
<th>Energy Psychology</th>
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<tr>
<td>• Utilization/Accept</td>
<td>• Set Up – Accept self</td>
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<td>• Hypno voice</td>
<td>• Tapping as induction</td>
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<tr>
<td>• Tx goes into trance</td>
<td>• Tx Taps self</td>
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<td>• Lineage from Erickson</td>
<td>• Lineage from Callahan/Craig</td>
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### Memory Reconsolidation -3 steps

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<td>1. <strong>Reactivate</strong>, Re-trigger/re-evoke the target knowledge by presenting salient cues or contexts from the original learning.</td>
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<td>2. <strong>Mismatch/unlock</strong>, 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).</td>
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<td>3. <strong>Erase or revise via new learning</strong>, 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)</td>
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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

More Advanced EFT

• Testing the work

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Association for Comprehensive Energy Psychology  energypsych.org
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 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
• Free-EFTcourse.org
• Energyhealingscience.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 Energyhealingscience.com

The Art & Science of Transformational Change
22nd International Energy Psychology Conference
May 11, 2020 (Baltimore, MD) Hyatt Regency inner harbor

Join us to renew yourself and learn new therapeutic tools.

INSPIRING KEYNOTES INCLUDE:
- Bob Howard, PhD - Holistic Health in the Media
- Neil Thal, MD
- Andrew Newberg, PhD - Normal Sherry, PhD - Cyndi Dole

Register now at EnergyPsychologyConference.com

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

References


