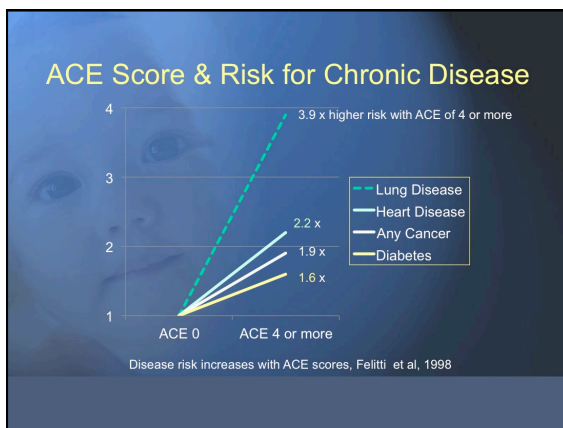




- Traumatic events are not seen as the real source of the problem.
- The real source of the problem is the disruption in flow of energy and information in the system.

$$ET / R^{AP} > 1 = \text{⚡}$$



The Lifetime Cost of 1 year of ACEs

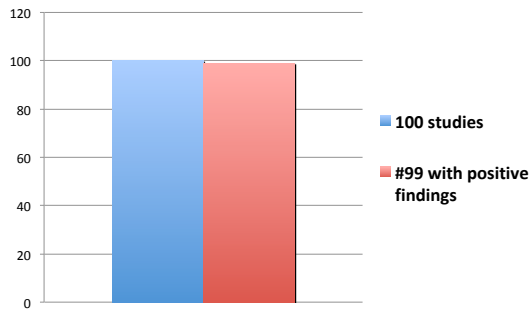
2012 US CDC study the total lifetime estimated financial costs associated with just one year confirmed cases of child maltreatment

\$124 billion



The Lifetime Cost of 10 years of ACEs
\$1.24 Trillion

Positive EP Research Findings Parallels Compelling Clinical Findings.



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.

So what's missing? (in terms of outcome research)



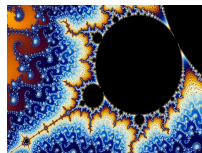
- Large scale clinical trials -that cost 7 figures
- Larger FMRI studies
- Larger scale biologic marker studies.

Ethical Considerations and Limits

- EP appears to have few adverse reactions. The main ones are emotional upset, when sufficient containment procedures are not used.
- The effectiveness of EP approaches appears to be at least in part due to a synergy of "good therapy" practices that include the use of the body.
- Therapists should refrain from making claims that EP cures physical illness per se. Instead it is better to frame things within a stress and psychoneuroimmunology (PNI) approach.
- More research still needs to be done to demonstrate effectiveness (although EP has more than most) as well as mechanisms.
- Therapists who want to use these approaches should be fully trained rather than just taking a several hour course.

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

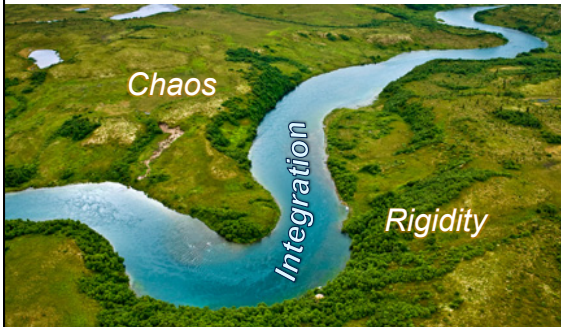


What is the Mind?

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

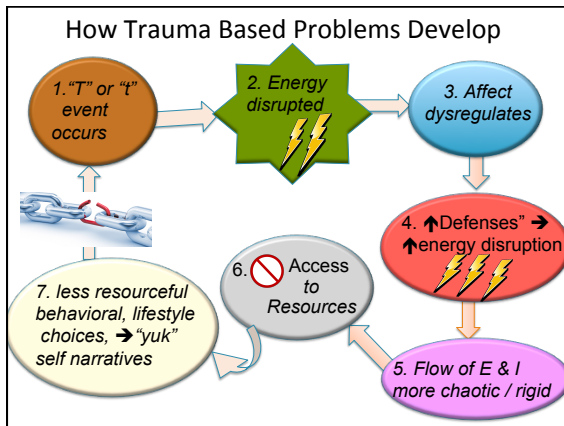


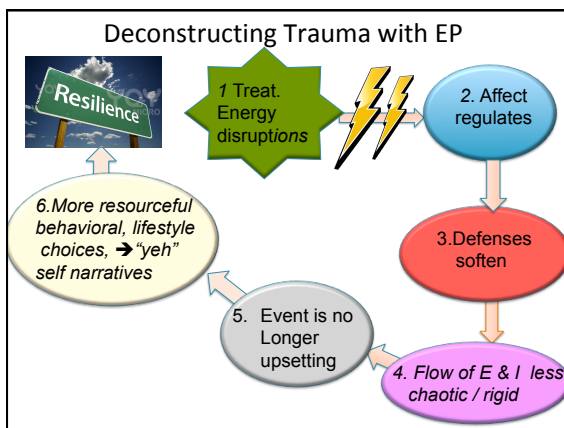
Psychotherapy is

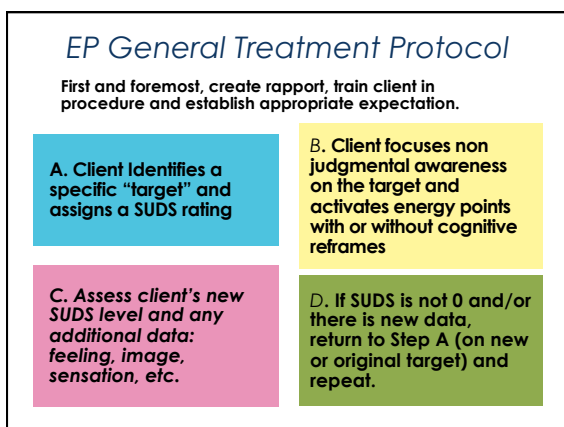
Erickson	Interpersonal Neurobiology	"Classic" Energy Psychology
Re-association and reorganization of a clients inner learnings.	Shifting the flow of information & energy from dysfunctional to functional (Integration)	Removing distortions in the flow of energy (when attending to a "specific target".

Why Ericksonian's should add EP to their toolkit

- Adding an important channel for communication.
- It's Indirect & Direct
- Uses clients language and experience
- Not necessarily conscious or logical
- It's tends to be focused and brief







Polyvagal theory Hyper Brief Summary

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"**
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

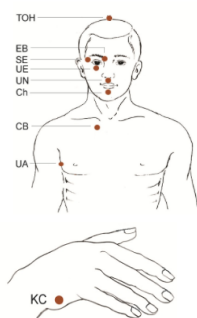
Ericksonian Hypnosis

- 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

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 →

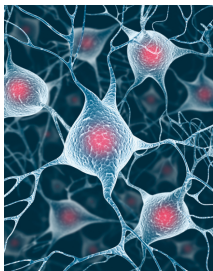
Step 4 Go back to Step 1:

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

Tell the story technique

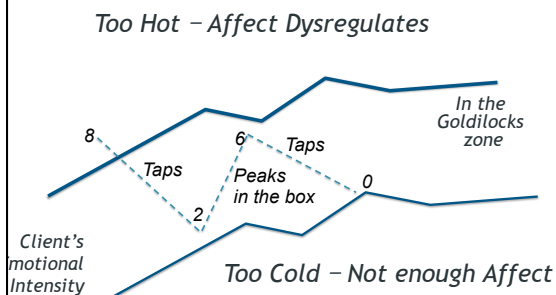
1. Help client choose an event that occurred in 3 minutes or less. Give the event a brief title, 5 words or less.
2. Ask the client to begin telling the story at a neutral point
3. Tell client to STOP THE MOMENT THEY FEEL ANY INTENSITY.
4. Ask for permission to stop client if you notice intensity
5. identify that part of the story that brought up so much intensity. (e.g. emotion, a picture, smell or sound? Find something specific and design your setup and reminder phrases around it.
"Even though my heart is pounding....." • *"Even though I saw that horrible thing....."*
"Even though I can still hear the screaming....."
6. There may be several specific aspects to address, so don't continue the story until SUDS is (near) 0 and no other aspects
7. Once the first crescendo is clear, move forward with the story from there OR start back at the beginning again to check the first crescendo is clear.
8. Once all Aspects in all Crescendos seem to be clear, go back through the story from the beginning, looking for any Aspects that may still hold intensity. Address any new Aspects with additional tapping rounds until clear.

Potential Neuroscience Mechanisms of EP for trauma & anxiety



- Reducing Limbic Arousal
- Poly-vagal Theory
- Memory Re-Consolidation

EFT & Window of Tolerance



Memory Reconsolidation -3 steps

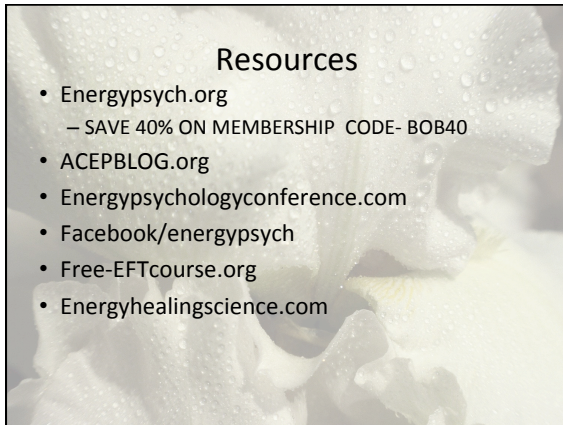
1. **Reactivate.** Re-trigger/re-evoke the target knowledge by presenting salient cues or contexts from the original learning.
2. **Mismatch/unlock.** create an experience that is at variance with the client's model and expectations of how the world works. (unlocks synapses and renders memory circuits 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)

Memory Reconsolidation

- Ericksonian/NLP
- Watch event on screen
- Dissociated POV & Connected to Resources
- Reframe/Reconnect Younger self
- Test the work
- *EFT*
- *Tell the story in pieces*
- *Each part of the story take SUDS to "0" (repeatedly activating memory with body calmer and calmer*
- *Spontaneous reframe*
- *Test Work*

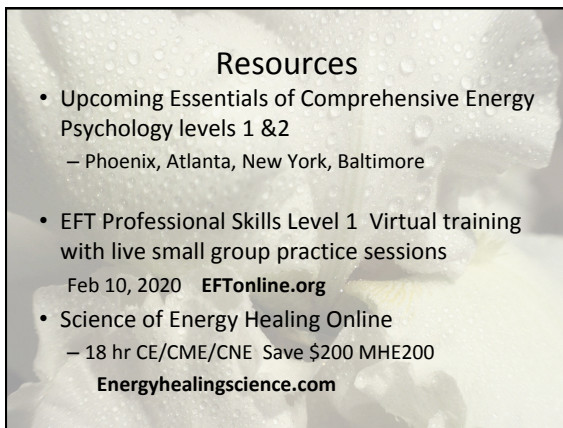
EFT & Ericksonian Hypnosis

- Tapping is trance inducing
- Utilizing clients language and experiences
- Set up statement, Tearless trauma technique
- Tell the story techniques all use dissociation
- Can Integrate with suggestions, reframing, etc



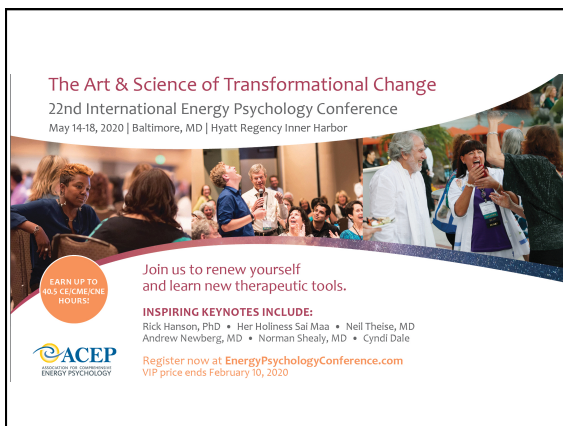
Resources

- Energypsych.org
 - SAVE 40% ON MEMBERSHIP CODE- BOB40
- ACEPBLOG.org
- Energypsychologyconference.com
- [Facebook/energypsych](https://www.facebook.com/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 14-18, 2020 | Baltimore, MD | Hyatt Regency Inner Harbor

EARN UP TO
18.5 CEC/MCE/CNE
HOURS!

Join us to renew yourself and learn new therapeutic tools.

INSPIRING KEYNOTES INCLUDE:
 Rick Hanson, PhD • Her Holiness Sal Maa • Neil Theise, MD
 Andrew Newberg, MD • Norman Shealy, MD • Cyndi Dale

Register now at EnergyPsychologyConference.com
 VIP price ends February 10, 2020



ASSOCIATION OF
COMPREHENSIVE
ENERGY PSYCHOLOGY
