

Lesson 3 – Talking Therapeutically, Touching Tactically

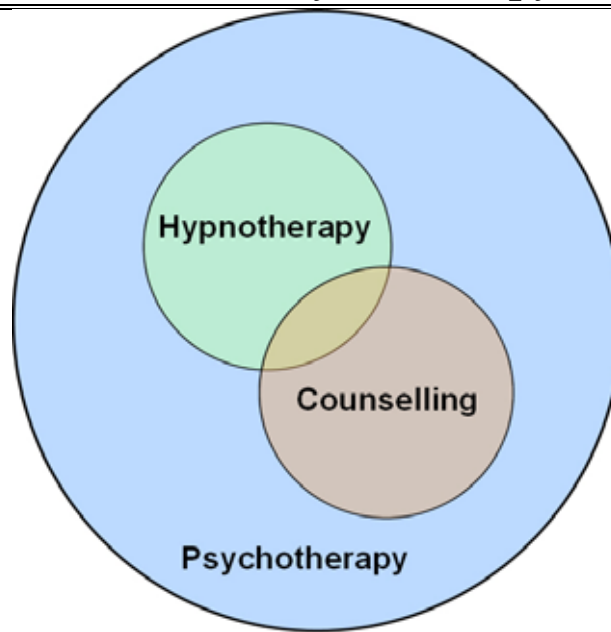
Psychotherapy is a talking therapy as opposed to a manipulative therapy. There are many schools of thought, and results can be achieved over a wide range of psychological conditions. However, treatment sessions can be extensive in number and continue over many months.

Up to now the talking therapies have existed largely as a generally loose-linked field of different approaches, schools, and interpretations. Meridian Psychotherapy takes the view that integration of the psychotherapeutic approach with energy therapies will provide the most efficient service in the relief of emotionally generated problem.

As I mentioned in the last lesson, I suggested that techniques such as EFT were tools for psychotherapy and I likened the relationship between psychotherapy and meridian energy therapies as that between the spanner which turns the nut (EFT) and the engineer who decides which nut to turn (psychotherapy). Meridian energy therapies are not the only tools in psychotherapies toolbox. The original tools of psychotherapy are the disciplines (schools) of psychotherapy itself, hypnotherapy, and counselling. These three subjects are all “talking subjects” inasmuch as there is verbal interaction between the therapist and the client.

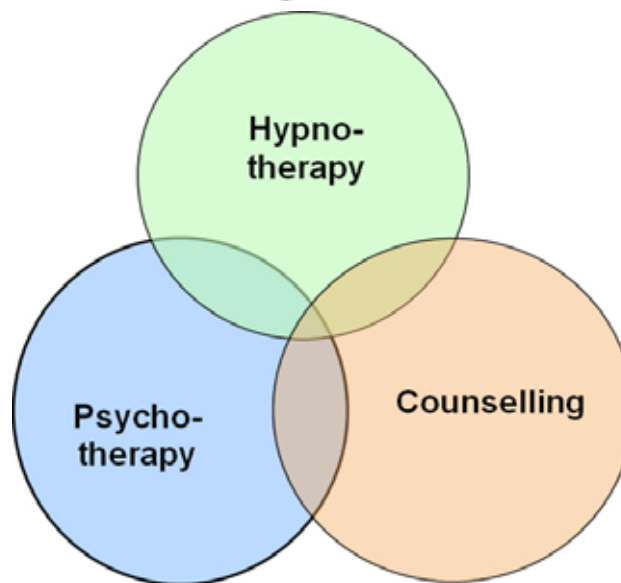
Personally speaking I do not view hypnotherapy or counselling as “stand alone” disciplines, even though it must be admitted that they do have their own corpus of knowledge. The relationship between them is perhaps best described with the use of Venn diagram as shown in Figure 3.1.

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Hypnotherapy and Counseling are subsets of Psychotherapy with some common ground between Hypnotherapy and Counseling

Figure 3.1



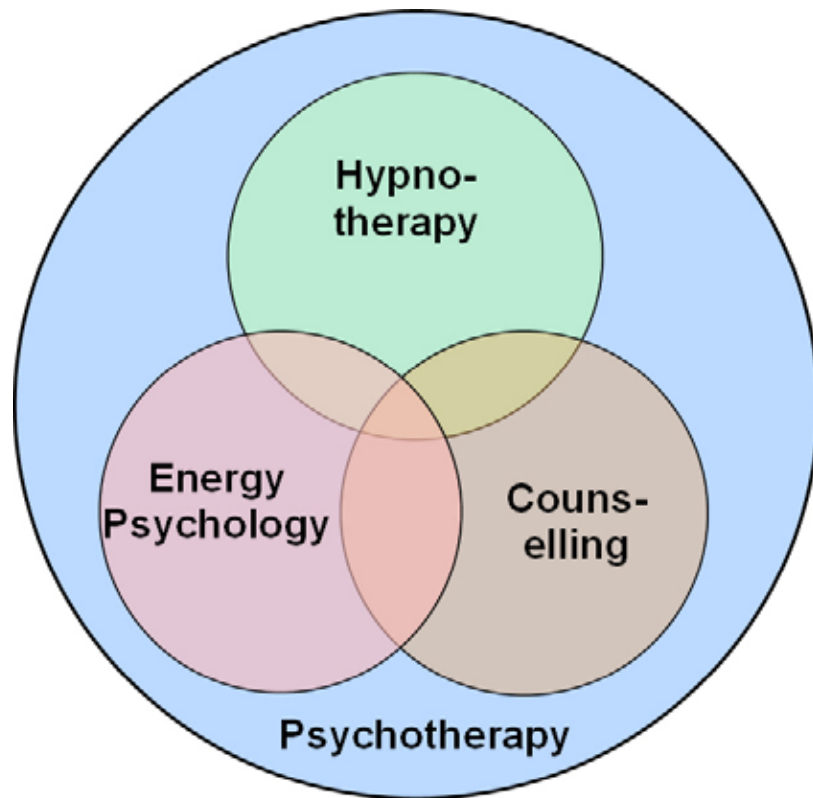
Psychotherapy, Hypnotherapy and Counseling as separate disciplines with some common ground between all three.

Figure 3.2

Figure 3.2 indicates the old non-integrative relationship between these three disciplines.

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I do not believe that this can be a valid view. Continuing with the view of discipline integration we must now include meridian energy psychology and, when we include this in an integrative manner we see the complete construction of Meridian Psychotherapy.



Energy Psychology included in the picture to form the integrated discipline of Psychotherapy

Figure 3.3

Meridian Psychotherapy

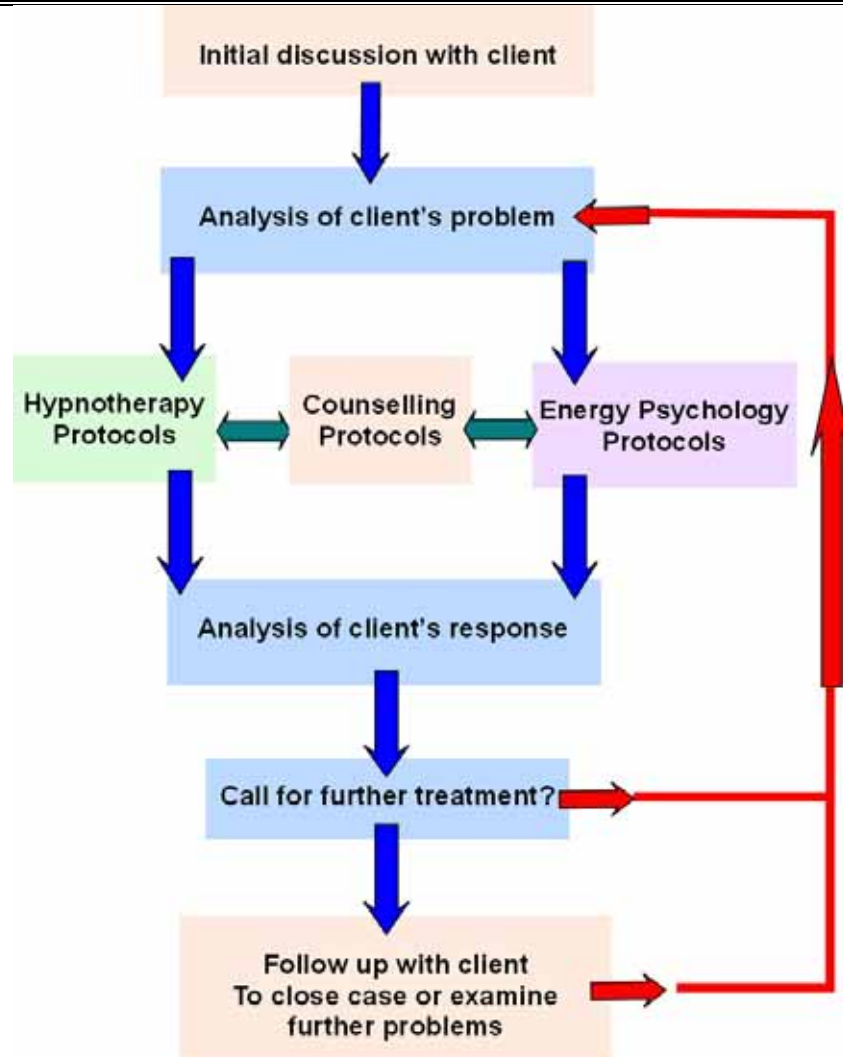
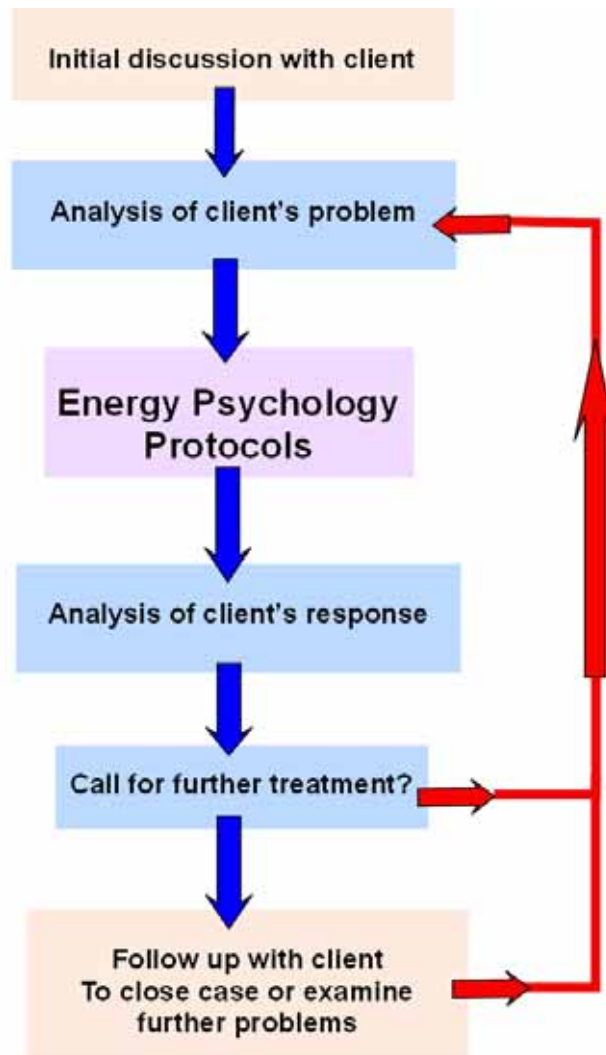


Figure 3.4

Let us look into a possible hierarchy of use for these tools within the overall considerations of psychotherapy. The sequence diagram in Figure 3.4 indicates a possible relationship between the components. If we examine this diagram we see that it is in the initial stages that the therapist uses the communication skills of Counsellor bringing this aspect of the treatment to the fore. Once the ice is broken and the client is at ease the Psychotherapy skills of the therapist come into play as greater empathy and rapport are built with the client and the client begins to address the problems that are making his life misery. Once the problem, or more likely the initial or surface problem has been established the decision as to which therapeutic tool, or combination of therapeutic tools, is to be used. Once the tool has been applied then the client response to treatment can be analysed and decisions made as to either further treatment or closure and follow-up. It is not unusual in psychotherapy that further problems emerge during the follow up stage, particularly if the treatment has left some sort of gap in the persons life, some missing element that now needs replacing with something else.

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Having examined the integration of the standard psychotherapeutic tools we are now in a position to reduce Figure 3.4 to Figure 3.5 which shows the overview hierarchy of Meridian Psychotherapy.



Meridian Psychotherapy Overview

Figure 3.5

Meridian Psychotherapy

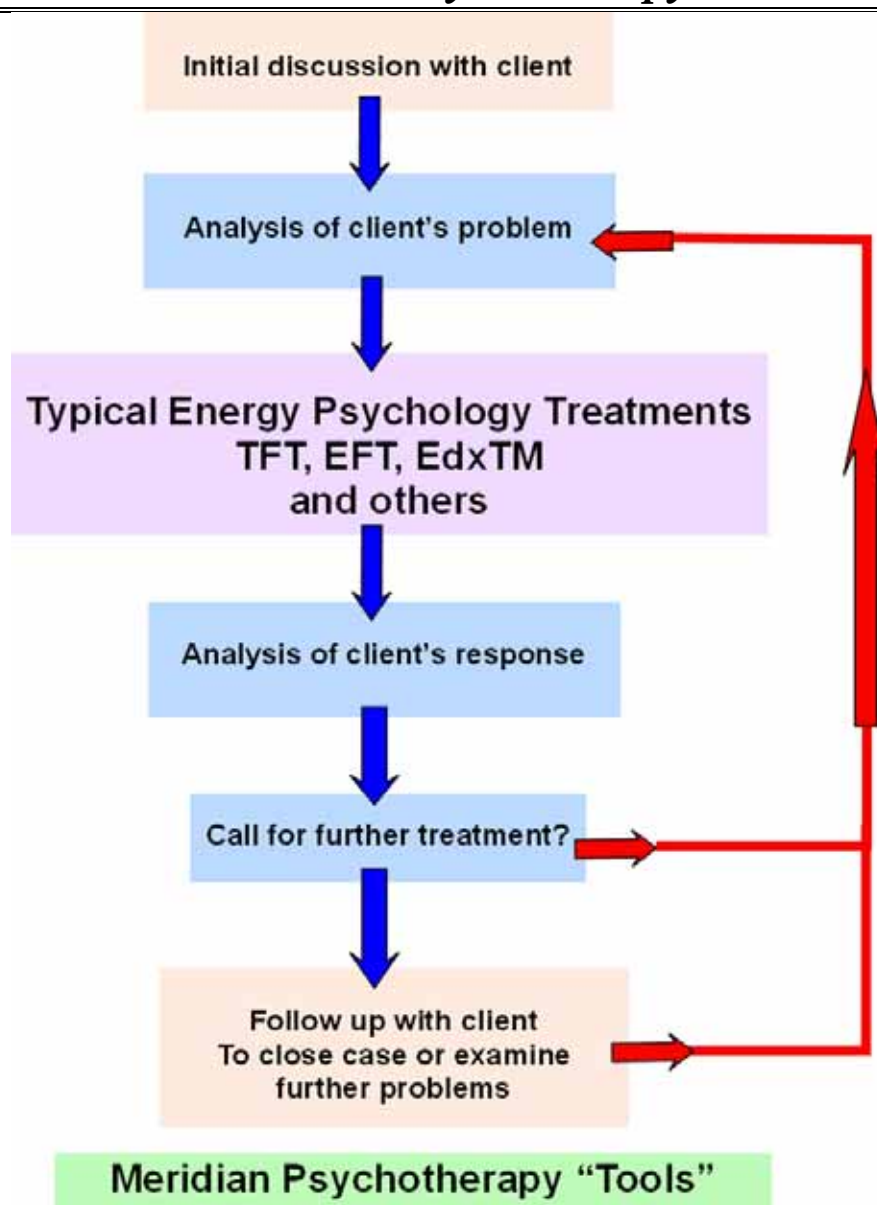


Figure 3.6

Figure 3.6 shows this hierarchy expanded to show the range of techniques, or “tools”, currently being applied in energy psychology.

The acronyms used in Figure 3.6 refer to techniques that have been developed by practitioners and researchers. This list is by no means exhaustive as there are many other authorities in the field. However these are typical of the techniques practiced.

Thought Field Therapy (TFT). This is the therapy developed by Dr. Roger Callahan. In essence the treatment consists of having the client focus, or tune in, on their emotional problem while tapping a particular sequence of meridian points directly related to their problem.

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This does sound incredibly simple but it has to be realised that this work of Dr. Callahan's constituted a major breakthrough in the application of energy meridians within a psychological context. In Lesson 2 we discussed the treatment of Dr. Callahan's client, with water phobia and how it was treated with the use of only one meridian point. Dr. Callahan recognised that merely tapping on only one point would be unlikely to work with other phobias. He therefore continued his development work to create algorithms (i.e. "protocols", "equations", "methodologies") of meridian points and the sequence in which they had to be percussed. Thus in the Callahan technique of TFT there are different points and sequences that can be used for issues such as PTSD, addictive cravings, anxiety, depression, phobias, panic etc.

The basic effectiveness of TFT comes about because when emotional problems are present, and influencing the client's conscious mind, there is a disturbance or "perturbation" in the thought field. Percussing the relevant meridian points in the nominated sequence clears this perturbation and restores balance. This has the effect of releasing the emotional problem.

Just by way of example, a TFT algorithm for traumatic stress would be

BL02	EB (eyebrow)
ST01	UE (under eye)
SP21	UA (under arm)
KD27	CB (collarbone)

Another important aspect of Dr. Callahan's work was his discovery that treatment could be inhibited if the polarity of a client's immediate energy state was reversed. He called this "psychological reversal" (PR). It is important to note that when PR occurs *any* success in treatment is unlikely. Needless to say, Dr. Callahan developed techniques of correcting PR that greatly enhance the effectiveness of TFT.

Treatment is not only inhibited by PR, but also by "energy toxins". The concept of energy toxins is not immediately easy to grasp for the simple reason that just about anything can be an energy toxin. Energy toxins can be acquired by the client either by ingestion, by inhalation, or by touch. Therapists trained in TFT will, when faced with negative results of their treatment, test for the toxins. Once identified steps can be taken to avoid the toxin and TFT treatment may then be successfully resumed.

We will discuss both psychological reversal and energy toxins in subsequent lessons.

Meridian Psychotherapy

Emotional Freedom Techniques. Gary Craig was one of several people who trained with Dr. Callahan and then went on to adapt the techniques. EFT is to a certain extent a reductionist ratification of TFT, an move which makes the overall approach to this type of therapeutic tool more accessible and easier to learn and put into practice .

The thirteen meridian points discussed in Lesson 1 are in fact the reduced set of points, reduced by Craig from the possible 361 meridian points to form the mechanical basis of EFT. The first twelve points are always percussed no matter what the emotional problem encountered. These twelve points are percussed in sequence after a set-up routine aimed at assisting the client to tune in to the emotional problem and at removing psychological reversal. This is followed by a brain balancing sequence called “9 Gamut”. It is referred to as 9 Gamut because as can be seen this protocol consists of nine steps.

This exercise has been devised to engage both hemispheres of the brain. Brain balancing is achieved in the following manner; while percussing the thirteenth point, the “gamut spot” (TH03 – the third triple heater meridian point), keep the head still, open and shut the eyes, look hard down to the right, look hard down to the left, roll eyes in a circular motion clockwise, roll eyes in a circular motion anti-clockwise, hum a short tune, count to five, hum a short tune. Following on from this repeat the original percussion sequence on the twelve points. Thus the complete mechanical sequence for EFT may be seen thus:

A simple set-up routine.
Percussing points 1 to 12
9 Gamut routine
Percussing points 1 to 12

The essence of EFT is that it is a redundant process which ensures that all meridians except the liver meridian, LV, are engaged . Whereas TFT uses specific algorithms to target a specific emotional problem, EFT uses a fully redundant approach completely standardised for general usage.

EDxTM. Developed by Fred Gallo, Ph.D., this method provides a blend of Manual Muscle Testing to assist the therapist in tailoring verbal and patient-administered tactile treatments to rapidly alleviate psychological disturbances. EDxTM incorporates aspects of Applied Kinesiology, Meridian Therapy and Cognitive Therapy to efficiently treat psychological problems. Embedded in the empirically-supported assumption that a bodily energy system operates at the very essence of psychological health, EDxTM provides a means of easily assessing bioenergy disturbances.

Equipped with this information, the therapist is aided in applying precise treatments to efficiently alleviate the affective and cognitive components of the condition. EDx™ can be used alone or in concert with other approaches that you already employ. The method will significantly enhance the therapists effectiveness and efficacy in providing therapy, consultation, peak performance enhancement and education.

Although we are concerned with treatments that are predominantly built on techniques that involve direct intervention with the body's meridian energy system as the main tool, it is important to note that these are not the only energy therapy systems. The techniques that follow are energy therapies and the reader is advised to follow up these techniques in order to round out their studies.

Conscious Healing and Repatterning Therapy (CHART) is the work of Paula Shaw a certified grief and bereavement counsellor. CHART is an outgrowth of her many years of personal and professional experience.

CHART is an energy-based system that incorporates traditional therapeutic models as well as components of the most prominent Energy Psychology methods. It is a synthesis of many systems with the unique aspect of focusing the energy treatment on the specific Part of the Personality that holds a given emotional issue. The CHART system utilizes Intention, Diagnostic Muscle Testing, Keywords, Visualization, and Chakra and Meridian contact to energetically clear emotional issues being held by the Inner Child, the Inner Adolescent, and the Adult Self. These critical components of the psyche each carry their own energetic patterns that must be individually treated and healed.

The CHART approach is based on the belief that severe unresolved trauma and attachment conflicts interrupt the normal human developmental process of integration of the personality. The result is fragmentation of the personality manifested as personality disorders and other unproductive beliefs and behaviour patterns. The goal of CHART work is integration of the personality and healing of the psyche, brought about by clearing and eliminating unproductive beliefs and behaviour patterns where they began and still reside, within the Inner Child. In most cases, this is where the initial trauma and the resulting attachment conflicts were first experienced. However, CHART also addresses emotional issues held by the Inner Adolescent and the Inner Adult, whose psychological makeup was built on the damaged foundation of the Child's psyche.

Tapas Acupressure Technique (TAT). This treatment was developed in 1993 by an American acupuncturist, Tapas Fleming. It is described as a process-oriented energy psychology treatment. The protocol of TAT involves a basic pose followed by seven steps. Its roots are founded in Chinese medicine and yoga. TAT is usually taught in two-day workshops during which the treatment is fully explained.

As a practitioner of Traditional Chinese Medicine, Tapas Fleming had often wondered how to get herself or a patient out from under the negative influence of past events. However much therapy or meditation or other forms of healing one undertakes, certain issues never seem to get resolved once and for all time.

TAT came to her after taking a nap one day. She woke up with the thought of a particular acupuncture point and how it could be used for healing a person's whole system. At that time she was specializing in allergy work, using a combination of acupressure and acupuncture, based on the methods of Dr. Devi Nambudripad of Buena Park, California. The acupuncture point concerned is called Urinary Bladder 1 (UB1) or "Eyes Bright" as it is called in Chinese. She immediately began to incorporate this point, along with others, in her treatment of allergy patients with great success.

After another few months, she was contemplating the fact that the occipital area of the brain is the vision centre, and that the points she was using for treatment were related to vision. She thought that perhaps if she included the brain's vision centre in the treatments, it would enhance the treatments. Practical evidence suggested that it did.

An entire layer of complication in her allergy treatments (combining an allergen with other substances in order to achieve a complete clearing) was no longer necessary with the addition of placing the back of the hand on the occipital area of the head. The healing was more complete yet with less steps.

Fleming had discovered in her acupuncture practice (as many others have in other fields) that our bodies, not just our minds, have memories. Not just *our* memories, but the memories of *our ancestors*. If we stop and think about it for a minute, it becomes obvious that our bodies are the product of our parents' bodies. We look like our parents, and often have similar health problems as our parents. Well, to take it many steps further, our parents' bodies came from their parents' bodies, whose bodies came from their parents' bodies, and so on for a long, long way back.

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The colour of your hair and your eyes, the shape of your hands and feet, your bone structure, and some of your health problems are the legacy of both your recent and ancient ancestors. Just as car manufacturers base new models on a long line of previous designs rather than reinvent the wheel, a human being is the latest model of his or her ancestry.

Fleming did not come to this conclusion through study and thought, but through experience in her clinical practice. For example, she was working on a patient who was allergic to dust. As she was treating the patient she "saw," you might say psychically, a farmer pushing a plough and breathing in copious amounts of dirt. Big clouds of dust rose all around him as he followed his plough. Without mentioning the complete image that she was seeing, she just talked to her patient about the dust of the land where the patient was living. The patient's conversation revealed that she came from a long line of German farmers. The information that Fleming was receiving from her body was what she describes as "the cellular history of the patient's present life in this body". Our bodies have living histories which we might call "cellular memory". When an ancestor experienced something traumatic, that memory seems to be stored and passed down at a cellular level.

Fleming began to realize that she had been given the gift of "seeing" the history of the cells of a human body and a way to heal the traumas that had been passed down from generation to generation: TAT. When the story of those cells is heard, they release the stored trauma they have been holding and are able to rejoin the organism they are part of and get on with this business of living. Using TAT, a person does not have to have a conscious or psychic vision of what happened. The TAT pose itself along with your focus on a trauma creates a connection between the cells' memory and the subject's function of vision. One "re-views" the trauma and it is integrated in a few moments.

From the view of Traditional Chinese Medicine, a blockage of energy flow creates disease. If one considers the blockage as a boulder in your body's life flow, you can easily imagine that the life energy that would naturally be flowing along certain streams is going to be diverted. On the upstream side of the boulder, there will be dammed up energy, on the downstream side you will find a lack of energy. This creates emotional, mental and physical dis-harmony that is also known as a yin-yang imbalance. On one side is too much, on the other is not enough. The goal of Traditional Chinese Medicine is to achieve balance.

TAT is a way of saying to one's whole body-mind: "Have another look at this." It is an opportunity to change, based on taking a new look, rather than continuing to look away.

Meridian Psychotherapy

By taking another look, within the context of TAT's direction of the body's energy flow, the charge that is still being held is removed from the past event and the event can now be integrated into one's whole system.

EmoTrance (ET). This technique was developed by Dr. Silvia Hartmann after she had spent several years working with EFT and had gained further insight into the relationship between the energy body, the emotions, and the physical body resulting in an understanding that emotions are the feedback which alerts us to the conditions extent in the physical body. As one might expect, like any homeostatic system, human beings have a control system and a control system requires feedback. Unlike TFT and EFT, EmoTrance (ET) does not require any tapping or muscle testing. It is a pure energy healing modality and is closer to the original talking therapies of counselling, hypnotherapy, and psychotherapy than are the previous two modalities discussed.

ET proceeds from the understanding that emotions are simply feedback devices to tell us about the conditions in the energy body, just as physical pain is feedback for the physical body. As with pain, the exact location of the physical sensation related to any emotional experience guides both practitioner and client immediately to target their interventions directly, thus alleviating the need for the formulation of opening statements or having to label the emotions. EmoTrance is a profoundly simple and effective technique which is natural and easily learned for both self help and clinical use.

Dr. Hartmann is the author of several books in the field of meridian energy therapy. In particular her book "*Adventures in EFT*" is particularly good for its practical step-by-step approach.

Be Set Free Fast (BSFF) was developed by a clinical psychologist, Dr. Larry Nims, who over a period of time, noted that the unconscious mind is quite capable of making the energy meridian adjustments that are achieved by percussing the meridian points. He has found that it is the unconscious (subconscious) mind that is the foundational cause of most all mental, emotional, physical and spiritual problems and also the source of the treatment effectiveness. No tapping is necessary. All that is required is to give the unconscious mind a set of instructions that it will eliminate the emotional roots and beliefs of the limiting problem instantly upon using a self-selected word cue. This makes the use of BSFF much simpler to learn and to use than the other energy therapies.

"Be Set Free fast" is a descriptive acronym for "Behavioural and Emotional Symptom Elimination Training for Resolving Excess Emotion: Fear, Anger, Sadness and Trauma."

Meridian Psychotherapy

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The treatment technique of BSFF uses trigger words to act on the subconscious mind in a similar manner to suggestions made in an hypnotic state without requiring a hypnotic state to be induced. In the words of its creator, *“BSFF directly addresses the subconscious processes that establish and trigger debilitating and dysfunctional reactions. It rapidly and gently eliminates problems, even when the person does not know what the problems are. All that is required is that the client notice a “problem” with their conscious mind, use their cue word, and their “faithful servant,” their subconscious mind, automatically and instantly relieves the specific problem. So there is no need to remember a tapping algorithm. Many problems can be treated in rapid succession with this simple and gentle method. Focusing conscious attention on the problem during treatment is not required.”* A major focus in BSFF work is to be thorough in treating every relevant problem, especially anger and unforgiveness toward self and others.

Seemorg Matrix Work, generally referred to as “Seemorg”. This is a complete transpersonal energy psychotherapy developed by Dr. Asha Nahoma Clinton over a twenty year period. It is a treatment that provides permanent relief from many difficult-to-treat psychological disorders, physical diseases, and spiritual impasses as well as individual symptoms.

Starting from the understanding that all upsetting events are types of trauma, Seemorg Matrix Work quickly removes the after-effects of such events: disturbing emotions, negative beliefs and attitudes, destructive desires and fantasies, addiction, compulsions, obsessions, dissociation, spiritual blockage, physical abreactions, sensitivities, and disease.

Its ability to transform negative character structures allows it to treat personality disorders, non-psychotic paranoid disorders, and dis-associative disorders successfully. To do this, Seemorg Matrix Work utilizes the movement of energy through the body's major energy centres to remove symptoms, their causes, and after effects. Because of its high level of success, Seemorg Matrix Work tends to increase practice size through word of mouth alone, although a successful Seemorg Matrix Work therapy takes far less time to complete than older types of psychotherapy do.

When one examines the various techniques such as TFT, EFT, EdxTM, CHART, TAT, ET, BSFF, and Seemorg briefly described above it can be seen that they all have two things in common. The first is that they utilise the concept of energy fields surrounding the body, the second is that they are extremely efficient.

Meridian Psychotherapy

These techniques are far more efficient in time, and therefore also in emotional stress to the client, than are any of the techniques of mainstream psychotherapy. It ought to be noted that all of these techniques come from the same roots as discussed in Lesson 2. This means that in this course we will focus upon EFT, the Emotional Freedom Technique of Gary Craig.

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QUESTIONS ON LESSON THREE

Please answer the following questions using no more than 100 words for each. Include the questions within your answers (eg. the number of days in the year is 365)

- 1 How does Meridian Psychotherapy incorporate other therapies?
(Clue: refer to Figures 3.4 to 3.6)
- 2 What is Thought Field Therapy (TFT)?
- 3 What is the difference between TFT and EFT?
- 4 Describe Tapas Fleming's contribution to energy therapies.
- 5 What is the underlying relationship, or common denominator between the therapies described in the lesson?

Return your answers to either
selfstudy@naturalhealthcourses.com

or

tutored@naturalhealthcourses.com

whichever applies.

Do not send any attachments, just type your answers into the body of the email. Please complete the subject line of every email thus:

Full Name - Course Subject (Tutored or Self Study) - Lesson Number

Leave at least one blank line between each answer.

Don't forget to keep a copy for your own records

Recommended Reading:

http://www.naturalhealthcourses.com/Recommended_Reading.htm