Objectives

- Describe the core concepts of Ego State Therapy and energy psychology and identify how childhood trauma and neglect can lead to fragmented ego states.
- Describe how Heart Breathing/Augmented HeartMath can access resourceful ego states that aid in emotional regulation and trauma management.
- Describe the treatment protocol using EP and Heart Breathing for accessing resourceful ego states, processing trauma, and reintegrating fragmented ego states.

Receiving the Self With Acceptance and Understanding

- With all my faults, weaknesses, and limitations, I want to deeply and completely love and accept myself.
- With all my gifts, strengths, and ability to love, I want to deeply and completely love and accept myself.

Understanding The Flow of Self Within the Field Now- What Wants to Be Met Today

- What are you experiencing in the Body Now?
- What emotions are felt?
- Are there Thought Forms or Memories Flowing Through?
- How Connected are you?
WHAT IS THE COMPASSIONATE RESPONSE!!!!!!!!!

How Do You Experience your Goodness Being When All the Ego States are Flowing Together?

ESSENCE IN ACTION: COMPASSION, CURIOSITY, LOVE ITSELF
OR
A MORE DIFFERENTIATED ROLE: HELPER, INSPIRER, WORKER,
TEACHER, CARE GIVER.

When the Self/ Essential Being is Intact We Know Self as a Coherent Flow of Energy In the Present Moment

- All aspects of self interweave and flow in present time.
- Cooperative
- Collaborative
- Coconscious
- Coinciding
- Connected and Grounded In the Energy Field
EGO States are Aspects of The Self and Are Experienced in Many Ways

- A Feeling State: Compassion, Pain, Distress, or Love Itself
- A Personified Part as Child, Adult, Professional, Comforter
- A Functional Part: Regulator, Observer, Nurturer
- A Positive or Negative Introject from Significant People

When Trauma Occurs Egos States Become Separated from the Whole Resourceful Self/Soul

- The Ego state exist as the unregulated state that occurred at the time of the trauma.
- It is often encapsulated at the age with all the beliefs, emotions, and introjects present at the time.
- It does not have access to resources that have developed over time.

Repetitive Trauma and Neglect at Multiple Ages can Disconnect the Whole Being From Inner Resources and Skills that Develop Over Time

Childhood Trauma Leaves Young Parts Without Resources to Heal

What is Ego State Therapy?

Relational psychodynamic model which builds collaboration and connection between Internalized Parts of Self/ Ego States to promote healing and to move forward as a functioning whole self. Originally developed by John and Helen Watkins Ego States: Theory and Therapy
Connecting Through the Coherent Heart Field with the Unified Field of Compassion With Heart Math

Coherent Heart Field of Compassion

- Each part of a system behaves in relationship to others and the whole
- Is a reflection of the positive cooperation within a system and between systems
- Individuals experience coherence as ease, organization and unity throughout the body
- We flow together and openly receive and give

The Resonate Field of the Heart Connects Us With Inner and Outer Resourceful States

- Love, Compassion, Connection, Awareness
- Felt sense of personified introjects, nurturing parts, regulating parts
- Felt sense of spiritual beings, loved ones, family and external resources.
- Grounded in the felt sense of the

Unified Field of Energy is Local and Global Simultaneously Connecting Us with Distress or Compassion

Reactive Ego States are Driving the Bus Without Skill and Support from the System

Coherence Broken- Reactive Fields Outshine the Unified Field of Compassionate Flow

What will You Be Connected Within
Accu-tapping (Especially EFT) is an Evidence Based Way to Process Reactive Distress Patterns

- Calming fight and flight and regulating the nervous system
- Reprocessing trauma that has been held in the encapsulated ego states with all the introjects, beliefs about the world, memories, and developmental response at the age of trauma

What is Your Inner Sanctuary Where You Connect and Greet Your Being With Acceptance, Understanding, Compassion, and Care

Integrating Ego State Therapy, HeartMath Coherence, Energy Psychology

- Ego State Therapy allows us to access and build collaboration with parts of self that are Unconscious and Conscious.
- Heart Math Coherence allows us to connect with the field of compassion and resourceful ego states to promote healing.
- Energy Psychology allows us ways to process through distress patterns.

Befriending the Inner Self- Compassionate Reach Inward to Parts of Self that Hold Trauma

The Key to Healing Isolated and Traumatized Ego States Is Building a Loving and Accepting Relationship and a Nurturing Internal Family System.

Healing Protocol

- Engaging Resourceful Ego States with HeartMath – Grounding Healing in Compassion
- Accessing and Addressing Traumatized Ego States – Building a Supportive Healing Relationship Between Parts of Self
- Receiving and Restructuring Distress Patterns using Accu-Tapping
- Integration of Ego States Into a Loving Healing System of Self

Connection
Compassionate Response

The Resonate Field of the Heart Connects Us Into the Unified Field Of Compassion

Heart Breathing
(An adaption of the 'Quick Coherence' technique from the Institute for Heart Math: www.heartmath.org)

- Put one hand on the middle heart chakra and the other hand over it.
- Notice the felt sense of your breath coming in and out or your heart.
- Think of a person, animal, place, and or experience where you felt love protection, support, or calm
- Breath in in and out of the felt sense in your heart.

Resourceful Ego States that Can Support Healing

- Inner Sanctuary – Place that is Neutral and Peaceful
- Positive Introject of Care Giver, Friend, Loved One, Pet
- Felt Sense Of Healing Presence: Inner Therapist, Spiritual Figure, Observer, Wise Guide, Nurturer, Ideal Parent Soul.
- Felt Sense of Healing Energy: Compassion, Love, Understanding

Is the Person Centered in the Felt Experience of the Resourceful Heart Field

- Is it a dynamic interaction in which the person can actually feel the connection somatically?
- Can the person rest back into this resonant supportive field to take refuge to calm the nervous system?
- Is there a connected relationship with these internal resources?
How Does One Know Connection With the Unified Field?

FELT SENSE OF........

JOY, COMPASSION, LOVE, SPIRIT, WELL BEING, FLOW, ENERGY, AWARENESS

Connecting with the Ego State In Need of Care
Building a Loving Relationship With What Wants to Be Met

- At first the therapist connects with the compassionate field and approaches the ego state in need with a compassionate response
- Soon the Client learns how to connect with this field of energy and approaches distressed ego states with compassion.
- Then the Internal Family becomes a corporative loving place to be received and problems are solved together.

Eco Meditation- Dawson Church
https://eftuniverse.com/ecomeditation/

Create and Peaceful Calm Intention to Connect With Love
• Tap EFT Points While Focused on Intention and Letting Go of Distress
• Stop tapping and relax your tongue on the bottom of your mouth and feel into the somatic space of your body
• In slow 6 second breaths in and out breath into your heart center while feeling into the somatic experience.
• Imagine a beam of love pouring in and out of your heart

What Wants to be Met
Tapping On the Side Of the Hand During the Inquiry With the Part of Self
• What is the internal feeling state?
• Are there thoughts, beliefs and memories present?
• What is the purpose or need of the ego state?
• How is the ego state met compassionately now and in the past?

Resources for Training In Heart Field Coherence and Connecting with Positive Ego States

- Church, D. Eco Meditation. Retrieved from https://eftuniverse.com/ecomeditation/
- Heart Math Institute https://www.heartmath.org

Accessing the Needs of the Traumatized Ego States that We Are Attending

- What is the Age of the Ego State and What Developmental Needs Where Not Met?
- What is the traumatic situation that this ego state experienced? Who was present and how did they interact with the person?
- What is the felt experience during the situation which might be active in life now?
- What beliefs about self and the world arouse at this time and my be still active?
Bridging a Connection With Unconscious Ego States

- Connecting a Physical Symptom Backwards
- Tracking Distress Pattern Backwards
- Identifying Times When The Reaction Did not Match the Situation
- Investigating Chronic Interaction Patterns that do Not Serve Relationships
- Finding the Earliest Memory Where a Belief about Self or the World was Realized

SYMPTOMS OF TRAUMA AND STRESS That Can Be Used to Track Back to Traumatized Ego States

- Anxious, scared, and avoidant
- Feeling jumpy and hyper-vigilant
- Easily irritated, angry, and reactive
- Restlessness, inability to rest or sleep
- Spacey, attention problems, can’t think clearly
- Fatigue, disconnected, and numb
- Stomach and digestive problems
- Heart arrhythmia and breathing problems
- Aches, pains, illness, and psychosomatic symptoms

Many EST Principles...
- Helpful to focus on what I’ve adopted as the 8 P’s because parts aren’t always conscious, but all are important...

- 1) Pacing with parts in mind
- 2) Permission from the ‘system’
- 3) Purpose of a symptom, an ego state etc.
- 4) Prime/Practice: hypnotic language that promotes safety and respects the system of the self
- 5) Physiology: don’t forget about incorporating the body into your hypnotic applications
- 6) Pendulation for regulation (trauma)
- 7) Perspective: the client not yours, varies with ego states
- 8) Protection: reframing resistance

Remember You are Creating Relationships Within and Where Healing Can Occur


Resources for Training In Ego State Therapy

Meeting, Tapping Through Distress, and Integrating Ego States Into a Compassionate Cohesive Internal System

- Connecting with the resourceful Ego states - truly feeling into the field of support and compassion
- Connecting with the distress patterns held by the Isolated Ego States with somatic attunement
- Tapping, holding or rubbing the acupoints while in supportive loving relationship with the distressed ego state – Verbally naming, experiencing, or sharing the thoughts and memories as the person taps through to a state of calm and can rest into compassion.

As You Connect with The Ego State What Distress Patterns Are Felt Now

- What are you experiencing in the Body Now?
- What emotions are felt?
- Are there Thought Forms Flowing Through
- How Connected are you?
WHAT IS THE COMPASSIONATE RESPONSE!!!!!!!

Optimal EFT

https://www.emofree.com/

- Connect with Higher Power, Internal Therapist, or Positive Compassionate Ego State
- Attune to the somatic distress pattern of the ego state with the thoughts, memories, and feelings fully engaged.
- Tap, rub, or hold accu-points while engaged in a supportive relationship with the distressed Ego State until the distress pattern calms and the ego state can rest back into the supportive internal system

TRAUMA TAPPING TECHNIQUE

Peaceful Heart Network (https://peacefulheart.se/)

- Just Meeting the Distress Pattern Itself Connects the Compassionate Presence with the Distressed Part
- Connect lightly with upset
- Tap points 1-14
- Breathe deeply twice
- Repeat as needed
- Notice any changes and appreciate them

Matrix Reimprinting

https://www.matrixreimprinting.com/

- Attune to the somatic distress pattern of the ego state with the thoughts, memories, and feelings fully engaged.
- Tap, rub, or hold accu-points while engaged in a supportive relationship with the distressed Ego State until the distress pattern calms and the ego state can rest back into the supportive internal system
- Place hand on Heart Center and repeatedly tap on Gamut Point while the Ego State rests back into the Internal Refuge of love and support, bringing the part back to safety of now

Quick Connection

- Breathing in and out of the heart feeling the connection with the felt experience of compassion
- Or Pendulating between breathing in through compassion and out through distress or the reverse.
  - Alternately
- Tapping the Back of the Hand Gamut Point
- Tapping Side of the Hand Point
Integrating Ego States Into a Compassionate Cohesive Internal System

- Integration happens when the distress patterns of the Ego State is fully met and calmed and the Ego State can rest back into field of compassion or energetic presence of positive internal resources.
- The unmet needs of the Ego State are addressed with loving presence both verbally and energetically that is appropriately attuned to the age and developmental needs of the Ego State
- There is a fully formed ongoing energetic relationship with the internal resource states and the part of self that is healing

The Emotional First Aid Process is Simple

- Connect with oneself and/or with the person/s who are experiencing distress. (Can also connect with coherent and supportive Ego States)
- Notice what is happening in the body right now. Name the experience.
- Attune to the felt experience of distress/coherence while performing an EFA skill from the Resources for Resilience Website https://r4r.energypsych.org/
- After calming the distress pattern, make sure that the person can utilize the skill well enough to practice it at home and share it with others.
- Share links to apps and videos if available

Pendulation is Particularly Helpful In Integration

- Use Heart Breathing or Heart Breathing in Connection with Accu-tapping
- Breathing in through the felt experience of the compassionate response to the Ego State that is healing from trauma.
- Breathing out through the distress pattern allowing the Part to rest back into field of love and compassion.

WEB RESOURCES

- ACEP Website: Resources for Resilience https://r4r.energypsych.org/
- ACEP Emotional First Aid Training https://energypsych.lpages.co/emotional-first-aid/
- ACEP Humanitarian Committee Link Tree https://linktr.ee/acephumanitariancommittee
- Peaceful Heart Network (Self-Help For Trauma App) www.selfhelpfortrauma.org and www.peacefulheart.se

Resources for Training in Accu-tapping In This Relational Model

- Church, D. Eco Meditation. Retrieved from https://eftuniverse.com/ecomeditation/
- Church, D. EFT Retrieved from https://eftuniverse.com/energyhealing/accu-tapping/holding-center
- Craig, G. Official EFT Training Center https://www.emofree.com/
- Matrix Reimprinting Website (2024) https://www.matrixreimprinting.com/
- Peaceful Heart Network (https://peacefulheart.se/)

Questions?

- Applications
- Case Examples
- Use of Techniques
- Home Practices
Kristin References

- Link into a short video at Kristin’s Personal Peace Project and connect with compassion in the beauty of nature with me. https://www.youtube.com/watch?v=gbprNBqt78t&t=155s

Additional References