

The Art & Science of Transformational Change
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The Missing Link: Using Energy Psychology in Phase 3 of Trauma Treatment

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25TH INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE

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Phase Oriented Treatment for trauma

- 1 • Create Safety – Stabilize – “Stop The Bleeding”
- 2 • Process and Resolve Traumatic Memories
- 3 • Connect and Strengthen New Self Identities Through Relationships and Social contexts.
• Connect the Changes from Phases 1 and 2 to the person’s life to increase the probability of resilient thoughts, feelings, behaviors, beliefs and relationships
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EP General Treatment Protocol – Phase 3
Strengthen & Integrate changes with 1) new self identities and 2) behaviors in interpersonal & social contexts

A

- Hebb’s Rule - Strengthen New Connection Through Questions.
- Call attention to and validate any positive changes
- “Relentlessly” Explore and Expand the impact of those changes.

B

- Future Pacing – Visualization
- Solution Focused Questions - Narrative Questions
- “Hypnotic” Suggestion – Anchoring – Reframing

C

- Identify and treat impediments to generative change with EP
- Strengthen Generative change with EP
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EP General Treatment Protocol – Phase 3

Solution Oriented Questions and Narrative Questions

- A** •(SFT) If, what we've done today hold/works, how will you know that things are different?
 - (SFT) what would people see you doing differently?
- B** •(SFT) How will you know that you've reached your goal?
 - (NAR) What does "x" mean to you.
- C** •(NAR) What does this (new feeling/awareness) Tell you about yourself?
 - (NAR) Who will be least surprised about this (New behavior)?

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EP General Treatment Protocol – Phase 3

Strengthen & Integrate changes with 1) new self identities and 2) behaviors in interpersonal & social contexts

- A** •Focus on new cognitions, beliefs, narratives, identities
 - Rate the degree to which the clients believes/owns 1-7 scale
- B** •Tap points / activate energy centers
 - Repeat until strength is at maximum
- C** •Focus on projected new behaviors in future
 - Assess for any SUDS
 - Tap / Treat on SUDS for those behaviors

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EP General Treatment Protocol – Phase 3

How Do you know Your Interventions are Working?

- A** •The client evidences more positive affect/emotion.
 - The client identifies a more specific aspect of social context.
- B** •The client has a more well-defined description of how the changes will show up in his or her life.
- C** •The SUDS on any new behavior is reduced or goes to zero.
 - The connection to the new behavior/identity is stronger.

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