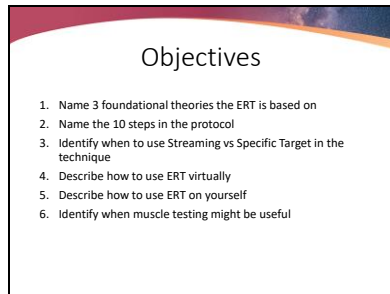


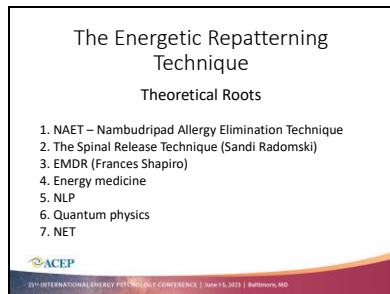
Slide 1



Slide 2




Slide 3



Slide 4

Ethical Considerations


- Encourage curiosity – no guarantees
- Ask permission!
- Get consent


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Brief description of the ERT

- Streaming Protocol – person sits with their back to you, their hand across their forehead and telling their story, while you thump alternate hands on either side of their spine
- Specific Target Protocol – same as the Streaming, but you target a specific issue and go through the breath and eye movements



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Slide 6

Muscle Testing

Muscle testing is useful to track how things are shifting I also program into their unconscious minds the 4 degrees of intensity or strength and use that to track the nuances of change


1. Arm extended, thumb and ring finger touching = strong reaction
2. Third finger and thumb touching = medium reaction
3. Index finger and thumb touching = mild reaction
4. Open hand = super mild reaction


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When to Muscle Test


1. I usually want to know how strong the issue is in their system
2. It's useful to get a "baseline" reading, then do the ERT until they shift at some level, then check again to validate progress
3. It can be encouraging to the client to see how their system is responding, even if there is still a charge
4. I often wait until the end, if we're doing the Streaming Technique and do a "before and after" check – asking at the end to show where things were an hour ago, and then now



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Demo and Practice




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Streaming Protocol

- They sit with their back to you – I have a couple of ottomans I use, can use stools or chairs turned sideways
- I often start here – have client just start talking about whatever the issue is
- Skip the breath and eye movements
- Thump (alternate hands) up and down their backs as they talk – check with them about pressure and pace
- Have them put a hand across their forehead
- As their arms get tired, have them switch hands or just let them rest (can instruct unconscious mind to keep those energy points activated without their physical touch)




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Streaming Protocol, continued

- Listen for where there is a specific energetic charge
- Make a note of it, come back to it later
- It might help to ask after they've told the story, "What is the hardest thing about that experience?" Or whatever helps to clarify for you both where the energy is stuck
- Then switch to the Specific Target Protocol
- Can go back and forth
- If the clients just needs to talk about something, I'll often do the Streaming Protocol to connect the energy in their head with their body

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Streaming -- simplified


- Go up and down their back, alternating hands, while they talk about what's bothering them.
- Have them hold a hand across their forehead, if possible.

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Demo

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Streaming Protocol Practice

- Practitioner – Check to see if they’re willing to have you do the ERT while they talk about what’s on their mind
- Client -- Talk about the issue as your partner goes up and down your back
- P --Do it for a few minutes, then check to see how much charge remains
- P --**Make a note of what has a charge to it** – we’ll come back to that in a minute
- Process, then trade with your partner

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Specific Target Protocol

- Identify a specific issue
- Muscle test to see how strong the reactivity is (strong, medium, mild, super mild), or have them describe in detail where/how they experience it in their body, so you can tell when and how it’s shifting
- Muscle test again with their hand across their forehead – if they test strong (about 95% of the time), have them put hand across their forehead as they do the protocol
- Go through what the breath and eye movements are, so they’re not wondering what you’re going to ask them next, but also tell them they don’t have to remember them, you’ll prompt them.

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Energetic Repatterning Technique – Specific Target Protocol

As you thump gently up and down their back, alternating hands (bilateral stimulation) ask them to:
Put one hand across their forehead, the other hand where they feel the energy stuck, or on their hand, or tuck a thumb into their hand

1. Take a deep breath in and hold it in
2. Let breath out and hold it out
3. “Huff and puff” – hyperventilated breathing
4. Slow breath in
5. Slow breath out
6. Eyes open – roll in one direction
7. Eyes open – roll in other direction
8. Close eyes
9. Eyes closed – roll in one direction
10. Eyes closed – roll in other direction


Deep breath

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A note about the eye rolls....


- Ask the client if, as they roll their eyes, they notice that they skip quadrants – that is, if they're moving their eyes around a clock, whether they are skipping numbers
- Skipping quadrants indicates stuck energy
- If yes, then go back and do just the eye rolls, open and closed, both directions, SUPER SLOWLY, until they can roll them freely

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Energetic Repatterning Technique
– Specific Target Protocol

- As you're going through it, have them tune into what the charge is about. You tune in too, and offer reminder phrases, or other info you're getting, to give them something to respond to
- After first round, they take a breath. Can leave your hand resting gently on their back (ask permission)
- Check in with what's coming up
- Check for accuracy in what you might have been saying
- Follow the threads with more rounds, client switching hands
- If they need to talk again for a while to process, do the Streaming Protocol, and just thump their backs while they talk, then decide on next Specific Target

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Demo

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Specific Target Practice

- If your C has something with a charge to it, do the Specific Target Protocol
- P --Let them know ahead of time what all the breath and eye movements are
- P --Do the protocol, everyone takes a deep breath, check in, switch hands, and do it again
- P --Do it until there isn't a charge left to it...
- P -- ...or until there is enough bandwidth freed up to do it again, this time anchoring the positive




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Blending the two


- Have C start talking about an issue as you go up and down their back (Streaming Protocol)
- When you hit a place where there is something specific, pause there and go through the Specific Target Protocol
- Process that, check to see what still needs clearing, and do the Specific Target Protocol until either there is no charge left, or enough has cleared to install a positive thought or feeling
- Trust your intuition! And talk with your client about what feels right



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Demo




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Variations to play with

1. Do the TAT pose while going through the Specific Target Protocol
2. Have them shake all over after each round
3. Double check the eye rolls, focus on them if necessary
4. Have them put their hands on different parts of their body – i.e. heart, gut, and with a "survival issue" on the back of their necks, with their thumb on the occipital ridge



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Virtual ERT

When doing this virtually – I hold up a pillow and say, "I'm instructing your unconscious mind and all your spirit guides and helpers that I'm using this pillow as a surrogate for your back.


So every time I go up and down the pillow, your unconscious mind and all your spirit guides and helpers will move the energy of whatever we're focused on even more powerfully than if we were doing this in person."


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Doing ERT on yourself

1. Cross your arms and pat up and down your sides as you go through the protocol.
Set the intention that the energy will move is if someone was going up and down your back.
2. You can also just have someone go up and down your back 10 times as you take yourself through the protocol, tuning into the issue, repeating until done.
3. Use a pillow as a surrogate for your own back, and thump up and down that as you go through the protocol


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Using ERT with kids

With kids, I stick more with the Streaming Technique –

1. Have them sit with their backs to you and have them tell you their story. Their breath and eyes will naturally recreate what they were doing at the time of the experience
2. With your own kids – they can sit on your lap or lie on their tummies while you go up and down their backs
3. Do your brilliant reflective listening
4. End with something positive

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Questions?

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