



# The Art & Science of Transformational Change

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**Empowering Client Self Regulation,  
Self Responsibility, and Self-Treatment  
with Heart Assisted Therapy**

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# Workshop Objectives

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Brief Intro to Heart Assisted Therapy (HAT)

Client Guided Treatment

Why the heart is central

Four Guiding Principles

Learn and Practice 2 Basic HAT Techniques:

9 Self Regulating HeartBreaths (9SRHB)

3 Step method for Self-Regulation (HAT-SR)

Integrate 2 HAT techniques within your practice setting

Explore use in session and beyond sessions

Application of techniques outside therapy setting

# Wholehearted EP Psychotherapy Model

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## A Four Stage Model

1. Empowered Choice: Journey to Wholeness
2. Intentional Approach to Therapy Session
3. WholeHearted Flexible Session Model
4. Commitment to Personal “Life Practice”

# Journey to Wholeness

My Commitment. Invite Client Commitment.

Awakening the Healer Within

Integrated Mind-Body-Spirit-Energy Model

Empowering Ownership of Transformation

Cultivate Capacity to “Meet Life as It Shows Up”

Explore Potential for Healing, Evolving, Becoming



# Treatment Premise

All Therapy is Energetic

We are energetic beings embedded  
within an energetic system

EP Clinicians consciously work  
with the Expert in the Room

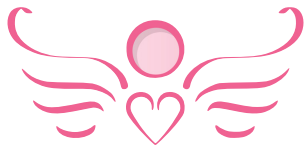
aka Energy - Vital life force - Chi/Ki/Qi/Prana



# Intentional Session approach

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## Therapist



Prepare Environment(s)

Heart Coherence

Mindful (Integrated) Awareness

Subtle Energy Competency

Presencing Wholeness

Open to “Current” Client

## Client



Use of Soul Sanctuary/home  
to Perceive & Reflect Tx Focus

Integrated MBSE Practices:

Activate Coherence

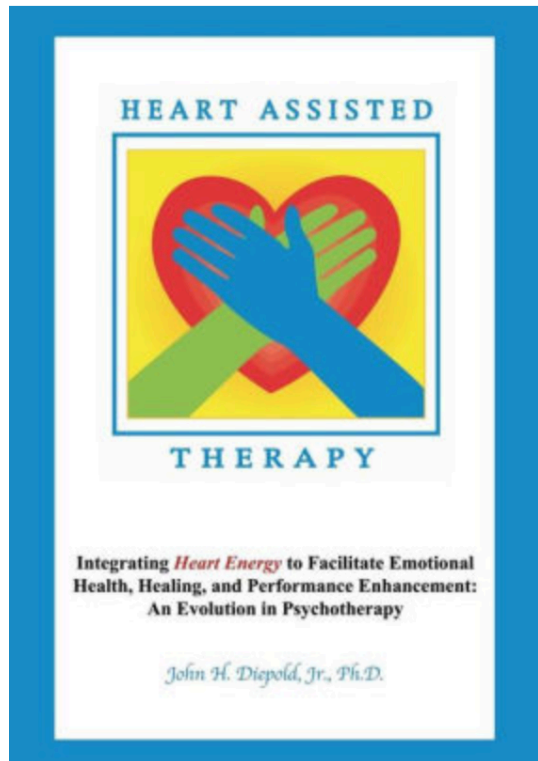
Awareness: “Noticing”

Open/Intuit Session’s Potential



# Heart Assisted Therapy

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developed by  
**John Diepold, PhD, DCEP**  
**Moorestown, NJ**

**HeartBreathing (TAB method)**  
**Awareness Streaming**  
**Self - Regulation Protocols**

# Heart Assisted Therapy

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Heart Assisted Therapy (HAT) engages the interconnected power of the heart, breath, and bio-energetic systems to support a client's self-regulation, mindful awareness, and capacity to guide their own treatment process.

## Heart + Hands + Breath + Body-Energy System

HAT is an integrative, humanistic, and mindfulness enhancing approach to psychotherapy.





# Exploring the Power of the Heart

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HeartMath Research

Energy Cardiology (Schwartz & Russek)

Cardio-Energetics (Pearsall)

The Energetic Heart

Heart-Brain connection

Energy Frequencies Model

Whole Hearted Healing (McFetridge)

HAT direct experience, observation, early research



# Getting to the Heart of HAT Diepold's Hypothesis

The heart and all heart functions might be considered a  
Master conductor of frequency resonance  
that constantly receives, synthesizes, and transmits  
info-energy for the establishment of  
frequency coherence  
between and among all cells, organs, and systems.

# HeartBreathing

Heart Communicating  
to all Systems & Beyond

Heart junction of Nadis  
Sushumna (central) Nadi

Endocrine System

Vagus Nerve

Large Intestine

Lung Pericardium

Heart

Small Intestine

Triple Heater

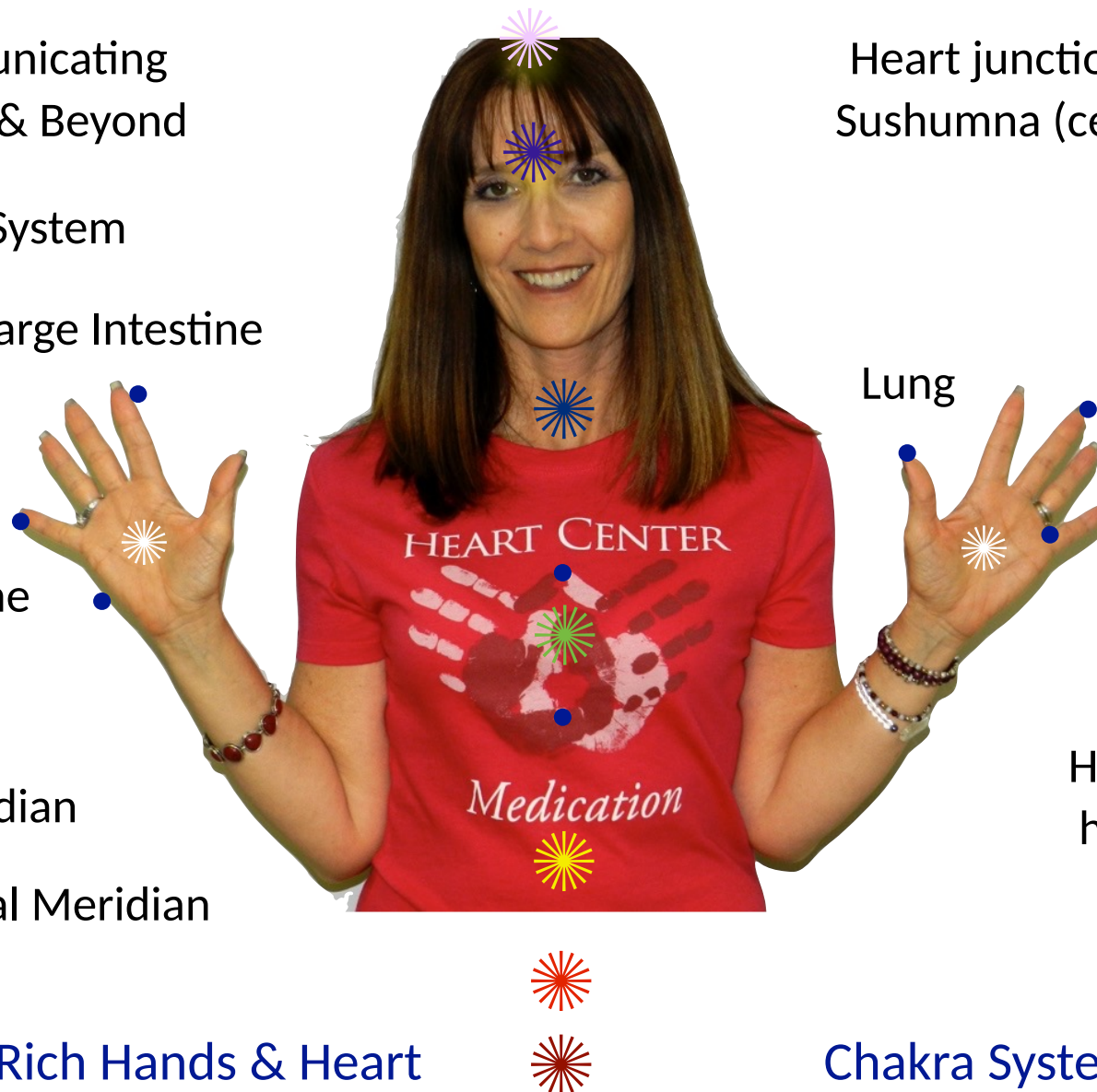
- Kidney Meridian

- Central Meridian

Heart Chakra holds:  
heart, pericardium  
thymus, lungs

Meridian Rich Hands & Heart

Chakra System



# HeartBreathing

Subtle Energy System

Engaging Inner Wisdom  
and Intuition

Mindful Awareness

Torus Flow Pattern

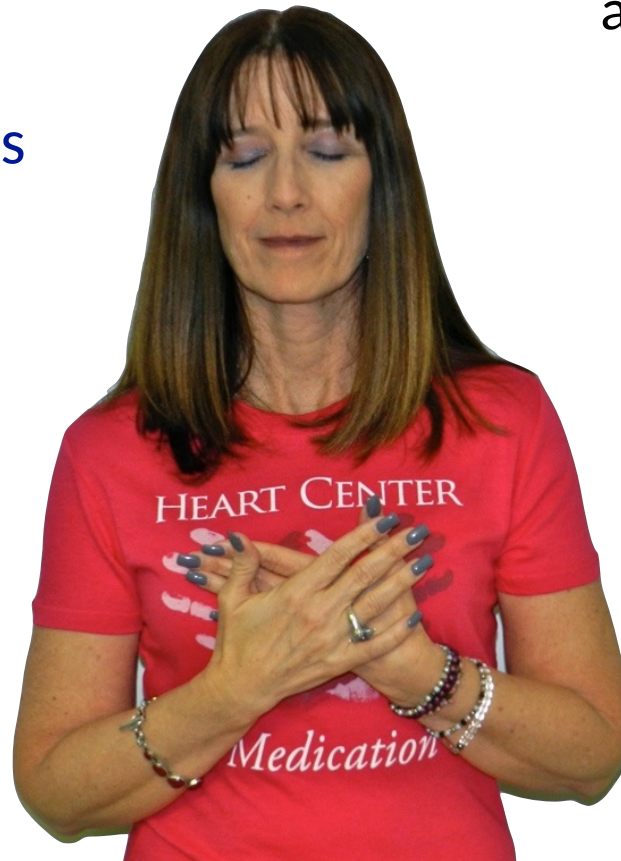
Breath Patterns

Polarity Correction  
Neurological Organization

Coherence  
Soothing systems

Heart Focus

Processing Emotions



Bioelectromagnetic Interactions  
Within & Between Fields

# 9 Self Regulating Heart Breaths

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Inviting Heart Coherence

Opening the Mind-Body Polarity Gateway

## 9SRHB Instructions for Client

Free your mind

Place your overlapping hands over your heart

Take 3 HeartBreaths

Flip (reverse) your hands and take 3 more HeartBreaths

Flip (reverse) your hands and take 3 more HeartBreaths

# 9 Self Regulating Heart Breaths

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## Therapist Observation

Your own natural hand position

Client's hand position (R/L or L/R)

Client's eyes open or closed

Notice rate of respiration, changes

Notice facial, body, eye movements





# Therapist Considerations

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You always HeartBreathe with client

[so you remain coherent and resonant with client]

Client's hand position (R/L or L/R)

[track so 3 rounds of reverse hand placement occurs; if needed guide return to position if talking with hands, wiping tears, etc]

Client's eyes open or closed

[If closed, complete round, repeat 9SRHB as invite eyes to remain open]

Notice client's natural breathing pattern

[Not directing breathing, watching their system change]

Be curious. Practice patience. Trust the technique.

[Client's system will reveal how it processes reorganizes and info-energy]

# How Use 9SRHB in Session

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Waiting room (in WholeHearted EP model)

Beginning of session

Therapist notice of dysregulation

Client noticing of need: disorganized, distressed

Start/finish of HAT Awareness Streaming

Start/finish of HAT Self Regulation protocols

End of session: gathering insights, essential nuggets

Invite practice beyond session

Support for another EP or MindBody intervention



# HAT Self-Regulating Protocols

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HAT-SR protocols taught & practiced in session

Intent for client use beyond session:

support gains in (self)treatment

empower self-responsibility

enhance bio-energetic coherence

assist in self-regulation when challenged

build resilience & mind-body-energy awareness

empowers flexible use of HAT's "Awareness Streaming"

# Heart Assisted Therapy

## Four Guiding Principles

Accept the Negative

Ponder the Neutral

Accentuate the Positive

Prepare for the Future



# HAT-SR [Self Acceptance] Protocol Structure

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Acceptance Statement + even though + Treatment Focus

Deep in my heart, I love and accept myself  
even though I am the way I am.

9 SRHB

HeartBreath + Statement + 2 HeartBreaths  
flip hands

HeartBreath + Statement + 2 HeartBreaths  
flip hands

HeartBreath + Statement + 2 HeartBreaths  
9 SRHB



# Let's Practice

## 9 Self Regulating HeartBreaths

3 HBs/flip/3 HBs/flip/3HBs

Eyes open, Notice hand placement, Breathing, Facial/body cues

Deep in my heart, I love and accept myself  
even though I am the way I am

HB + Statement + 2 HBs  
flip hands

HB + Statement + 2 HBs  
flip hands

HB + Statement + 2 HBs



## 9 Self Regulating HeartBreaths



# HAT-SR Challenging Situation

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Deep in my heart, I love and accept myself  
even though I feel overwhelmed by this situation.

Deep in my heart, I love and accept myself  
even though I don't know how to solve this problem.

Deep in my heart, I love and accept myself  
even though I don't know how to help myself/this person.

Deep in my heart, I love and accept myself  
even though I'm feeling really anxious right now.



# HAT-SR Challenging Person(s)

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Deep in my heart, I love and accept myself  
even though [name] is the way she/he is.

Deep in my heart, I love and accept myself  
even though [name identified as 'they'] are the way they are.

Deep in my heart, I love and accept myself  
even though [couple, group, team] are the way they are.

Deep in my heart, I love and accept myself  
even though [my parent/previous partner] was the way they were.



# Let's Practice

Deep in my heart, I love and accept myself  
even though [name] is the way she/he is. (group/they)

or

Deep in my heart, I love and accept myself  
even though I don't know how to solve this problem.

9 SRHB

HeartBreath + Statement + 2 HeartBreaths  
flip hands

HeartBreath + Statement + 2 HeartBreaths  
flip hands

HeartBreath + Statement + 2 HeartBreaths  
9 SRHB



# HAT-SR Self Sabotaging Urges

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Deep in my heart, I love and accept myself  
even though I have this urge or desire for [item/behavior]  
but know it is not good for me or my body.

Experiment a bit: add a HeartBreath (HB) after each phrase

Deep in my heart, I love and accept myself HB  
even though I have this urge or desire for [item/behavior] HB  
but know it is not good for me or my body. HB

Remember the start/finish: 9SRHB



# HAT-SR Healing & Aging

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Remember the start/finish: 9SRHB

Deep in my heart, I love and accept myself  
as I invite my body and mind to heal

Deep in my heart, I love and accept myself HB  
even though I have this illness HB  
as I invite my whole self to heal HB

Deep in my heart, I love and accept myself HB  
as I become healthier and age with grace HB

Remember the start/finish: 9SRHB



# HAT Research

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Diepold, J.H. Jr., and Schwartz, G.E. (2022). Clinical effectiveness of an integrative psychotherapy technique for the treatment of trauma: A phase I investigation of Heart Assisted Therapy. *Explore* (18) 698-705.

43 patients. 2 clinicians in 2 states.

Total of 81 upsetting and traumatic life events.

Average number of sessions for treated issue : 3 - 4

Rating: distress before/after HAT; therapy approach; therapist characteristics

Follow Up data: 3 months to 18 months post treatment

Exploratory Study Results: Mean distress level pre HAT 7.55. Post HAT 0.00 ( $p < .0000001$ )

Confirmation Study Results: Mean distress level pre HAT 8.31. Post HAT 0.02 ( $p < .0000001$ )

Results confirmed by controlled laboratory EKG and EEG HAT hand positions research

(Schwartz, De La Cruz, Witman, in preparation)





# Heart Assisted Healing Processing Energy

## Possible Body-Mind-Emotion-Energy Response

Increased relaxation: eyes closing, breath slowing, hands falling

Energy release: yawning, muscle twitch, eyes water, tingles, temperature changes, laughter

Feeling heavy, tired, spacey, ungrounded

## Provides Opportunity for Additional Education & Intervention

Energy Psychology - processing energy interference

System reorganization/ neurological reorganization

Client's understanding of own MBSE system

How to ground, integrate, and move safely into the day

# Evaluation Questions

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#1: HAT-SR is a technique from Heart Assisted Therapy designed as a take home treatment practice for clients.

[true]

#2: HAT techniques involve following biophysical systems: respiratory system, heart-hands-brain interaction, endocrine system, vagus nerve.

[all of the above]

#3 The Heart Assisted Therapy protocol empowers the client to guide the direction and flow of their therapeutic process, inviting personal discovery of insights and experiential shifts in thinking, feelings, and physical sensations.

[true]

# Heart Assisted Healing: Practical Application

9 SRHB: with hands/hands free

tx sessions, dinner table, business meetings, classrooms, time out, parking lots,  
presentations, before sleep/upon awakening, hallways, heated discussions,  
meditation, energy work, personal learning, performance (eg, sports, music)

## Self Regulating Protocol

Expand into HAT's Awareness Streaming

Self-treatment - flexibly applied to any challenge or performance enhancement

## The Self Soothe Strategy

PlayBook and mp3 recorded practice  
free at [www.kathymilano.com](http://www.kathymilano.com)

# Heart Assisted Healing: A Global Cosmic View

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Coherence is catching

Enhancing relationship, communication, commUnity across systems

## Holons and Holarchy (Koestler)

Holon: a system whole and complete; part of a greater whole

Holarchy: holon embedded within another holon

Each holon has self interest and must  
negotiate difference between embedded systems  
in order to work toward harmony.

# Heart-Body-Energy Coherence

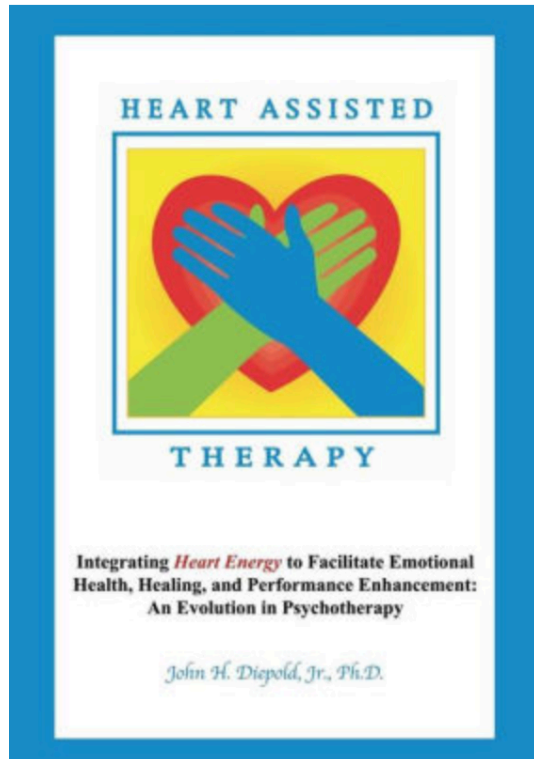
## Empowers the Aim of Harmony

cosmos  
solar system  
planet  
nature  
human race  
human  
organ  
cell



# What's next for you?

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Use HAT's 9SRHB and HAT-SR Protocols  
to empower your and clients'  
Self Regulation, Self Responsibility, & Self-Treatment

Explore Training in HAT with John Diepold, PhD, DCEP

[www.heartassistedtherapy.net](http://www.heartassistedtherapy.net)

[www.hatlearningchannel.net](http://www.hatlearningchannel.net)

The Self Soothe Strategy

[www.kathymilano.com](http://www.kathymilano.com)