

ACEP

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Comprehensive
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PRESIDENT'S MESSAGE



Debby Vajda
LCSW, DCEP
President

Dear ACEP Family,

How strange to be writing this the day before I leave for our annual conference, knowing that you won't be reading it until July! That's the way the timing works on an endeavor as complex as The Energy Field. I've been looking at the list of conference registrants and I'm filled with joy, thinking of all the dear friends I'll get to see again. I'm also happily anticipating meeting face-to-face many of you who I know so far only by email and telephone.

This will be my first year attending the conference as ACEP President and I am still amazed and honored that this has come to pass. I can remember an experience from years ago when Michael Galvin was telling a group of us that everyone should take a turn serving on the board and my response was that I would have nothing to offer! I'm pleased to have learned that I was wrong. Once we step up to the plate to offer our services to our organization, we can all surprise ourselves with the talents we develop.

Speaking of plates, I hope you've considered participating in the Our Plate Is Full campaign, pledging an hour or partial hour per month of whatever your normal client

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More on Psychological Reversal and Thinking Out of the Box



Daphna Slonim,
M.D.

In the Second issue of The Energy Field, there were two excellent articles addressing Psychological Reversal. They were in response to Gary Craig's recent posting on his 'Basic Recipe.' "The term Psychological Reversal (PR) has been eliminated because, after years of experience, I think it was misnamed."

Philippe Isler, in his article 'Psychological Reversals: Do they exist?' pointed out that energy practitioners are "...getting very similar results with highly different energy-focused techniques" with or without words, with or without tapping or holding points or chakras. Similarly, in dealing with observed blocks, practitioners applied different solutions with similar effectiveness. He suggested that "what works for us seems to be generally related to what is congruent, what fits, what we can own and feel comfortable with rather than the technique itself. (In fact, it has already been shown in psychotherapeutic research that the most consistent predictor of therapy outcome is not the approach or techniques used, but the therapeutic relationship."

According to Isler, as some practitioners that adopted the concept of psychological

reversal found it very useful, we need to "carefully and consistently define what we mean when we use it—while understanding that all we are doing is constructing a model of our reality."

I totally agree with him regarding this issue. As a psychiatrist and psychotherapist, I use psychological model and language and accept as working hypothesis constructs such as subconscious resistance, introject, dissociation, etc. As a spiritual seeker, I use constructs such as "Higher Self" and I want to introduce it as an effective healing tool. Following Ken Wilber, I strive to introduce super-consciousness into psychology. As an energy practitioner, I introduce Energy Muscle Testing in my practice as an effective tool to go around 'resistance' and as a doorway into the 'subconscious'.

As a psychiatrist treating patients with depression, I sometimes use medications, even though it is clear that the depression came as a result of adverse life circumstances, such as losses. The medications help. It is clear that the patient's sadness caused changes in the level of the brain's neurotransmitters, mainly Serotonin; so, using serotonin re-uptake inhibitors will treat the depression and change the sad mood, guilt, etc. that are connected with the loss. On the other hand, we have patients with genetically low levels of serotonin. Their life could be ideal and still they become depressed. It is clear we don't live in a vacuum. The psyche affects the brain and the brain affects the psyche. This is happening

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even though the brain exists in space and time and the psychic experience exists only in time and there is no way for them to connect on the same level.

So, along the same line we can see that energy affects emotions (psychology) and emotions affect energy. They are just different manifestations. They affect each other as they are interconnected. This is how I explain to myself the apparent paradox that either energy interventions alone (like tapping) work or psychological interventions alone (such as logotherapy) work.

As I have more success combining medications with psychotherapy, I expect to have better results when I attack the problem from the energy and psychological angles at the same time.

Gary Craig came to the field of energy psychology as a student of Roger Callahan. Dr. Callahan came from the energy angle. He asserted that tapping on meridian points can release energy blockages that cause negative emotions. He suggested that negative emotions and traumas are represented by “perturbations” in the “field” around us. By tapping in a certain sequence, these perturbations collapse and the collapse resolves the negative emotion or trauma.

Gary Craig took away the sequence protocol and thus simplified the procedure. He also added his own unique “psychological interventions” while tapping. He is addressing a variety of probable negative emotions, bringing them as “outsights,” chasing them and their somatic representations in a matter of fact, non-judgmental way. He uses humor for “comical relief” to get the client to realize how ridiculous it would be to hold on to the negative emotions. He tries to find justifications for perpetrators. In other words he does a superb work of psychotherapy, using many psychological principles and using his intuition in a most brilliant way.

After discovering that there is no need to follow the sequence of tapping (like in TFT) Gary realized that a short version of tapping is as effective. He then found out that tapping on one point was effective. He got away from using the 9-Gumut and now he discovered that tapping on the Karate point is not necessary for removal of Psychological Reversal. This is pretty much in

line with what I found in my practice and what other energy psychologists found out. Heart Assisted Therapy (HAT) requires no tapping. Logosynthesis requires no sensory stimulation whatsoever. The fact that we can tap on a surrogate or we can mentally tap is another consideration towards getting away from the assumption that what is working in tapping is releasing energy blockage, or straightening up energy that is running in reverse in the meridians.

A study was done that proved tapping on sham points was as effective. Another study showed effectiveness of tapping on acupoints on a doll. How do we go about explaining the above apparent contradictions?

I maintain that negative emotions or conflicts affect energy flow and that blocked energy flow is manifested in negative emotions. They affect each other and each one is just the same manifestation on different dimensions and/or different energy bodies. Along the same line, thoughts affect emotions and emotions affect thoughts. This is the essence of cognitive psychotherapy.

Feeling depressed will bring more negative thoughts and so on in a vicious cycle.

When we make cognitive errors and have a negative thought, it will make us feel bad. Feeling depressed will bring more negative thoughts and so on in a vicious cycle. In such a way the mental body is affecting the emotional body and vice versa. We can intervene on the mental level such as in cognitive psychotherapy or positive affirmations. Or we can intervene on the emotional level, helping ourselves to higher emotions such as love, hope, gratitude, etc.

Now let's add the energy body into the mixture. A negative thought or a negative emotion will affect our energy field, our aura, chakras, meridians and even our level of consciousness.

And vice versa, energy blockage, or low energy, or low level of consciousness will

cause negative feelings, lack of energy, muscle weakness, and negative thoughts. An intervention in the energy body can affect thoughts and feelings.

I postulate that the best way to affect the energy field is to align it with the Higher Self, or to increase the level of consciousness through higher feelings, higher thoughts, meditation, mindfulness, acts of selfless giving, etc. Since the essence of the Higher Self is unconditional love, acceptance, forgiveness and compassion; the best way to connect with it is through the affirmation “I deeply love and accept myself” which I believe is an important part of the energy blocks to correct Psychological Reversal.

In my Sabotage Correction Technique (SCT), the first correction is touching the heart while stating “connect.” It is helpful to remove the subconscious sabotage in about 40 percent of the cases; almost as effective as “I deeply and completely love and accept myself”

These affirmations align your energy with that of the Higher Self and this is working on the deepest level, energetically speaking. It is the most refined level; some call it “Causal body.” We know from homeopathy lower dilutions work on the Physical body, higher dilutions on the Emotional body. Still higher dilutions affect the Mental body and the highest dilutions, the most refined, work on the “Causal body” and are the most potent of all.

I propose that aligning yourself with your Higher Self is equivalent to working on the most refined energy body. I achieve that with my SCT by the Forgiveness Affirmation. Following Gary Craig's footsteps of simplifying procedures, I devised a generic Forgiveness Affirmation which may be suitable for many of us who underwent similar process of socialization by good enough parents. This generic affirmation works for about 90 percent of the people I work with. Ten percent of the people need more personalized forgiveness affirmations. These are usually the people who need professional help.

Gary Craig in his keynote speech at the last ACEP conference in October of 2012 in San Diego quoted the Course in Miracles. He is moving to thinking “out of the box” in that we are all one and are pure consciousness.

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and expanded growth and development with TFT. As this group increases, we are expanding our potential for knowledge and application. It provides the means for development with the same inductive processes Roger has followed for over thirty years, observation, testing and generalizations, and now from many different points of view.

Members of our advanced practitioners observe things from their own unique perspective. They can then submit them to Roger and I for review, and distribution to the others. The others can discuss, give feedback and test the new ideas or protocols. After patterns and regularities are observed, generalizations and conclusions can be made and offered out to the greater TFT community.

An excellent example of this process in action, recently took place with the suggestion and presentation of a new level of psychological reversal.

Last October, one of the attendees in our

OH course in Sao Paolo, came all the way from France. Throughout the course, I was delighted to watch his face and eyes light up as he would have another “ah ha” moment. Combining what I was teaching with his existing knowledge, he was able to see a different perspective and deeper understanding of some of our basic concepts and their correlation with sacred geometry and the laws of the universe.

Since taking his first OH course last fall, he also saw the concept of psychological reversal in a three-dimensional model, considering the holographic, fractal nature of the universe. He then tested this out, and indeed found another or third dimension of reversals.

He shared this level of reversal with me and we too have tested it and had much success with it. It's demonstration and use were very helpful in the last two OH courses. It allows us to increase the depth of our effectiveness.

We then asked him to write this up, as he

understands it. We shared this write-up with our OH/VT list, asking for their feedback and to begin testing it out. Others immediately commented, some with questions about how they would use or apply it, and others saying they have observed this phenomenon as well.

He brought his knowledge and experience from the perspective of a researcher, pharmaceutical doctor and oriental medicine practitioner and added this to what he learned in TFT, to come up with a new application and perspective.

Once something new has stood the test of this group, trainings, and demonstrations, we then have a new TFT concept to introduce to the greater TFT Community. We have a means for continued growth and expansion with the potential for even more rapid development and broader application—a way to allow TFT to continue to be an evolving, dynamic healing modality, in the spirit of its founder.

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This is very much along the lines of Hinduism: Atman is Brahman which is very much in line with modern physics, introducing consciousness into the picture with the unified zone field, entanglement, etc.

This is so close to Jung's concept of Self (with a capital S.) and as such explains the healing power of totally aligning and reconnecting with the Higher Self. This oneness explains the surrogate muscle testing phenomenon. It explains the “Borrowed Benefits.” It explains the power of mindfulness to re-wire the brain and it gives us a broader working theory when we come to understand, explain or apply different techniques of Energy Psychology.

So releasing negative emotions, traumas, concepts and beliefs is aligning us with the Higher Self and therefore is healing us, as it shifts us to higher vibrations.

I propose that the term Subconscious Sabotage is a more useful term than Psychological Reversal; as sabotage, from whatever cause, alienates us from our Higher Self, and as such causes perturbations in all of our energy bodies.

I also suggest accepting the facts that we can intervene in any level (i.e. any energy

body) to affect the system, and that we are One. This explains so many apparent contradictions, confusions and unexplained research findings. This is the way science evolves, by introducing broader working hypothesis to include all available findings and knowledge.

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