

CLEARING THE ENERGY OF TRAUMA WHICH CAN HINDER YOUR RECOVERY

Dr. VanZell Wade, Ph.D., LPC, CCTP
Jim McAninch, CEAP, CTP

OBJECTIVES :

- Identify the similarities of addiction and trauma in the brain.
- Learn how childhood and life traumas hinder recovery.
- Investigate how the sub-conscious mind only plays the programs written by the traumas.
- Learn about Thought Field Therapy (TFT) an evidenced-based program.
- Learn about tools of comparison showing what we are accomplishing .

DISCLAIMER

The Energy Modalities presented do not diagnose, cure, prevent or treat disease.

The Energy Modalities presented are for general information and not meant as a modality training.

WARNING

Information presented, AV materials used in this program have been selected and prepared to make educational points.

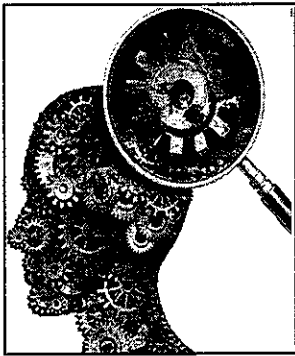
This program may trigger personal emotions based on personal past experiences.

Should this occur, please discuss with the presenter before leaving.

Knowledge is Power

ADDICTION IS A DISEASE

- In 1956 the American Medical Association (AMA) declared Addiction to alcohol and other drugs, to be a disease. Definitions include disorder of human functions with signs and symptoms not caused by physical injury.
- Some state it qualifies by these criteria:
 - Primary: The illness exists in and of itself. (But may manifest in addition to other illnesses.)
 - Chronic: Does not go away, heal spontaneously or remit.
 - Progressive: Over time it gets worse.
 - Symptomatic: Can be diagnosed by the way it manifests in a person's physiology, behavior and lifestyle.
 - Fatal: If left untreated will result in death.




THE LANCET Psychiatry

Addiction is a complex disease of a complex brain; ignoring this fact will only hamper our efforts to find effective solutions through a comprehensive and systematic understanding of the underlying phenomena.

July 21, 2015-Hora O Volkow, M.D., Director of the National Institute on Drug Abuse (NIDA)


AREAS OF AN ADDICTED BRAIN

The Midbrain



The process of **reward** and a conscious experience of **pleasure** begins in the midbrain. The earliest areas of limbic, or emotional processing. It provides reflexive, survival-based, unconscious drive to cortex.

Hippocampus and Amygdala




These two structures are important in brain process of reward learning. **Glutamate** creates a memory of things that predict it's availability. **Hippocampus** short-term learning.


Amygdala is important in reward and fear conditioning. These structures are believed to be important in the formation of **Post-Traumatic Stress Disorder**.

AREAS OF AN ADDICTED BRAIN

HPA Axis



Hypothalamic-Pituitary-Adrenal (HPA)
This is the brain's main stress system. This system meant for quick burst of activity to meet a stressful situation. Chronic stress, begins to wear down numerous systems in the body and brain, leading to a host of physical and psychological disorder, including **addiction**.



Anterior Cingulate Cortex is an association area. The ACC is important in guiding emotion-based behaviors, playing a big part in emotional self-control.

Orbitofrontal Cortex assigns value to reinforcers and provides motivation to obtain them. Also provides inhibitory control over **emotion-based behaviors** of the midbrain.

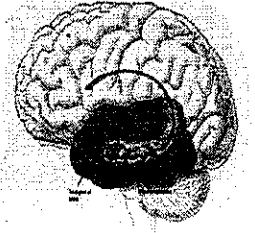
Ventromedial Prefrontal Cortex is important in **impulse control**. Can cause impaired decision-making which is unaffected by increasing punishment or reward.

Amygdala - The brain's emotional computer and alarm system

Hippocampus - Brain's storage for our most recent conscious memories

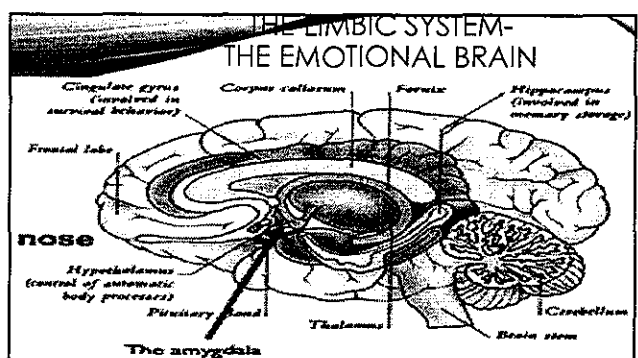
Thalamus - Translates sights, sounds, smells into the language of the brain

Prefrontal cortex - Where information is used to make decisions about cognitive and emotional responses



TRAUMA CAN HIJACK THREE FUNDAMENTAL AREAS OF THE BRAIN

- **Smoke Detector:** The amygdala—the primitive brain area that makes you be afraid.
- **Cook:** The thalamus gets input through your ears, eyes, nose, skin and body. The thalamus cooks, stirs and puts all these sensations together.
- **Watchtower:** The medial prefrontal self-experience part of your brain.



QUIETING THE LIMBIC SYSTEM.

Your limbic system is like a little animal that responds to thunder by blowing up or biting. Trauma empowers the limbic system in an animalistic, survival-based response. The impact of trauma is in the animal brain—in your survival brain—and your survival brain doesn't have words or concepts or ideas.

Bessel Van Der Kolk, M.D.

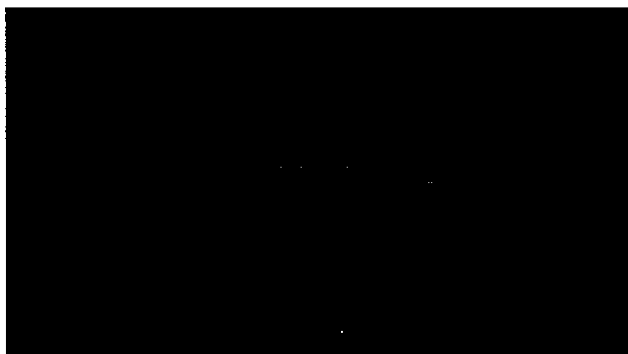
"INSIGHT DOES NOT QUIET DOWN THE LIMBIC SYSTEM"

You might have had ten years of psychoanalysis and cognitive behavioral treatment, but when your animal brain gets triggered by a particular sound, smell, or visualization, that animal part of your brain takes over.

Bessel van der Kolk M.D.

DIFFERENCES IN A TRAUMATIZED BRAIN.

- One: The threat perception system is enhanced. These people see danger where other people see what is manageable. This perception is not in the cognitive part of the brain—this is in the core perceptual part, a very primitive part of the brain—the fear-driven part of the brain.
- Two: *The filtering system which helps you to distinguish between what is relevant right now and what you can dismiss, gets messed up.*
- Three: The self-sensing system that is devoted to your experience of yourself gets blunt.
- **"Could the addicted brain be seeing the opposite".**



“
TRAUMA IS A FRIGHTENED BODY. WHATS THE MOST UNFORTUNATE IS THAT WITH TRAUMA, MOST PEOPLE SEEM TO LOSE THE CAPACITY FOR SELF-REGULATION.
 ”

BESSEL VAN DER KOLK

Single Trauma:

- Tend to happen more in adulthood.

Complex Trauma:

- Is usually trauma that developed in childhood, and is almost always has neglect

Trauma affects every system in one's organism:

- Immune System
- Heart Rate
- Bowels

Every system in your body becomes a traumatized system, basically.

Since the mind is in the body and all these systems are part of a unit, you cannot separate one from the other.


PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:

Behavior	Increased Likelihood
Commit Suicide	15 Times More Likely
Smoke Tobacco	2.5 Times More Likely
Use Antidepressant	3 Times More Likely
Missive Work	3 Times More Likely
Develop STD	4 Times More Likely
Inject Drugs	4 Times More Likely
Become an Alcoholic	4 Times More Likely



GRIM OF THE ISSUE OF TWO MINDS

- The conscious mind, not being time-bound, is always travelling!
- 5% of our life we are actually consciously focusing on being here now; and 95% of the time the conscious mind is flitting around all over the place
- The subconscious mind is time-bound, it only works in the present moment
- Because when the conscious mind is not paying attention then by definition the default is the program in the subconscious mind.

CONSCIOUSNESS WILL NOT WORK WITHOUT PROGRAMS




CONSCIOUS & SUB-CONSCIOUS MINDS

<p>Conscious</p> <p>Frontal Cortex</p>  <p>Identity, Source, Spirit</p> <p>Creative</p> <p>Wishes, Desires, Aspirations</p> <p>Positive Thinking</p>	<p>Subconscious</p> <p>PROGRAMMED</p>  <p>Record-Playback Mechanism</p> <p>Habitual</p> <p>Instincts, Experiences</p> <p>Acquired Behavior, Belief</p>
---	--

CONSCIOUS MIND

<p><i>We are only conscious</i></p> <p><i>of 5%</i></p> <p><i>of our cognitive activity</i></p>	<p><i>95%</i> <i>of our brain</i></p> <p><i>activity goes beyond</i></p> <p><i>our conscious awareness.</i></p>
---	---

CONSCIOUS MIND

Conscious  - Insights
- Reason
- Willpower
- Positive-thinking
- Motivation

It's not enough to rely on Insights, Positive Thinking
Motivation, Good Intentions, and Willpower...

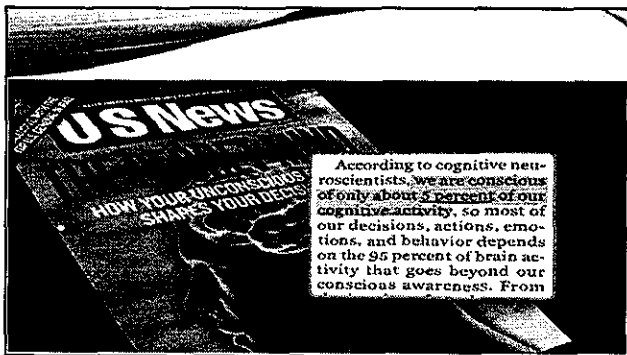
We must do something different
By learning how to change our subconscious beliefs.

SUBCONSCIOUS MIND

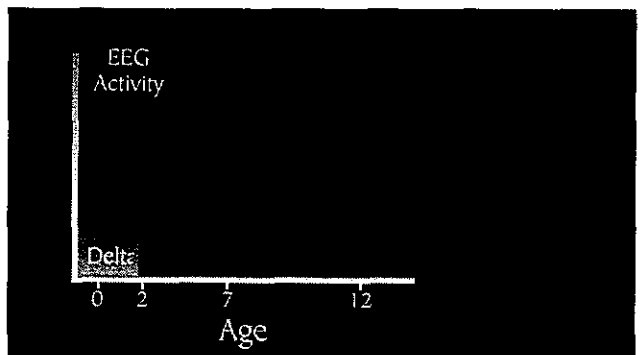
5% conscious

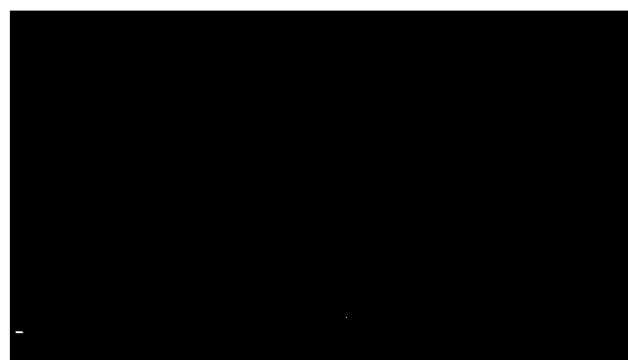
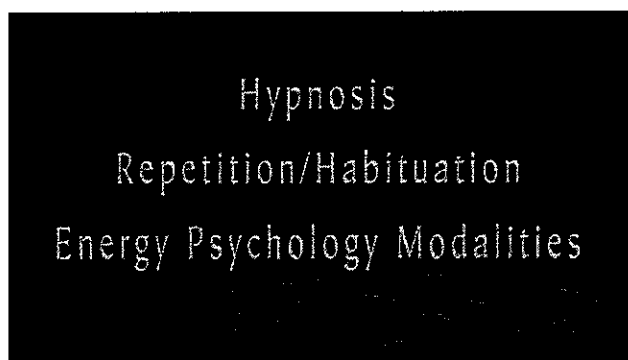
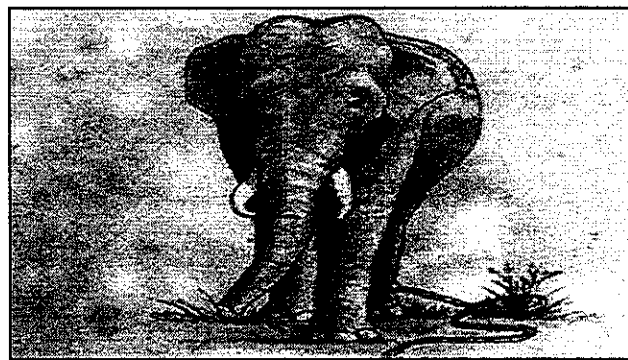
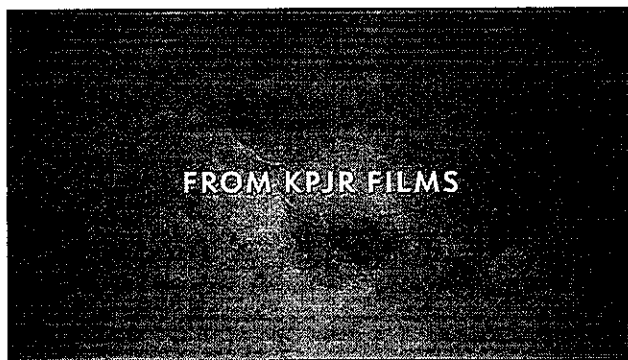
95%
subconscious

Thoughts
Beliefs
Emotions
Memories
Skills
Instincts
Behaviors



According to cognitive neuroscientists, we are conscious of only about 5 percent of our cognitive activity, so most of our decisions, actions, emotions, and behavior depends on the 95 percent of brain activity that goes beyond our conscious awareness. From





SAMHSA SEARCH

Connect with SAMHSA

Find Help & Treatment Topics Programs & Campaigns Grants Data About Us Publications

Programs & Campaigns > NREPP > Research & Data

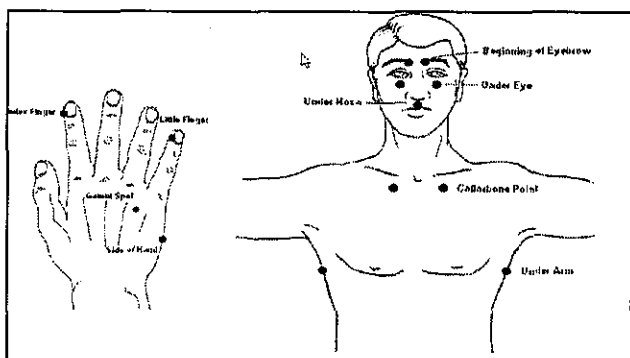
NREPP National Registry of Evidence-based Programs and Practices

Thought Field Therapy for the Treatment of Post-Traumatic Stress Symptoms

Program Description

Thought Field Therapy for the Treatment of Post-Traumatic Stress Symptoms is based on the Thought Field Therapy (TFT) program developed by David Calabrese in the 1980s. (NREPP ID: 2008-0012) In development, this basic treatment protocol has been translated into 24 languages and implemented internationally. The treatment protocol can be used as a self-help, peer-helper, and coaching strategy. It is a procedure-specific program that uses a systematic elimination of acupuncture points by physical touch to provide relief from psychological distress. Practitioners develop expertise across time for individuals and their specific problems and use a list and algorithm protocol to apply the treatment with their fingers on specific parts of the body of the person being treated. The treatment, delivered in sessions, is thought to influence the body's bioenergy field by tapping on these points, located along "energy meridians."

Program Contact
Robert Shaw, PhD
Address: 4400 La Jolla Village Drive, Suite 300, San Diego, CA 92161



TFT TRAUMA RELIEF TECHNIQUE

First, think about the trauma and rate the degree of pain or distress you feel on a scale of 1 to 10 where 10 is the worst upset possible and 1 is no upset at all. This is referred to as the SUD (Subjective Units of Distress).

Now do the following TFT Trauma Relief Algorithm:

- Tapping Sequence**—Use your fingers to lightly tap the following about 10 times each:
 - Side of Hand (Karate chop point)
 - Under nose
 - Beginning of eyebrow (towards the nose)
 - Collarbone point (find it by running fingers down the neck to the V-notch in the top of the collarbone, then go down 1 inch and over to either side 1 inch.
 - Under finger (inner lip towards thumb)
 - Collarbone point
 - Collarbone point
 - Index finger (inner tip towards thumb)
 - Collarbone point.

Side of Hand
Under nose
Beginning of eyebrow
Under finger
Collarbone point
Index finger
Collarbone point

b) **9-Gamut:** While tapping the gamut spot on the hand, do the following 9 Procedures (remember to tap through all 9 steps). Find the gamut spot by making a fist with one hand—the gamut spot is in the valley between the fourth and fifth finger knuckles, about one inch back towards the wrist.

- Eyes open.
- Eyes closed.
- Open eyes and look down to the left.
- Look down to the right.
- Circle eyes in one direction.
- Hum a few notes (more than one note).
- Count from one to five.
- Hum a few notes again.


c) Repeat the tapping sequence: SH,UH,EB,UE,UA,CB,TF,CB,IF,CB

Next check the SUD level


- a) If your distress went down to 1 (no distress at all) or 2, finish with **Floor to Ceiling Eye roll:** while tapping the gamut spot on the back of your hand and keeping your head level, look down and slowly and steadily raise your eyes all the way up (taking about 10 seconds).
- b) If the SUD went down, but not to a 1 or 2, repeat the **TFT Trauma Relief Algorithm** until it's either at a 1 or 2 or it stops going down.
- c) If the SUD did not go down—or stopped going down at any point before getting to a 1 refer to further information on this blog.

This is for educational purpose only. Nothing herein is intended to be a substitute for professional medical advice.
www.TFTTraumaRelief.wordpress.com or www.ATFTFoundation.org
 Copyright © 2009 by ATFT Foundation


WHOLISTIC HEALING PUBLICATIONS



JHC



WHP



WHR

July, 2016 Volume 16, No. 2

Helping the 911 Dispatchers with Thought Field Therapy

By Jim Mc Aninch

Abstract

Here is an introduction to what it is like to be a Telecommunicator. These are often "The Forgotten Victims" of trauma incidents. I also share a sampling of possible solutions, incorporating Thought Field Therapy (TFT) and Heart Rate Variability monitoring. The 911 dispatchers make a difference in people's lives every day. They make decisions that affect people profoundly in many ways. Sometimes, the people who are helped don't even realize how deeply they are changed, let alone the dispatcher being aware of the effects they have on those they are assisting. However, the dispatchers may take on people's stress and grief, with little or no outlet for release. Connecting with the dispatcher and using the methods developed with TFT can provide that outlet. Some of the best people to help these waiting wounded and disabled dispatchers are those who have recovered from various challenges of these sorts.

Key words: 911 dispatchers, telecommunicators, Thought Field Therapy, TFT, trauma

THREE BRAINS AND CELLULAR WATER MEMORY

- The brain in your **HEAD.**
- The brain in your **HEART.**
- The brain in your **GUT.**
- The water in your **CELLS.**

According to clinical systems, the muscular system in the "Unwind" phase provides a boost to the parasympathetic, stimulate the lymph system and act as a general anti-inflammatory.

The factors (left) and after (right) treatment system show a major reduction in the brain's stress index. From one out of range to well within range only 10 minutes after of unloading stressors.


The factors (left) and after (right) treatment system show a major reduction in the brain's stress index. From one out of range to well within range only 10 minutes after of unloading stressors.

The factors (left) and after (right) treatment system show a major reduction in the brain's stress index. From one out of range to well within range only 10 minutes after of unloading stressors.

The factors (left) and after (right) treatment system show a major reduction in the brain's stress index. From one out of range to well within range only 10 minutes after of unloading stressors.


MEN OF IMPORTANCE

Sigmund Freud



Freud's most valuable contribution was his discovery of the unconscious mind. That your conscious mind is simply a facade and that you are completely unaware of what really goes on in your brain.


Viktor E. Frankl



"For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment."

IS IT WORKING

CARL JUNG USING GSR



Carl Gustav Jung, Swiss doctor and psychologist used the Galvanic Skin Response (GSR) meter working with Freud. An axiom originated by Freud is that we are restricted from realizing more than a fraction of our full potential because of the repressed negative content of the unconscious mind; negative fears, resentments, motivation and dislikes. When the content is made conscious and confronted, it dissolves and loses its power to restrain thought and action. **The meter is an effective diagnostic tool and time-saver in helping to locate this negative content. An adept doesn't have to spend years of blind probing to find out the root of a problem. With professional training he can find and identify any negative energy caused by sources of resistance affecting a person, then help him discharge it.**

METHODS OF COMPARISON

- **Muscle Testing**—Dr. George Goodheart Developer of Applied Kinesiology.
- **Heart Rate Variability (HRV)**—is the body's "reserve" of willpower—a physiological measure of your capacity for self-control.
- **Human Body Field (HBF)**—Developed by Peter Fraser, a system which looks at informational and energetic blockages in the human body-field. Nes Health
- **Gas Discharge Visualization (GVD)**—Electro Photon Imaging developed by Dr. Konstantin Karatkov. It is a computer registration and analysis of gas discharge glow of any biological objects placed in a high intensity electromagnetic field.

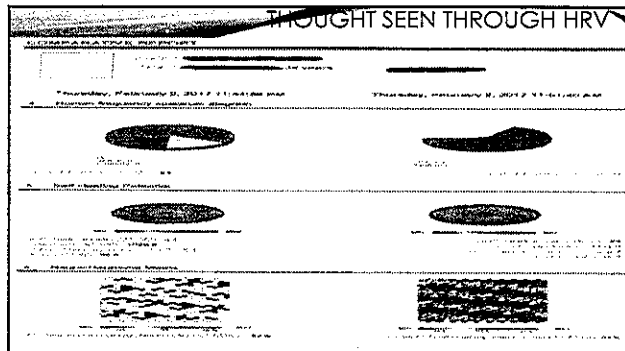
COMMUNICATING WITH THE SUBCONSCIOUS

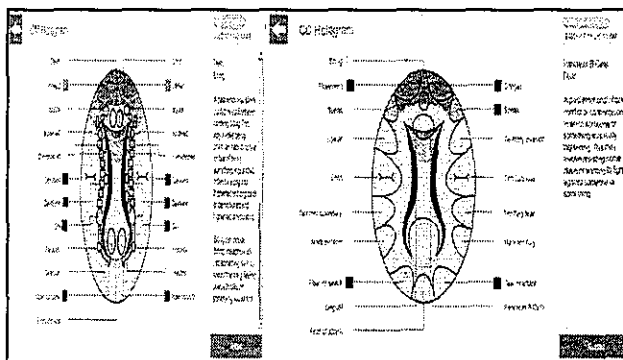
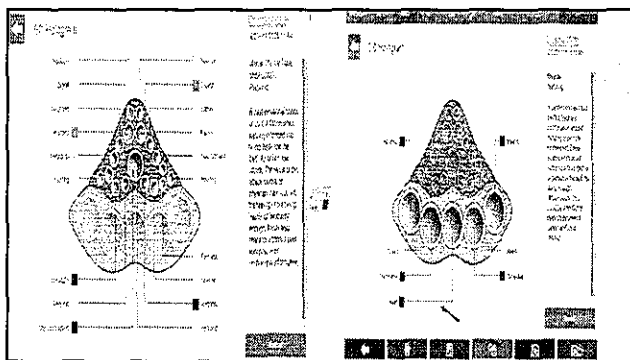
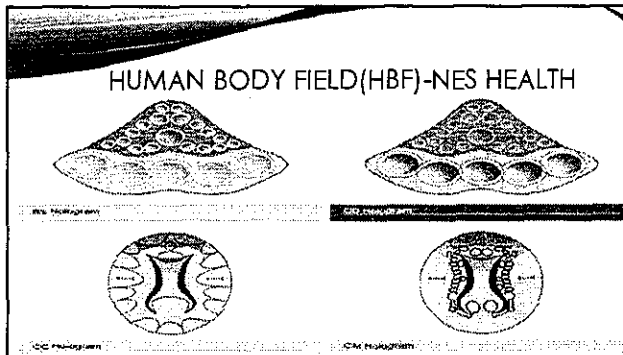
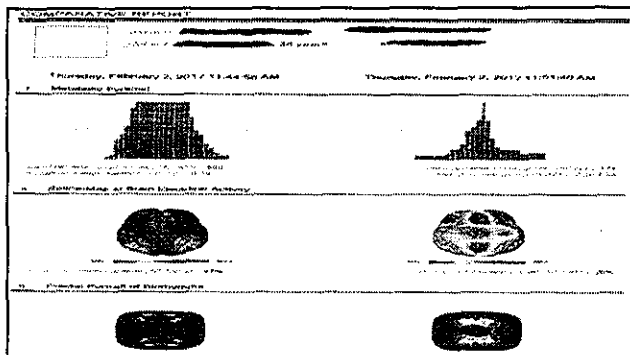
- An easy and effective way to communicate with the **Subconscious Mind** is with muscle testing because the subconscious mind controls motor functions such as muscle movement.
- It's easier to change habits of thought and behavior if you access the **Subconscious Mind**, because it is the store-house for attitudes, values and belief

HAVING A THOUGHT

- If the conscious mind all of a sudden has a thought, by definition is not paying attention to the current moment; and then the moment that it is thinking of something, then by definition the subconscious has to run the show because the subconscious is in the present moment.
- 5% of our life we are actually consciously focusing on being here now and 95% of the time the conscious mind is flitting around all over the place. In the process is not paying attention, and then by definition the default is the program in the subconscious. If the conscious mind is not paying attention then it doesn't see or observe the behavior that is coming from its own subconscious.

THOUGHT SEEN THROUGH HRV





THINGS I'VE LEARNED IN RECOVERY

- **RECOVERY** this could be the specific moment in a person's life that Victor E. Frankl speaks about.
- **CRISIS** can be either *Devastating* or *Transformation* depending on what you're able to learn from them.
- **CHOICE POINT** is a place of branching or forking. It is a point of possibility. Seemingly negative life events and crises are actually windows of opportunity for change, enabling us to drastically improve the quality of our lives by making different choices.

Prisoners bound with heavy chains for years, and with eyes so long cast down in the darkness

They remember not the light, do not leap up in joy the instant they are made free.

It takes a while for them to understand what freedom is. -Plato

**QUESTIONS
COMMENTS**

FAST-AIDE - JIM McANINCH

Providing Relief From Trauma & Stress Related Disorders and Symptoms

- Non Invasive
- Evidence Based
- TPT

Jim McAninch, TTT-Adv, PCT
Trauma Specialist
CEO-Crisis Wellness, LLC

www.yoursolutionforstress.com
jim@crisiswellness.com
724.882.5276 phone/text
skype: gymenach



SpiritLife, Inc.
Freedom of spirit and health of mind and body

VonZell Wade, Ph.D.
Clinical Director

phone: 724.465.2165
fax: 724.349.1522
e-mail: wade@spiritlifeinc.org



SpiritLife, Inc.
Freedom of spirit and health of mind & body