

ACEP Comprehensive Energy Psychology Certification Module:

**Establishing Energy System Readiness to
Benefit from Treatment**

MODULE STRUCTURE

This module is divided into four major sections, with sub-sections within each:

Module Overview:

- Learning Objectives
- The Big Picture
- Basic Concepts
- Background

Diagnosing Systemic Energetic Interference:

- Symptoms-Based Diagnosis
- Inference from Prior Treatment History
- Diagnosing Use of Muscle Testing Methods

Enhancing Readiness through Treatment of Systemic Energetic Interference:

- Quick Starts for Transient Interference
- Temporary Interference Symptom Overrides
- Root Causes of Interference
- Instructions for Treating Root Causes of SEI

Ethical Issues:

- Scope of Practice
- When to Refer

Overview

LEARNING OBJECTIVES

1. Define Systemic Energetic Readiness (SER) as you would explain it to a colleague and as you would explain it to a client.

2. Define Systemic Energetic Interference (SEI) as you would explain it to a colleague and as you would explain it to a client.
3. List three main ways to infer the existence of SEI.
4. Describe three levels of intervention in addressing SEI.
5. Demonstrate the six muscle-testing methods for initially evaluating Systemic Energetic Readiness and Interference.
6. Demonstrate Quick Start methods for restoring transient SEI.
7. Demonstrate Symptom Overrides for temporarily restoring non-transient SEI.
8. List the interventions for treating complex causes of SEI.
9. Describe your ethical scope of practice in diagnosing and treating SEI, including when you would refer to whom for which kinds of SEI diagnostics and treatments.
10. Demonstrate your SEI self-care practice, whether it's the Five Minute Daily Routine described in Energy Psychology Interactive or something else.

THE BIG PICTURE: ENERGY PSYCHOLOGY ADDRESSES THREE CORE PSYCHOENERGETIC DIMENSIONS

One straightforward way to describe the key elements of the psychospiritual growth process is through the famous phrase, "Ready, willing and able." EP methods address all three of these dimensions in elegant new ways that, so far, appear to be more effective, rapid and lasting than most previously available psychotherapeutic methods.

READINESS is established through removing any existing Systemic Energetic Interferences (SEI) preventing successful treatment of specific psychological issues. Think of trying to tune in TV or radio to a specific station, but the antenna can't pick up the signal and all you get is white noise. This treatment dimension is about psychoenergetically preparing a person's system to respond efficiently to treatment.

WILLINGNESS is established through removing any Psychoenergetic Objections to treatment success with a specific issue. Think of an image of someone with a goal sitting right beside them, but who is instead giving energy to his fears about succeeding. This treatment dimension is about securing psychoenergetic permission to succeed with treatment.

ABILITY is facilitated through Resonance Recalibration, in which a person's energetic resonance with goal-interfering blockages (e.g. undigested life experiences, limiting beliefs, or "baggage") is neutralized and their resonance with a desired goal is amplified. Think of an image of someone whose resonance to any baggage that had kept him from his goal has completely faded and in its place is a strong unimpeded resonance that enhances his ability to manifest his goal.

In short, then, Energy Psychology methods provide specific energy-system rebalancing procedures that seem to be helping increasing numbers of people to be "ready, willing

and able” to reach their desired goals. In this module, we will cover the “Readiness” dimension.

BASIC CONCEPTS

WHAT IS SYSTEMIC ENERGETIC READINESS? Establishing that a client’s system is capable of benefiting from Energy Psychology EP treatment (or any other type of treatment) of specific psychological issues.

WHAT IS THE OF PURPOSE ESTABLISHING SYSTEMIC ENERGETIC READINESS? TO Prepare the energy system to be as responsive as possible to energy psychology treatment of specific psychological or psychospiritual issues. These methods can be beneficially used prior to any type of treatment modality, EP or otherwise, in order to enhance its potential effectiveness.

HOW IS READINESS ESTABLISHED? Through removing any existing Systemic Energetic Interferences preventing successful treatment of specific psychological issues. Think of trying to tune in TV or radio to a specific station, but the antenna can’t pick up the signal and all you get is white noise. This treatment dimension is about psychoenergetically preparing a person’s system to respond efficiently to treatment.

WHAT IS SYSTEMIC ENERGETIC INTERFERENCE? It is a pervasive level of energetic disturbance that makes it extremely difficult or impossible to diagnose specific psychological issues/goals. It may also prevent effective treatment of issues/goals or inhibit an effective treatment’s endurance.

BACKGROUND

Many in the EP field refer to this level of energetic disturbance as Neurological Disorganization (ND), a term drawn from Chiropractic traditions. Others refer to this kind of disturbance as Non-Polarization (NP), having discovered that ND was only one variety of a much broader category of energy-based phenomena interfering with clients’ abilities to benefit from treatment. Both the ND & NP concepts have run into trouble with being understood and accepted in some circles. However, when framed simply as addressing Systemic Energetic Interference with readiness to benefit from treatment, most people seem to understand and accept the value of this dimension of treatment.

Sections of the “Energy Psychology Interactive” CD That Are Relevant to SEI Issues

- ❖ Neurological Disorganization
- ❖ Five-minute Daily Routine
- ❖ Three Thumps
- ❖ Basic Grid

Be sure to acquaint yourself with these sections.

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Initially Diagnosing Systemic Energetic Interference

This section contains ways to diagnose Systemic Energetic Interference (SEI): Symptoms-Based Diagnosis, Inference from Prior Treatment History, and Diagnosing Using Muscle Testing (MT) Methods.

SYMPTOMS OF SEI

PHYSICAL: History of closed-head injury, learning disabilities or other neurological difficulties, constrained or non-existent gait or arm-swinging while walking, or coordination/awkwardness problems such as bumping into things or chronic accidents, chronic pain, chronic sleep disturbance not attributable to anxiety or depression structural problems affecting neuro-electrical conduction (such as Cranial Fault problems).

MULTIPLE SENSITIVITIES: The client reports having allergy-like reactions to a wide range of environmental, energetic and/or food stimuli.

DECISION-MAKING: Chronic confusion, feeling flooded by too many thoughts at once, ADHD or dyslexia; client inability to specify a priority treatment goal or priority treatment focus (i.e., issues needing treatment in service of achieving that goal); chronic or extreme impulsiveness or compulsiveness in making decisions not attributable to Obsessive-compulsive Disorder (OCD) or impulse disorders.

DISSOCIATION: The client reports feeling dissociated or appears to be dissociated.

EMPTINESS: The client experiences chronic depression, lifelong dissatisfaction or inner hollowness.

INFERENCE FROM PRIOR TREATMENT HISTORY OR CURRENT TREATMENT

CHRONIC TREATMENT FAILURE REGARDLESS OF MODALITY OR THERAPIST: Nothing works, nothing lasts.

CHRONIC SPAWNING OF PRs DURING EP TREATMENT: An unusually consistent pattern of multiple Psychoenergetic Reversals appearing throughout treatment.

DIAGNOSING SEI USING MUSCLE TESTING METHODS

INCONSISTENT RESULTS: When muscle-testing methods yield inconsistent results that are not attributable to poor technique, such results tend to indicate the existence of Systemic Energetic Interference. Stop and test for Non-Polarization

NON-POLARIZATION (NP) TESTS TAUGHT: Basic – Central Vessel Zip, multiple Binary Statements Differentiation tests, Hand-Over-Head, Collarbone.

Specialized – Neurological Disorganization (ND), Toxins Testing.

BASIC NP TEST FAILURES: Client "fails" any of six basic muscle-testing procedures for verifying System Readiness, and such failure is not attributable to poor technique or Systemic Energetic Interference on the part of the therapist.

Six Fast Muscle-testing Methods to Check for Systemic Energetic Interference (SEI)

Collectively, the following combination of six tests will most likely uncover the presence of Systemic Energetic Interference. Be aware, though, that someone with Systemic Energetic Interference may pass some of these tests, while someone without the SEI level of energetic disturbance will pass *all* of them. Be aware as well that some forms of Systemic Energetic Interference are transient and others arise only when a person has been recently exposed to a specific form of interference. Therefore, perform these tests toward the beginning of each session, rather than assuming that if the person tested fine during their last session that s/he will automatically do so again.

1. **Central Vessel Zip Test (Z_{dx}):** The Central/Conception Vessel (one of the 14 major acupuncture meridians) runs up the middle of the front of the body, starting at the base of the pelvic floor and ending at the base of the tongue. Meridian flows are one-way streets, meaning that one end of the meridian is the beginning and the other is the end. So, if you "trace" a meridian in the direction the energy is meant to flow, this will ordinarily strengthen that meridian, whereas if you trace the meridian in the opposite direction, this will ordinarily weaken that meridian. Don't reveal this procedure to a client before you complete it with him/her for the first time – allow your client the delight of being surprised and amazed!

- ❖ Place your palm face *up* about six inches in front of the client's body at the base of the torso, then move your hand upward to a point in front of the client's lower lip. Repeat this "zip up" meridian trace three times. Re-test. The client should then test strong.
- ❖ Place your palm face *down*, about six inches in front of the client's body opposite the client's lower lip, then move your hand downward to a point at the base of your client's torso. Repeat this "zip down" meridian trace three times. Re-test. The client should now test weak.
- ❖ Never leave the client's system in a weakened state. So, repeat the first step, zipping your client up again. Retest to make sure s/he now tests strong.

2. **Yes/No Differentiation Test (YN_{dx})**

This is a test to make sure there is differentiation between muscle-test (MT) responses at the most fundamental level.

- ❖ "Show me a 'yes.'" The client should MT strong.
- ❖ "Show me a 'no.'" The client should MT weak.

3. **Information Accuracy Test (IA_{dx})**

This is an interesting little test to discover whether your client or you may be blocking the muscle testing from yielding reliable results.

- ❖ Ask: "Can [client's first name] allow reliable information about his/her unconscious, body and energy field to be obtained through muscle-testing him/her at the present time?" (MT – this should test strong – a "yes" answer) *versus* "Is there something interfering with this occurring right now?" (MT – this should test weak – a "no" answer).
- ❖ Ask: "Can *I* effectively assist [client's first name] in bringing forth reliable information about his/her unconscious, body and energy field through muscle-testing him/her at the present time?" (this should test strong – a "yes" answer) *versus* "Is there something interfering with this occurring right now?" (this should test weak – a "no" answer). (Your energy system and that of your client are interacting, so you can ask your client about yourself every bit as effectively as you can ask your client about him/herself!)

4. Name Test (N_{dx})

- ❖ Have client say, "My name is [true first name]." Muscle Test (MT) should be strong.
- ❖ Then, have client say, "My name is [completely fictional first name] (Using "George Washington," usually gets a good chuckle, which is always nice)." MT should be weak.

5. Hand Over Head (HOH_{dx})

Here you're testing whether your client's energy field is functioning as the dipole magnet it is meant to function as and whether the north pole is where it is supposed to be, or whether it is functioning as though it is a monopole magnet, which is not the way our energy field is supposed to function.

- ❖ Have client place one hand, palm down, about three inches directly above the middle of his/her head. Adjust the location of your client's hand if needed, since s/he won't be able to see if she's precisely three inches over precisely the middle of his/her head. Client should MT strong.
- ❖ Have client place one hand, palm up, about three inches directly above the middle of his/her head. Again, adjust his/her positioning if necessary. Client should MT weak.

6. Collarbone Test (CB4_{dx})

This test is a little different in that you are looking for all the conditions cited below to test strong. If you have done all the above tests and they have been fine to begin with or problems have been corrected by using a Quick Start, and one or more of the items below still tests weak, go straight to Collarbone Breathing on page 12. Here, the belief is that you are strengthening coordination and balance between the two hemispheres of the brain. If the Collarbone Breathing procedure does not correct this problem, there are other treatments in the Systemic Psychoenergetic Disruptions section to try instead, including the Cross Crawl and the Scarecrow Cross Crawl.

- ❖ Test the client's collarbone treatment acupoints (uc) in all four of the following ways:
 - Muscle Test while touching right collarbone acupoint with your finger pads
 - Muscle Test while touching the left collarbone acupoint with your finger pads
 - Muscle Test while touching right collarbone acupoint with your knuckles
 - Muscle Test while touching the left collarbone acupoint with your knuckles
- ❖ The client should Muscle Test *strong* in *all* four of these collarbone tests.

NOTE: If, in any of these Fast Tests for SEI, the Muscle Testing does not yield a clear distinction, or if the Muscle Testing responses are the opposite of what one would want to see, this indicates the existence of some sort of Systemic Energetic Interference. When this is so, do the following:

- ❖ First, go to the "**Quick Starts**" (QS_{tx}) section in this module and follow the instructions there. Then re-test the "failed" test(s) in this section to make sure that the interference has been resolved.
- ❖ If Quick Starts prove insufficient to resolve the problem, go to the "**Temporary Symptom Over-Rides**" (TSO_{tx}) section on page 10 and see if one of those interventions provides a correction. (Again, after any intervention, re-test the "failed" tests in this section to make sure that the interference has been over-ridden for the moment. Keep in mind the possibility that you may need to repeat the intervention more than once during treatment.
- ❖ When Symptom Over-Rides don't work, or don't last, you need to make the identification and treatment of the root cause of the Systemic Energetic Interference your first treatment priority before continuing with treatment specific psychological issues. Refer to the "**Root Causes**" section in this module beginning on page 12.

Enhancing Readiness Through Treating Systemic Energetic Interference (SEI)

This section contains three levels of Systemic Energetic Interference (SEI) Treatment:

QUICK START (QS) TREATMENTS FOR TRANSIENT SEI: Unfocused Energy (intention); Under-Energy (breath, water, Thymus Thump); Over-Energy (OEC); EMF Interference (remove sources).

TEMPORARY SYMPTOM OVER-RIDES (TSO) OF NON-TRANSIENT SEI SOURCES: A round of tapping on the issue of Systemic Energetic Interference, a round of EMDR, a round of TAT, TOP-BOTTOM SWITCHING, CBC.

TREATING COMPLEX ROOT CAUSES OF SEI (CRC): Twelve types of root causes are described, followed by a section providing treatment instructions.

Quick Start Treatments (QS) for Transient Systemic Energetic Interference (SEI)

If there is *no distinction* between Muscle Testing responses, if *distinction is inconsistent*, or if the *muscle is weak*, both your client *and* yourself should do any or all of the following. After each intervention you try here, re-test whatever you were originally testing that yielded no distinction in muscle response, so you don't use more of the below interventions than are necessary. The interventions are listed below in the recommended order to try them:

UNFOCUSED ENERGY QS TREATMENTS

- ❖ **Intention:** Ask the client to reaffirm inwardly his/her intention to help him/herself and to obtain useful and accurate information about his/her unconscious and energy system through Muscle Testing. (If this does not work to produce proper Muscle Testing responses, ask if s/he feels some disbelief about Muscle Testing. If so, go to the Treating Objections section of this packet and perform those treatments. If not, go on the next item in this section).

UNDER-ENERGY QS TREATMENTS

- ❖ **Breathing:** Ask your client to take five or six deep breaths.
- ❖ **Water:** Have your client drink a glass of water.
- ❖ John Diamond's "**Thymus Thump**" procedure:
 - Ask client to:
 - "Think of someone you love, or activate a sense of gratitude, and maintain this awareness throughout the exercise."
 - "Form a loose fist (either hand) with your thumb inside."
 - Thump your fist over your Thymus (upper middle chest) while, with a smile on your face, saying "ha, ha, ha..." as you exhale, in a rhythm that matches your thumping."
 - Repeat this for a total of three exhales.

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OVER-ENERGY QS TREATMENTS

- ❖ **Stronger Corrections of Potentially Transient SEI:** Over-Energy Correction, Top-Bottom Switching, and/or Collarbone Correction (see "Temporary Over-Rides" section on the following page).

EMF INTERFERENCE QS TREATMENTS

- ❖ **Interfering Electromagnetic Fields:** Remove Sources of Interference such as cell phones, palm organizers, electric watches, etc.; move away from computer monitors, microwaves, stereo speakers, etc.; have your client remove metal from the bridge of his/her nose (eyeglasses) or metal that crosses the collarbone at the midline (e.g., a necklace).

IMPORTANT NOTE: If you've come to the bottom of this list and none of these interventions establishes a clear distinction between muscle-testing responses (or the distinction does not last), and you are truly doing the mechanics of muscle-testing properly, this most likely indicates the existence of non-transient SEI in either your energy system or your client's. Consult the next two sections of this module for further instructions.

The first thing to do is to make sure it's not you who has the problem. The simplest way to do this is to try the basic SEI Muscle Testing diagnostics on a couple of other people. If you are able to get differentiating responses with them, then the problem is most likely with the person you originally tested (or the relationship between you and that person).

If you are unable to get differentiating responses with anyone, and you're sure that you're carefully adhering to the basic mechanics of muscle-testing, then seek assistance from another EP practitioner who is adept at diagnosing and treating SEI until you are able to get reliable results.

Temporary Over-Rides (TSO) of Non-Transient Systemic Energetic Interference (SEI) Sources

Select any of the following (specific instructions for the asterisked procedures are given on page 10) and then repeat whatever SEI tests the client initially "failed," in order to confirm whether that treatment was sufficient to function as a temporary over-ride:

- ❖ **Tapas Acupressure Technique (TAT, by Tapas Fleming):** Focus on the issue of "Systemic Energetic Interference" while treating.*
- ❖ **Over-Energy Correction (OEC, attributable to multiple sources beginning with yogic postures and then being included by chiropractor Wayne Cooke as one of "Cooke's Hookups"):** The focus or intent is simply to free up and balance the body's energy system.*
- ❖ **Top-Bottom Switching (attributable to multiple sources, including Stephen Roschlitz):** The focus or intent is simply to free up and balance the body's energy system.*
- ❖ **Collarbone Breathing Correction (CBC, by Roger Callahan):** The focus or intent is simply to free up and balance the body's energy system..*

- ❖ **Emotional Freedom Technique (EFT, by Gary Craig):** Focus on the issue of "Systemic Energetic Interference" while performing the treatment.
- ❖ **Chakras** (attributable to multiple sources, including Healing Touch and Dorothea Hover-Kramer): Spin, touch or hold the seven major chakras, one at a time. The focus or intent is simply to free up and balance the body's energy system.
- ❖ **Neuro-Vascular Holding Points (NVP by John Thie in Touch for Health)** The focus or intent is simply to free up and balance the body's energy system.*
- ❖ **Eye Movement Desensitization & Reprocessing (EMDR by Francine Shapiro):** Begin a brief intervention with focus on the issue of "Systemic-Energetic Interference"

Instructions to Client

Over Energy Correction (OEC)

1. Place left foot over right at the ankles (can be done standing or sitting).
2. Hands outstretched in front of you back to back (thumbs pointing downward).
3. Move right hand over left hand and interlock your fingers.
4. Fold arms inward, resting interlocked fingers on chest.
5. Inhale with tongue up to roof of mouth near front teeth.
6. Exhale with tongue down to bottom of mouth.
7. Continue in this posture while breathing this way for 1½ to 2 minutes.

TOP-BOTTOM SWITCHING

Have the client press in on his/her navel – firmly but not painfully. Have client simultaneously:

1. Rub under nose (un) (then switch hands and repeat).
2. Rub under lower lip (ul) (then switch hands and repeat).
3. Rub both collarbone points (uc) (then switch hands and repeat).
4. Massage coccyx (base of tailbone) (then switch hands and repeat).
5. End by spending a moment in a silent meditation with fingertips from each hand touching.

TAPAS ACUPRESSURE TECHNIQUE (TAT)

Have the client:

1. Bring one hand up toward his /her forehead, placing the thumb and ring fingers on each of the two eyebrow treatment points (eb) and the middle finger on the "third eye" spot, about an inch above the eyebrows and directly above the nose.
2. Take the other hand to the back of your head, resting it horizontally across the Occipital Ridge (the bulge in the skull right above the top of the neck).
3. Hold this pose for 1½ to 2 minutes.

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NEUROVASCULAR HOLDING POINTS

Have the client:

1. Rub in order to find the two small bulges in the skull at the top of the forehead near the hairline (or near where the hairline used to be!), above each eye (they may be slightly tender).
2. Put one finger (doesn't matter which) on each of these spots.
3. Hold for 1½ to 2 minutes.

COLLARBONE BREATHING CORRECTION (CBC)**"Stair-step" Breathing Instructions**

"Take a normal breath → Inhale halfway and hold breath while tapping five times → Inhale the rest of the way and hold breath while tapping five times → Inhale yet a little more and hold breath while tapping five times → Exhale halfway and hold breath while tapping five times → Exhale the rest of the way and hold breath while tapping five times → Exhale yet a little more and hold breath while tapping five times → Breathe normally."

Hand Positions

Have your client tap the gamut spot (g) with his/her free hand throughout this entire procedure.

Provide the client with instructions below, while taking him/her through the breathing instructions described above.

1. "Place the pads of 2 fingers of the left hand under the left collarbone acupoint (uc). With the right hand, tap the gamut spot on the left hand."
2. "Place the pads of 2 fingers of the left hand under the right collarbone acupoint. With your right hand, tap the gamut spot on your left hand."
3. "Place the pads of 2 fingers of your right hand under your left collarbone acupoint. With your left hand, tap the gamut spot on your right hand."
4. "Place the pads of 2 fingers of your right hand under your right collarbone acupoint. With your left hand, tap the gamut spot on your right hand."
5. "Place the knuckles of your left fist under your left collarbone acupoint (with your thumb tucked inside your fist). With your right hand, tap the gamut spot on your left hand."
6. "Place the knuckles of your left fist under your right collarbone acupoint (with your thumb tucked inside your fist). With your right hand, tap the gamut spot on your left hand."
7. "Place the knuckles of your right fist under your left collarbone acupoint (with your thumb tucked inside your fist). With your left hand, tap the gamut spot on your right hand."
8. "Place the knuckles of your right fist under your right collarbone acupoint (with your thumb tucked inside your fist). With your left hand, tap the gamut spot on your right hand."

Root Causes of Non-Transient Systemic Energetic Interference (SEI)

Pervasive Self-Sabotage

- ❖ **Description:** SEI can develop as a result of core beliefs that preclude wellbeing and happiness, which, in turn, block readiness to be free of the sorts of issues one might come to therapy to resolve. Examples include "I want to die" (Deathwish), "I'm doomed to live but I can never be happy/I must always suffer," and "Try but do not succeed." Muscle Testing these statements reveals either a non-differentiated response (the opposite statements both test strong or both test weak, they test one way in one moment and another way in the next moment, or the person tests strong on the sabotage statement and weak on its opposite statement.).
- ❖ **Source:** Sources vary but among the more common are not having been wanted as a child, repeated traumas, survivor guilt, loyalty to the misery and suffering of a loved one, introjection of these beliefs by a parent, and pervasive shame.
- ❖ **Interventions Include:** Identifying the sources of these beliefs and treating them until the person feels a desire to live and internal permission to succeed. In addition, C-TFT (Callahan Thought Field Therapy by Roger Callahan) has a specific treatment for "Massive Reversal," HBLU (Healing From the Body Level Up from Judith Swack) has a specific treatment for the "Deathwish Pattern" and (Seemorg Matrix Work from Asha Clinton) also has delineated belief matrices that will prevent a person from succeeding no matter what issue is being treated.

Blow-Out

- ❖ **Description:** Unlike most other forms of SEI in which the person Muscle Tests strong no matter what the test, in this form of SEI, the person consistently tests weak.
- ❖ **Source:** This mild form of SEI is ordinarily caused by the system being depleted rather than damaged. This can be due to being extremely stressed at the very thought of the treatment issue, insufficient amounts of water, insufficient attunement to an issue, parts of self competing with each other regarding the treatment issue, recovering from flu or other illness, etc.
- ❖ **Interventions Include:** Quick Start Treatments (including reaffirming the intention to heal/learn, prayer, water, thymus thump, etc.), parts work, treating anxiety about focusing on the issue, etc.

Over/Underenergized Biofield

- ❖ **Description:** SEI can develop as a result of a person's energy field being temporarily under-energized or over-energized.
- ❖ **Source:** This most commonly comes from stress, exhaustion, or over- or under-stimulation.

- ❖ **Interventions Include:** Getting rest/sleep, treating sleep disorders via EP and/or other interventions, and stress reduction using EP and/or other methods. The OEC, TOP-BOTTOM SWITCHING and Biofield Energy Treatments are all useful for treating this, and are described in this module. The “Three Thumps” discussed, which are described in “Energy Psychology Interactive,” are also excellent methods of balancing the energy system.

Vibrational Matrix Leaks

- ❖ **Description:** SEI can develop as a result of chronic energy leaks in aspects of the Human Vibrational Matrix.
- ❖ **Source:** Boundaries issues and a variety of still undefined sources.
- ❖ **Interventions Include:** Biofield or Chakra leak repairs, such as some of the Healing Touch interventions imagery exercises; Grid repair (consult Donna Eden’s work but, as a scope of practice issue, note that grid repair is considered to be an advanced intervention requiring specific training).

Homolateral Energy Flows

- ❖ **Description:** SEI can result from “homolateral” (one-sided) energy flows.
- ❖ **Source:** Believed to be connected to brain hemisphere communication gridlock (overloaded corpus callosum), non-synchronization between the two main heart rhythms, and electrical conflicts between signals emitted by the heart and brain (sometimes called Brain-Heart Dyslexia).
- ❖ **Interventions Include:** The spleen NLR (neuro-lymphatic reflect point) and K-27 “thumps” talked about in Energy Psychology Interactive, as well as the Top-Bottom Switching, Cross-Crawl & Scarecrow Cross-Crawl, HeartMath methods, Cook’s Hookups (including the OEC) and Educational Kinesiology/Brain Gym methods.

External EMF “Infections”

- ❖ **Description:** SEI can develop as a result of a person being weakened or toxified by external electromagnetic fields that are not friendly to the human electromagnetic field. These unfriendly EMFs may be the most common source of “energy toxins” not attributable to substance allergies. (Note: it is *not* true that all EMFs are bad for us – some EMFs are actually quite nourishing and healing!)
- ❖ **Source:** EMF “infections” fall into two categories: Natural (such as emanations from astronomical phenomena like sunspot disturbances/solar flares, geopathic stress and particularly strong geological electromagnetic emanations, being short-circuited by certain metals, etc.) and Artificial/Man-Made (such as from high tension wires, computers, microwaves, TVs, cell phones, PDAs, etc.).
- ❖ **Interventions Include:** *Avoiding* unfriendly EMFs (such as simply keeping away from these EMF sources during dx/tx). *Strengthening* the person’s EMF “immune system” through specific energy exercises (or treating the unfriendly EMF as one would an allergy-like symptom – see further below), using personal or room devices that counteract these influences such as the Q-link, or utilizing certain

homeopathic preparations or essential oils. These problems can sometimes be corrected by those trained in intervention with environmental energy fields, such as Feng Shui, geomancy and dowsing experts. Remain cognizant of scope of practice issues requiring that you refer out for some of these kinds of treatment.

Electrical & Neurological Disorganization

- ❖ **Description:** The two organs in the body that generate the strongest electrical signals are the heart and the brain. When the electrical signals from the brain are sufficiently disturbed, SEI can result. This form of SEI is referred to in Chiropractic and some other circles as "Neurological Disorganization" (ND).
- ❖ **Source:** ND most commonly results from three sources
 - Insufficient brain stimulation during crucial developmental phases in childhood (believed by some to decrease the brain's electrical output).
 - Insufficient development of coordination between the two hemispheres of the brain's cortex (causing the brain to become overwhelmed when processing too much information, scrambling its electrical output).
 - Brain injuries (structural injuries can create significant disruptions in the brain's electrical output).
- ❖ **Interventions Include:** The Cross Crawl and the Scarecrow Cross Crawl, and perhaps the Collarbone Breathing method. Brain Gym/Educational Kinesiology is a complete system of exercises for balancing various aspects of brain functioning. Some chiropractors specialize in treating ND as well, including CranioSacral work or treating Cranial Fault problems (see "Structural Imbalances" below). Brain injury can sometimes also be treated with neurofeedback training and other similarly specialized machines.

Nutritional/Biochemical Imbalances & Toxicity

- ❖ **Description:** NP can develop as a result of too much or too little in the way of certain nutritional elements and/or in how the body deals with these elements once ingested.
- ❖ **Source:** This most commonly comes from six sources.
 - INGESTION problems (eating the wrong foods, or too much or too little of the right foods and/or supplements, the most common and necessary of these for Energy Health is sufficient amounts of pure enough water).
 - DIGESTION/ABSORPTION problems.
 - TRANSPORT problems.
 - UTILIZATION problems.
 - CLEANSING/ELIMINATION problems
 - REGULATION problems.
- ❖ **Interventions Include:** Water is the most common one, nutritional supplements, nutraceuticals, Energy Medicine methods (e.g., Qi Gong, Acupuncture,

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Bioresonance treatments). Other than having the client drink more water, treating most of these problems goes beyond the scope of practice of most mental-health professionals. However, you might still be able to Muscle Test to find out if such problems exist, and when you have reason to suspect them, refer them to the best-suited physical health professional on your referral list. If you have a medical background you might also use muscle-testing to find out which of the five categories is the source of the NP problem, and then to narrow things down from there until you have isolated the precise source.

Allergy-Like & Other Auto-Immune-Like Reactions

- ❖ **Description:** SEI can develop as a side effect of the body reacting to a substance or a living being as though it is allergic to it. On an energy level, that substance or person can impact our energy system in a similar way similar to an unfriendly electromagnetic field.
- ❖ **Source:** Allergy-like reactions are viewed in EP circles as frequently resulting from untreated trauma, where certain substances, events or people trigger a trauma response that takes the appearance of an allergic reaction.
- ❖ **Interventions Include:** Energy Psychology offers a number of approaches that treat the "energy toxin" aspects of allergies. In this module is a simple allergy clearing method by Gregory Nicosia. Another simple intervention for this purpose (among many others) is the previously noted Tapas Acupressure Technique (TAT) developed by acupuncturist Tapas Fleming. A more fully articulated approach to treating allergy-like reactions is called Allergy Antidotes, developed by Sandy Radomski, who is both a naturopathic physician and a clinical social worker. Be aware as well that some of the more complex EP approaches have their own detailed ways of doing allergy clearings, including Guided Self-Healing (GSH), Healing From the Body Level Up (HBLU) and Seemorg Matrix Work (SMW). Finally, there are methods for dealing with these issues that may fall outside the scope of licensure for most mental health professionals. These include the Jaffe-Mellor Technique (JEC), Total Body Modification (TBM) and the Nambudripad Allergy Elimination Technique (NAET), as well as certain nutritional supplements that may help certain people restore and maintain proper polarization, such as MSM.

Other Physical Disease Processes

- ❖ **Description:** SEI may develop as a result of physical illnesses in addition to toxicity, electrical/neurological disorganization, allergy-like reactions and auto-immune-like reactions. This category is a catch-all for other possible biochemical sources of SEI, such as severe parasitic or viral infections or severe cellular breakdown.
- ❖ **Source:** People who have severe parasitic or viral infections (Epstein Barr, for instance), or severe cellular breakdown (cancer or mitochondrial diseases for instance) can exhibit SEI symptoms. The six sources of Nutritional/Biochemical Imbalances & Toxicity mentioned in that section above, are also the six major systems in which physical disease processes tend to occur

- ❖ **Interventions Include:** Energy Medicine methods (e.g., Qi Gong, Acupuncture, Bioresonance treatments) and nutraceuticals are among the complementary medicine approaches that may be helpful in reducing or eliminating SEI associated with these conditions.

Structural Imbalances

- ❖ **Description:** When the skull, spine or skeletal structure is misaligned or structurally damaged, this can sometimes “short out” a person’s EMF, resulting in SEI symptoms.
- ❖ **Sources:** The most common sources are a skull-bone alignment problem called Cranial fault and significant misalignments in particularly the upper portion of the spinal cord.
- ❖ **Interventions Include:** Craniosacral therapy, chiropractic treatment and body work. Obviously, scope-of-practice considerations ordinarily call for mental health professionals to refer their client to the appropriate resource for these kinds of treatments.

Dissociation

- ❖ **Description:** SEI can develop as a result of parts of self splitting off and not wanting to be found, thus potentially creating deceptive responses when Muscle Testing is utilized.
- ❖ **Source:** The most common source of dissociation is severe prior or ongoing psychospiritual trauma.
- ❖ **Interventions Include:** Parts work of various kinds (it is possible to do EP with parts of self) and the shamanic procedure most commonly known as “Soul Retrieval.” These interventions go beyond the scope of what is taught in this material, but anyone who works with dissociation would be wise to develop expertise in either or both of these methods. In addition, scope of practice ethics considerations require that those who treat severe trauma have sufficient specialized training in these kinds of issues.

Other: Effectively treating SEI, whatever the source, is a crucial skill for a well-seasoned EP practitioner. While this list catalogues the most common sources of SEI, be open to learning about or discovering others as well.

Instructions for Treating Root Causes of SEI

TREATING CEREBRAL HEMISPHERE NON-INTEGRATION: CROSS CRAWL (DENNISON)

Specialized Diagnostics – "X" Test #1: One test for Brain Hemisphere Integration is to MT with the client while looking first at a pair of parallel lines (| |) and then looking at an "X." These can be drawn on a standard-size sheet of paper held 1-2 feet in front of the client while performing the MT. If s/he tests weak while looking at the "X," it is indicative of this form of SEI, which is thought to be one of the more common sources of learning difficulties.

Treatment:

Have the client:

1. Start walking in place.
 - When the left knee is raised, the client should touch it with right hand then drop hand and leg.
 - When the right knee is raised, the client should touch it with left hand then drop hand and leg.
2. Continue alternating for 1-2 minutes.
3. Now, continuing the cross-crawl, have the client visually track your fingers as you make a large clockwise circle, followed by a counterclockwise circle.
4. Continuing both the cross-crawl and the visual tracking of circles, have the client count; then add humming, counting to 5, and tracking figure-8s with eyes.
5. Repeat "X" test #1 to see if client now tests properly. Then repeat the basic SEI tests s/he "failed" in order to make sure this was the only treatment needed to restore SEI.

TREATING HEART DYSLEXIA: SCARECROW CROSS-CRAWL (DENNISON)

Specialized Diagnostics – "X" Test #2: One test for Heart Rhythm Non-Synchronization is to do "X" Test #1 described in the previous section while the client simultaneously has his/her hand over the heart. If s/he tests weak while looking at the "X," it indicates this form of SEI, which is thought to be one of the more common sources of chronic distress over one's heart saying one thing while one's head says something else.

Treatment

Have the client:

1. Bring elbow of one arm up to shoulder height and out to the side of body, with that forearm (and hand) bent at a right angle, pointing toward the floor.
2. Rotate that shoulder forward (with forearm and hand continuing to point toward floor) so elbow now points straight ahead.
3. As elbow arrives at straight ahead position, raise that forearm and hand up to horizontal position.

4. Simultaneously raise the opposite knee, as though the hand is lifting the knee.
 5. Then, simultaneously drop both the arm and your leg.
 6. Repeat this with the opposite arm and leg combination (remember: make sure the client is lifting opposite arm and knee, *NOT* the same-side arm and knee).
 7. Continue for 1½ to 2 minutes.
 8. Now, while continuing this scarecrow cross-crawl, have the client simultaneously hum.
 9. Then, while continuing this scarecrow cross-crawl, have the client simultaneously count from 1 to 30.
 10. As the client continues scarecrow cross-crawl, have client visually track your fingers as s/he make figure-8 motions.
 11. Add humming, and then counting from 1 to 30
 12. Finally, as client continues scarecrow cross-crawl, have client visually track your hands as him/her make a large clockwise circle, followed by a counterclockwise circle, while humming and then counting.
 13. Repeat "X" test #2 to see if client now tests properly. Then repeat the basic SEI tests they "failed" to make sure this was the only treatment needed to restore SEI.
- [This treatment may also help MS patients, and with general physical strengthening].

TREATING HEART RHYTHMS NON-INTEGRATION: HEARTMATH® FREEZEFRAME TECHNIQUE (CHILDRE)

1. Recognize his/her stressful feeling (or flooded state).
2. Take a time-out and "FREEZE-FRAME" this stressful feeling (like pressing the "pause" button on a VCR, or putting the situation in a state of suspended animation).
3. Shift his/her attention to the area around the heart. To help focus energy, imagine you're breathing through the heart. Keep the focus there for 20-30 seconds.
4. Next, activate a heart feeling (appreciation, love, gratitude, or a positive fun feeling).
5. Now, using intuition, common sense and sincerity, the client should inwardly ask: "Coming from this state of heart, what would a more effective response be to the situation, one that will minimize future stress?" And listen to what your heart answers to your question.

"THOUGHT ENERGY SYNCHRONIZATION THERAPY ENERGY TOXIN CLEARING" TREATMENT (TEST-ETC) (NICOSIA)

One way to clear toxins is to use any customized, diagnostic-level, clinician-strength Issues-Removal Energy Psychotherapy protocol in which you're trained. Have your client hold the specific toxic substance in his/her hand and MT (Energy Check) for negative impact on a number of body systems, as described below. Adapting the Energy Psychology method you're trained in, treat the toxin using your EP treatment method of choice until it has no toxic effects on any of these systems. Even the generic comprehensive algorithm you learned earlier in this course might work.

General Toxins Test: MT the person when s/he are free of the suspected toxin, and then bring the person into proximity with that suspected toxin. If MT is weaker in its proximity, it is indeed impacting this person as though it is a toxin.

More Precise Toxins Testing: Here are some of the places your client can hold the toxin over which you Muscle Test (per Rochlitz) to see if s/he becomes weak:

- 1) The left (the client's left, your right!) spleen meridian treatment acupoint area (ua) (associated with spleen impact).
- 2) The right (the client's right, your left!) spleen meridian treatment acupoint area (ua) (associated with liver impact).
- 3) An inch below your navel (associated with uretogenital system impact).
- 4) The thymus (associated with endocrine system impact).
- 5) An inch above and to the left of the navel (the client's left, your right!) (associated with blood sugar metabolism impact)
- 6) Both temples (behind the Gall Bladder meridian's "oe" treatment acupoint area, above the ears) (neurological impact – usually the most relevant to SEI issues)

Testing by Intention: If you do not have the substance itself, Muscle Test each of the six locations listed above while the client says, "[Substance], I am well with you." and "[Substance], I am ill with you." As above, follow your chosen Issues-Removal Energy Psychology protocol, until the client tests strong on the first statement and weak on the second statement.

Scope of Practice Consideration: Please keep in mind that no one other than medical people such as MDs, DOs, DCs, Nurse Practitioners, Licensed Acupuncturists, and the like, can legally treat an allergy. However, a case can be made that mental health professionals should legitimately be expected, within their scope of license, to address Systemic Energetic Interference as part of a treatment for a specific emotional or cognitive issue. In other words, mental-health professionals do *not* seek to treat allergies (which would be practicing medicine without a license). Rather, they seek to establish proper energy system functioning as part of an Energy Psychotherapy intervention to treat legitimately psychological issues. (If an allergy-like reaction clears up in the process, a mental health worker wouldn't be qualified to say so, since such diagnoses are outside of scope of practice!)

BIOFIELD ALIGNMENT: ESTABLISHING THE PERSONAL ENERGY LINE

(considered by Dorothea Hover-Kramer to be one of the finest grounding methods available)

Have the client:

1. Begin by placing the hands at the vibrational point just below the navel and sensing the body's gravitational center. (this is the *kath* or *hara* known in the Yogic tradition, the *Dan T'ien* in Oriental medicine).
2. Then imagine a line from the hara to the very center of the earth, the client then allows himself to feel grounded and connected to the earth. It may help to find the center of the feet by bending the knees and rocking back & forth and side to side.
3. Continuing the sense of being securely grounded, let awareness of one's vibrational essence shift to the area just above the heart (energetically known as the *high heart*) by placing a hand over the area. This is the center for expression of one's true nature and purpose. Image the support of the alignment with the earth, the gravitational center and the high heart as a vibrational line at the very core of one's being.
4. Allow awareness now to extend to the crown area of your head and the vibrational alignment with the Higher Self, the Universal Energy Field, and your own favorite star.
5. The client can then sense your vibrational essence that can be imaged as a straight line, connected to the earth, the hara, the high heart and his/her star. Hold the consciousness of this alignment as you walk, as you set your intent for work with a client, as you greet others, as you prepare and think about a task. Enjoy your Being! Walk around after you have attained this alignment so you can develop a deep felt sense of it.

BIOFIELD BRUSH DOWN/SMOOTHING

(to relieve areas of congestion, from Healing Touch)

This is the simplest of all vibrational interventions, effective for personal use when you feel agitated or "hyped", or to use with a friend who feels scattered, pulled, fragmented, "at effect" or ungrounded.

1. Begin by centering and setting your intent for the highest good.
2. Now, hold your hands side by side with your palms facing the person's body.
3. Start 2-4 inches above the crown of the head and gently bring your hands down the midline of the front of the body, in a slow sweep from head to toe. Repeat this motion 2-3 more times. (Remember to smooth the field as you exhale. Allowing yourself to release with each breath as you continue the movement enhances effectiveness.)
4. Then proceed in the same manner down the back of the body.
5. Next, extending an arm, brush away from the armpit to release lymphatic congestion. Proceed in the same manner with the other arm.
6. Complete by sweeping once more slowly from head to toe down the front midline.

BRAIN BALANCING/MIND CLEARING

(a Healing Touch method effective with headache relief, fuzziness, morning startup, studying; also great for couples to do as tx homework)

Various forms of this technique are used by craniosacral practitioners, somatic therapists, and energy-oriented healers. The steps below are regularly used in Rev. Rosalyn Bruyere's healing services. From a psychoenergetic perspective, this process helps another person to feel centered, to relieve tension headaches, and to achieve a peaceful state of mind. *Any **one** of the hand positions can be used independently for 2-3 minutes to bring balance to the human energy system.* Physiologically speaking, each hand position affects specific parts of the brain, the cerebrum, the mid-brain, the cerebellum, and brain stem to bring about balance and relaxation. Physical coordinates are given in parentheses.

1. **Instructions:** Ask the person if s/he prefers light physical touch or biofield "touch." Remember to ask for reports from the person about what s/he noticing as you go along.
2. **Position:** Have the person you are seeking to help take a seat. Stand behind him/her. Allow yourself to feel grounded and centered, setting your intent to allow the flow of *Qi* to assist in whatever way is needed and for the highest good.
3. **Shoulders:** Hold your fingers lightly above the client's collarbone area allowing yourself to attune to him/her. (*Thyroid and parathyroid glands.*)
4. **Front/Back of Head:** Place fingers of one hand at the center of the back of the head where the neck meets the skull. Three fingers of the other hand are placed at the middle of the forehead. Allow a flow of *Qi* to course between your fingers back and forth for a minute or two. (*Mid-brain and brain stem, limbic system, thalamus, hypothalamus.*)
5. **Occipital Ridge Cupping:** Allow fingers to form a "cup" that touches lightly where the neck meets the skull. Image *Qi* flowing from your fingers into the occipital region. (*Brain stem, medulla oblongata, occipital region, and eye retina areas.*) Hold until pulses come into sync.
6. **Crown & Side Forward:** Form a "cap" with thumbs together above the client's crown and fingers over each side of the head. Extend elbows to help with this position. (*Parietal lobes of the brain, speech, hearing and mental processing centers.*)
7. **Side Above Ears:** Place three fingers of each hand at the indentations above the ears, about where the elbows of someone's glasses would touch. You should feel a slight pulse; if not, lighten your touch, or move a bit until you find the pulses. They may be irregular; hold the hand position until the pulses synchronize. (*Lower parietal lobes and cerebellum; area most often involved in epilepsy.*)
8. **Forehead Horizontal:** Allow the fingers to be parallel to each other (horizontal, fingertip to fingertip) and touch at the middle of the forehead. (*Cerebrum and corpus colossum.*)
9. **Forehead Vertical:** While holding the index fingers at the hairline, spread the other fingers across the forehead. (*Cerebrum, mental processing and memory centers.*)
10. **TMJ:** Touch lightly with fingers at the temporal-mandibular joint (TMJ) where the bones separate when yawning. (*Jaw, teeth, ear and neck; a major tension area.*)

11. **Brush Face Outline:** Gently stroke with the hands from the hairline across the forehead, down the cheeks to the chin. Repeat 3-4 times. (*Facial muscles and tension areas.*)
12. **Cup Chin:** Gently hold the chin around to the cheeks with the palms of your hands. (*Jaw and neck tension.*)
13. **Shoulders:** Complete with light touch to shoulders or gentle brushing from the crown to the shoulders, 3-4 times. Let client know you're done. ***Allow him/her to share inner experience.***

Ethical Issues

Scope of Practice

If you are a psychologist, marriage & family therapist, clinical social worker, chemical dependency counselor, etc., some treatments for SEI will always remain outside the scope your license. For example, prescribing vitamins or nutritional supplements may not be permitted under your licensure regulations. Be sure to determine the limitations placed on the practice of your professional by your state licensing body. These and other issues will be more fully explored in the Ethics module.

When to Refer

Systemic Energetic Interference **MUST** be corrected before Issue-Specific treatments can produce lasting positive results. Attempting to treat issue-specific problems before a person can consistently maintain systemic energy stability will likely result in one of these three outcomes:

- 1) Issue-Specific Treatment will make the client worse
- 2) Issue-Specific Treatment won't work, thus causing you to erroneously think Energy Psychology methods don't work
- 3) Issue-Specific Treatment seems to work in the office, but the client can't "hold" the treatment over time, causing the client (and you) to become more frustrated.

So, if the Energy Psychology techniques that you are comfortable using do not result in the client passing the tests for proper polarization, refer the client for appropriate treatment of Systemic Energetic Interference before you begin treating the client for specific issues. For example, if you do not specialize in treating ADHD, learning disabilities, information processing problems, or brain trauma recovery problems, It is recommended that you locate a talented Edu-K and/or Brain Gym[®] practitioner in your community and refer the client appropriately. These professionals will prepare your client to succeed with you in the Energy Psychology treatments of their emotional discomforts with which you can be so helpful. In addition, practitioners are encouraged to identify a qualified integrative medical health professional that can be of assistance in the evaluation of complex cases that may respond to a thorough treatment regimen including proper diet, nutraceutical support and/or medication.

Establishing alliances with osteopaths, chiropractors and other health-care professionals is important for Energy Psychology specialists so that your client can receive needed treatment that you are unable to provide

Referring for SEI Treatments

ENERGY-ORIENTED TREATMENT OF ALLERGIES/CHEMICAL SENSITIVITIES

Allergy Antidotes: Developed by Sandi Radomski, ND, LCSW. 215-885-7917
www.allergyantidotes.com

Jaffe-Mellor Technique (JMT): Developed by Carolyn Jaffe, D.Ac. & Judy Mellor, R.N. 610.685.1800. www.jmt-jafmeltechnique.com (lists trained practitioners)

HEMISPHERE INTEGRATION & HEART SYNCHRONIZATION

Educational Kinesiology (Edu-K) & Brain Gym®: Contact the Educational Kinesiology Foundation, founded by Dennison & Teplitz (800) 356-2109 or www.braingym.org for referrals to specialists in your area, to order their books, or receive further training in these methods.

Three-in-One Concepts: Another treatment approach for these conditions, which was formerly known as "One Brain" and is now called "Three-in-One Concepts," was developed by Gordon Stokes, one of George Goodheart's many students. Contact Gordon Stokes at 818/841-4786 or visit his web site at www.onebrain.com, for referrals to specialists in your area, to order their books, or receive further training in these methods.

Heart Rhythm Synchronization: Call the Institute for HeartMath®, founded by Dr. Lew Childre, (800) 356-5325, www.heartmath.com, for referrals to specialists in your area, to order their books, or receive further training in these methods.

NUTRITIONAL SUPPLEMENTS MAY PROMOTE SYSTEMIC ENERGY HEALTH

Energy-Field-Friendly Nutritional Supplements:

Electrical Nutrition: Denie Hiestand has developed supplements that are "electrically available," as well as an intriguing book on the topic: www.vibrationalmedicine.com.

STRUCTURAL PROBLEMS MAY CAUSE SEI

Two of the more common structural blocks to proper polarization of the body's electromagnetic field are: 1) a condition called "Cranial Fault;" and 2) inner ear disturbances. These interventions are the domain of properly trained chiropractors, osteopaths and other body workers, such as those trained in Craniosacral therapy (www.upledger.com).

GEOPATHIC OR ENVIRONMENTAL EMF PROBLEMS MAY CAUSE SEI

Refer to an expert in EMFs, dowsing, Feng Shui or geopathic stress.