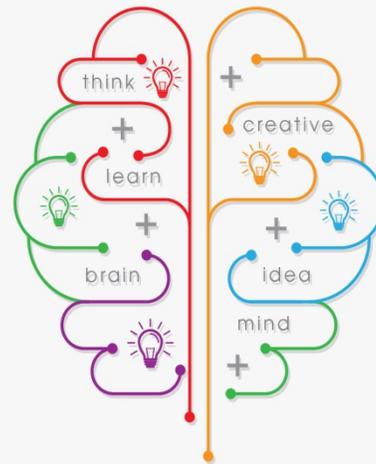


Resource Tapping – an EMDR-related Intervention for Emotional Healing
[based on the work of Ronald Siegel PhD on chronic pain and Laurel Parnell PhD on EMDR]
Michael G Bricker MS, CADC-2, LPC



Figure 1 – mindfulness, imagery & relaxation



Left hemisphere – logic, language
Right hemisphere – imagery, creativity

Figure 2 – bilateral stimulation

The use of “resource tapping” in chronic mental health conditions is predicated on the hypothesis that: (1) mental and emotional challenges are multi-dimensional – physical as well as mental and emotional; (2) traditional MH interventions may leave the mental/emotional/physical dimensions unresolved; and (3) that the mindful integration of intention, visualization and breathwork coupled with bilateral stimulation of the brain hemispheres may enhance the effectiveness of therapy interventions.

Mindfulness, relaxation and breathwork bring the cerebral cortex (awareness & intention), the limbic system (visualization & somatic imagery) and the brainstem (breathing and relaxation) to a conscious focus on healing, while bilateral stimulation (eye movements, “tapping” or auditory tones) integrates the brain hemispheres with physical sensation.

The visualization/imagery aspect might bring the focus on a “peaceful place”, a “nurturing figure” or a “felt sense of wholeness/healing” to bear on the emotional distress.

These techniques can be taught in clinic, and then made part of the patient’s home care between appointments. This helps to engage the patient actively in their own healing journey. The aim is to help the patient reclaim their power, and identify with the process of healing, rather than of illness or injury.

Tapping in health and healing for emotional challenges

- (1) Bring your attention to the part of your body where unpleasant feelings live. Notice what the feeling is like. Is there a color, shape or temperature associated with it?
- (2) Now bring your awareness to a part of your body where pleasant and healthy feelings reside. Notice what IT feels like. Is there a color, shape or temperature associated with it?
- (3) If you can't locate a healthy emotional feeling in your body, recall a time when you felt healthy, happy and whole. What were you doing then? What did it feel like?
- (4) When you have a strong sense of the healthy feeling, TAP right-left, right-left 6 to 12 times. If the good feeling is getting stronger and feels positive, you may tap longer if you wish.
- (5) Now invite the image, sensation or temperature representing your healthy feeling to transfer over to the unpleasant part of your body. You can imagine the healthy feeling transposing onto the unpleasant part, mixing with it, or infusing it with vibrancy. You can use an image such as "white light" to represent the feeling of health and allow it to fill and displace the unpleasant feeling. As you imagine this TAP 6 – 12 times, or as long as it continues to feel positive.
- (6) You can go back and forth between the healthy and unpleasant feelings, repeating the steps as often as you like.
- (7) Now imagine yourself healthy and whole in the future. TAP as you imagine this.

There can no longer be any doubt that our health is deeply impacted by our thoughts and feelings. Guided imagery alone has been shown to aid in healing and speed recovery time. Because Resource Tapping is such an effective way to harness the power of imagination, it can be especially potent when applied to mental health issues. Here are a few more ways to utilize Resource Tapping for health.

1. You can "tap in" memories of times you felt healthy in the past. For example, if you had an emotional hurt and got better, TAP the memory of how you healed. Remember that your mind & body intuitively know how to heal. If you ever had a "meltdown", remember that you got over it.
2. To inspire hope, you can "tap in" the image of someone you know (or have heard about) who recovered from a similar mental or emotional injury. Bring up an image or memory that represents this person's healing and TAP.
3. You can "tap in" healing imagery. What images do you associate with healing? What image would help your heart to heal? What does your body need? As you imagine it, TAP. One woman imagined herself underneath a beautiful waterfall, the cleansing water purifying her body, mind and spirit. As she imagined this, she tapped on her knees.
4. Imagine yourself healthy, whole and happy. TAP as you imagine this. Remind yourself that you can heal on your own.

**** BASED ON: Tapping In – a Step-by-Step Guide to Activating your Healing Resources through Bi-Lateral Stimulation. Laurel Parnell PhD (2008) pp. 119-122***