Welcome, your facilitator will be:
Samson Teklemariam, LPC, CPTM

- Director of Training and Professional Development for NAADAC
- NAADAC, the Association for Addiction Professionals
- www.naadac.org/education
- Steklemariam@naadac.org

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Energy Psychology Techniques for Reducing Trauma & Addiction

Presented by:
Tricia Chandler, PhD, LPC, MAC

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## NAADAC Webinar Presenter
Tricia Chandler, PhD, LPC, MAC
- Online Adjunct Instructor – Addictions & Psychology (Purdue Global University, Kaplan University, and Grand Canyon University)
- Owner, Butterfly Endeavors Healing Arts
- Reiki Master & Art Therapist

## Webinar Learning Objectives
- Learn how EFT and TFT soothe the limbic brain leading to increased cognitive functioning.
- Learn how acupressure meridian tapping accesses the whole-body response for reducing anxiety symptoms.
- Gain practical knowledge of how to use these techniques for clients with trauma and anxiety symptoms.
Energy Psychology

- The basis of Energy Psychology
- Body/mind/spirit work together
  (edenenergymedicine.com)

Energy Psychology Defined

- Energy psychology comprises a family of methods designed to strategically and methodically intervene with human energy fields in elevating physical, mental, emotional and spiritual wellbeing. These approaches are used by practitioners of psychotherapy, counseling, coaching, energy healing, and health optimization.

- Practitioners view issues as systemic, interactive bio-energetic patterns. This involves constant complex communication among neurobiological processes, electrophysiology, consciousness, and bioenergy systems (which may include the biofield, chakras, and meridians).
- Practitioners use a variety of demonstrated and self-help techniques to help clients shift the flow of information and energy throughout these systems.

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Energy Psychology Techniques

- Energy Psychology Techniques – developed through understanding that the body/mind/spirit is an energetic system that works together to maintain health and seeks ways to enhance these systems for self-healing.
- Energy Psychology Tapping Techniques developed from the combination of CBT – Exposure Response Prevention Therapy with Tapping on Acupressure Points to soothe the limbic response to trauma.

History of Energy Psychology

- Scientific discovery of applied kinesiology found that through muscle testing the body knows what it needs and can discern good versus bad by staying strong or going weak with testing (Goodheart, 1976; Diamond, 1976; Diamond, 1985; Hawkins, 1995).
- These early beginnings prompted research into bringing emotional, trauma, pain relief in non-intrusive approaches that work with the body/mind/spirit.

Applied Kinesiology

- Steps to perform Kinesiology requires two people:
  - The subject stands erect, right arm relaxed at his/her side, left arm held out parallel to the floor, elbow straight.
  - Face the subject and place your left hand on his/her right shoulder to steady the subject. Then place your right hand on the subject’s extend left arm above the wrist.
  - Tell the subject you are going to try to push his arm down as he resists with all his strength.
  - Push down on the subject’s arm quickly, firmly, and evenly. This is just to test the spring of the arm.
  - Have the subject think of a known fact (like his/her name) to demonstrate that the body will stay firm when being pushed on. Then think of a defeating thought and when pushed the arm will go slack.
Applied Kinesiology

Acupuncture

- Acupuncture has been used for health issues for over 4,000 years in China using needles placed in meridian points of the body.
- 1970s The National Acupuncture Detoxification Association (NADA) discovered a Five Needle Protocol in the ear was effective in reducing tremors, shakes, physical and mental agitation in those with heroin addiction (Huff, 2007).
- In 1998 the National Institute of Health Consensus Panel determined efficacy for treatment of pain and asthma.

Acupressure

- Drs Diamond and Goodman’s team began experimenting in using tapping on meridian points to resolve emotional & psychiatric issues in clients (Diamond, 1979; Hawkins, 1995; Mollon, 2007).
- Dr. Roger Callahan (a clinical psychologist and pioneer of Cognitive Therapy) joined the team – developing Thought Field Therapy after successfully using Tapping with a client that resolved a debilitating phobia.
Thought Field Therapy
Energy Psychology Techniques

• “Thoughts are expressed not only in the mind but also in an information energy field that could be accessed through the traditional meridians known in acupuncture”, which was the beginning of specific energy psychology techniques that use tapping methods (Callahan, 1985 as cited in Mollon, 2007, p. 125).

Emotional Freedom Technique

• In 1995 exploration of these techniques led to another tapping technique developed by Gary Craig of an easier form of TFT that he called Emotional Freedom Technique (EFT).
• Craig added in phrases that identified all kinds of sensations of fear, anxiety, trauma, and phobias while tapping on the acupressure points as well as comments of acceptance of self in the procedures.

Tapping Techniques in EFT

• Recall incident of fear, trauma, anxiety
• Rate the level of discomfort 1-10
• Begin tapping on karate chop area
• Create statement “that event…”
  • While tapping on meridians continue to
    • Move through the points and end with “I
    • Accept myself totally and unconditionally”.
  • Repeat until the emotional charge goes to 0.

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Association for Comprehensive Energy Psychology

• 1998 - Association for Comprehensive Energy Psychology formed to promote research, training, and ethical principles at the international level.
• Since then over 100 clinical studies have been published with 50 RCT and 50 pre/post outcome studies making the protocols for EFT and TFT evidence-based for treating anxiety, depression, PTSD (trauma), food cravings, along with cortisol changes, heart rate variability and blood pressure (Feinstein, 2018; Mollon, 2007; Stapleton, 2018).

Neurobiology Factors: Trauma, Mental Illness & Addiction

• Trauma activates the mesolimbic brain relegating executive cognitive functioning to a back seat while letting the limbic brain maintain neurological functions.
• Talk therapies like CBT will not be effective until the hippocampus within the limbic brain is soothed sufficiently for survival instincts to go into a neutral setting (Levine, 1997; van der Kolk, 1994; van der Kolk, McFarlane, & Weisaeth, 1996).

Neurobiology Factors: Trauma, Mental Illness & Addiction

• Once trauma activates the limbic brain:
  • Higher cognitive functioning in prefrontal cortex is diminished.
  • Trauma and fear memories become fixed in the amygdala (Feinstein, 2018; Mollon, 2007; Stapleton, 2018).
  • Reward center of the brain becomes activated to control emotional, psychic, and physical pain.
  • Substances and processes that give pleasure and distract pain are engaged in through self-medication.
  • Addiction can be and is formed through this process.
Neurobiology Factors: Trauma, Mental Illness & Addiction

• EMDR and Energy Psychology Techniques work to soothe the hippocampus in the limbic brain through introducing new proteins in the amygdala allowing for consolidation of fear memories and release of the emotional charge to the trauma memories in a fraction of the time of ERP (Argen, Engman, Frick, Bjorkstrand, Larsson, Fumark, & Fredrikson, 2012; Feinstein, 2018).

Significance to Addiction Field

• There is increased understanding that Childhood Adverse Experiences (ACE) are the gateway drug for the development of addiction (Mate’, 2010; Levine, 1997; van der Kolk, 1994; van der Kolk, McFarlane, & Weisaeth, 1996).

Adverse Childhood Experiences (ACEs)

• Center for Disease Control (CDC)
  A study of 17,000 people
  Determined 10 events that contribute to development of co-occurring disorders (CDC, 2019).
ACEs Categories

- Abuse
  - Emotional, physical, sexual abuse
- Household Challenges
  - Parental violence, substance abuse, mental illness, parental divorce, incarceration in the family
- Neglect
  - Emotional, physical neglect
- Others:
  - Racism, Witnessing sibling abuse, Violence outside of the home, bullying, involvement in the foster care system, deportation of family member, living in unsafe neighborhoods (CDC, 2019).

Applying EFT in Addiction Counseling

- Treating the emotional trauma underlying addiction will effectively soothe the limbic brain in a shorter time as CBT methods.
- Emotional triggers, craving, and anxiety is reduced within a few sessions.
- Recovery treatment can occur using other protocols such as: MI, ACT, DBT, 12-Steps, and CBT.
- Clients can be taught EFT protocols for self-help when triggered.
- Recidivism is reduced when integrated approaches empower client understanding of issues and self-care is taught.

References

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References


References


ANY QUESTIONS?

Thank You!

Tricia Chandler, PhD, LPC, MAC

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