

Resource Tapping – an EMDR-related Intervention for Physical Healing
[based on the work of Ronald Siegel PhD on chronic pain and Laurel Parnell PhD on EMDR]
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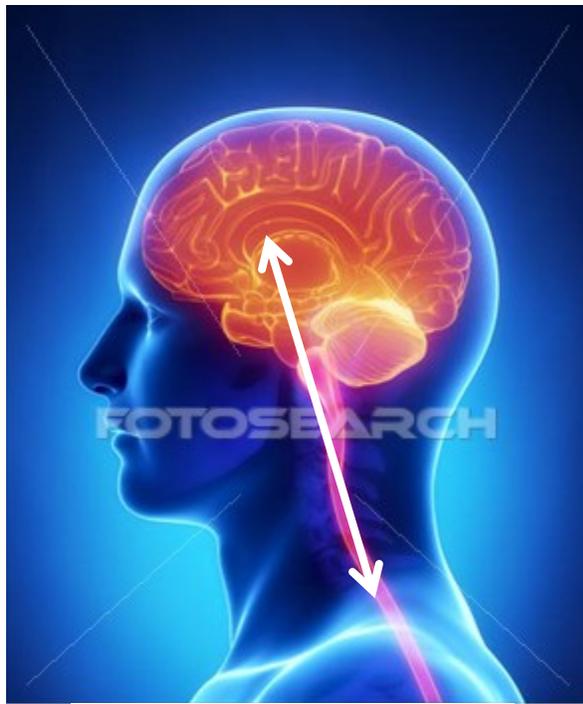


Figure 1 – mindfulness, imagery & relaxation

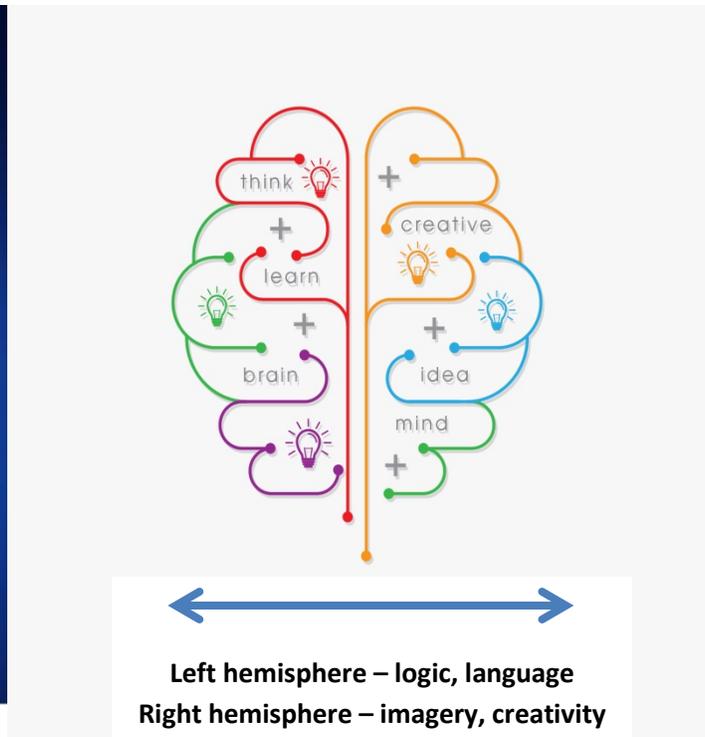


Figure 2 – bilateral stimulation

The use of “resource tapping” in chronic medical conditions is predicated on the hypothesis that: (1) medical challenges are multi-dimensional - mental and emotional as well as physical; (2) medical interventions may leave the mental/emotional 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 medical interventions.

Mindfulness brings 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 (“tapping” or auditory) 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 affected body part(s).

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 to an Unhealthy or Injured Part of Your Body*

- (1) Bring your attention to the part of your body that is unhealthy or injured. Notice what it feels like. Is there a color, shape or temperature associated with it?
- (2) Now bring your awareness to a part of your body that feels healthy. Notice what IT feels like. Is there a color, shape or temperature associated with it?
- (3) If you can't locate a healthy feeling in your body, recall a time when your body WAS healthy. What were you doing then? What did it feel like?
- (4) When you have a strong sense of the healthiness, 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 healthy image, sensation or temperature to transfer over to the unhealthy part of your body. You can imagine the healthy part transposing onto the unhealthy 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 the unhealthy part. 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 unhealthy parts 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 health issues. Here are a few more ways to utilize Resource Tapping for health.

1. You can "tap in" memories of times you healed in the past. For example, if you had an injury and got better, TAP the memory of how you healed. Remember that your body knows how to heal itself. If you had an illness, remember that you got better.
2. To inspire hope, you can "tap in" the image of someone you know (or have heard about) who recovered from a similar illness or 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 body to heal? What does your body need? As you imagine it, TAP. One woman who received chemotherapy for her cancer treatment felt her body had been "poisoned" She imagined herself underneath a beautiful waterfall, the cleansing water purifying the toxins from her body. As she imagined this, she tapped on her knees.
4. Imagine yourself healthy and whole. TAP as you imagine this. Remind your body that it can heal itself.

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