

Psychological Techniques: Class 12 Summary

Opening: The Power of Empathy and Love in Client Sessions

The instructor opened by sharing a recent session with a suicidal client who had expressed a desire to die by the end of the month. The key takeaway from that session illustrates the foundation of all the work covered in this course.

What worked:

Rather than immediately applying techniques, the instructor first met the client with genuine empathy — acknowledging her pain, sharing a personal experience of similar feelings, and holding a space of love and compassion. The client later texted to say the session had saved her life.

Core principle: The feeling you hold internally as a practitioner is transmitted to the client. Judgment or dismissal will be felt. Love and compassion will lift them up.

Practical holistic supports offered alongside the session:

- Drinking more water (one student reported that hydration alone lifted a long-standing depression)
- Getting outside into sunlight and fresh air
- Brisk walking — research cited in a San Francisco broadcast described it as more effective than Prozac for depression
- Frontal eminence holds and tapping
- Thymus thumping to support the immune system
- Food testing using the sway test for supplements

Subject 1: The Emotional Stress Clearing Protocol (Tapping Protocol)

Background

This protocol originated with psychologist Roger Callahan, author of *The Five-Minute Phobia Cure*, whom the instructor studied with in 1984. It was later developed further in *Instant Emotional Healing* by Pratt and Lambrou, and *Freedom from Fear Forever* by a chiropractor, James Urlacher, whom I met at a conference.

Unlike Emotional Freedom Technique (EFT), which taps all points, this approach identifies and works with **the single meridian under stress**, making it more precise and efficient.

Step 1: Assess the Level of Distress

Ask the client to rate their discomfort on a scale of 1 to 10. This is called the **Subjective Unit of Distress (SUDs)**. 10 = abject terror or maximum distress, 1 = total peace

In the class demonstration, Shelby rated her fear of failure at an 8.

Step 2: Test for Psychological Reversals

A psychological reversal occurs when the subconscious is blocking resolution — often because it believes the fear or problem is keeping the person safe.

Common reversal statements to test:

- "It is possible I will no longer have this fear in the future."
- "It is safe for me to get over this fear."
- "It is safe for others if I get over this fear."
- "It is good for me to get over this fear."
- "It is good for others if I get over this fear."
- "I will do what is necessary to get over this fear."
- "I have no unique blocks to getting over this fear."

If a reversal is found, clear it before proceeding. In some cases, clearing the reversal alone resolves the issue — as happened with a client who feared flying. Her subconscious believed flying was genuinely dangerous. Once the reversal was cleared, the fear resolved on its own without completing the rest of the protocol.

In the class demonstration with Shelby, no reversal was found, and the team proceeded directly to finding the stressed meridian.

Step 3: Find the Stressed Meridian

While the client focuses on the fear or stressor, the practitioner muscle-tests each meridian endpoint to identify which one tests weak (stressed).

Common points to test:

- Stomach 1 (below the eye)
- Stomach 45 (end of the stomach meridian)
- Gallbladder 1 (outside corner of the eye)
- Bladder 1 (inside corner of the eye)
- Governing Vessel 20 (apex of the head, used in EFT)

In Shelby's case, Gallbladder 1 — at the outside of the eye — tested as the stressed point.

Note: If the client has experienced trauma and you don't want them to hold the image in mind during testing, have them think of it briefly to put it "in circuit," then instruct them to relax their focus before proceeding.

Step 4: Tap the Meridian Point — The Balancing Procedure

Have the client tap the identified point for **30 to 60 seconds** while:

- Focusing on the fear or stressor
- Breathing slowly and deeply from the belly (not the chest)

Why belly breathing matters: Belly breathing triggers a parasympathetic (rest-and-heal) response. Upper chest breathing activates sympathetic fight-or-flight. The book *Breath* by James Nestor covers this research in depth.

The client may speak about the fear during tapping or simply observe what arises — images, body sensations, or thoughts.

Shelby reported a large breath and a felt sense of release during this step.

Step 5: The Nine-Step Bridge

The bridge fine-tunes the process by engaging the whole brain — both hemispheres — to break up the emotional pattern. It takes only 12 to 20 seconds.

Tap Triple Warmer 3 (on the back of the hand between the ring and little finger knuckles) throughout the entire bridge.

Why Triple Warmer 3: This is the tonification point for the triple warmer meridian, which supports the thyroid and adrenals — both of which are depleted under stress. It helps fuel the brain to release the pattern.

The nine steps, performed while tapping:

1. Close the eyes
2. Open the eyes
3. Look down to the right (head still)
4. Look down to the left (head still)
5. Roll the eyes clockwise (starting at 12 o'clock, moving to 3, 6, 9, back to 12)
6. Roll the eyes counterclockwise
7. Hum any song (e.g., "Happy Birthday") — activates the right brain
8. Count aloud: 1, 2, 3, 4, 5 — activates the left brain
9. Hum the song again

After the bridge, Shelby reported feeling more at ease.

Step 6: Repeat the Meridian Tapping with a Positive Affirmation

Return to tapping the identified meridian point (Gallbladder 1 in Shelby's case), this time while speaking a positive affirmation that installs a new emotional experience.

How to construct the affirmation:

"When I think about [the feared situation], I feel [calm / confident / at peace / excited]."

Work with the client to put it in their own words.

Shelby's affirmation:

"When I think about relocating, I feel calm, confident, and at peace."

She repeated this three times, tapping and breathing deeply each time. The instructor also encouraged her to let her eyes rotate — open or closed — to spread the new pattern more broadly through the brain.

Step 7: The Eye Roll

Still tapping Triple Warmer 3, have the client:

- Hold their head straight and look as far down as possible
- Slowly raise their gaze upward over approximately 8 seconds
- End with the eyes looking as high as possible

Step 8: Re-evaluate

Ask the client to return to the original fear and rate it again on the 1–10 scale.

Shelby's result: She dropped from an 8 to a 3, and then noticed that what remained felt more like excitement than fear.

Key teaching: Fear and excitement produce nearly identical body sensations — racing heart, altered breathing. The distinction is largely in the meaning applied. Reframing residual arousal as excitement is a powerful close to the session.

A woman about to speak in front of several hundred people used this exact reframe and opened her presentation with: "I am so excited to be here with you today."

When to Use This Protocol

- Phobias (heights, spiders, flying, public speaking, agoraphobia)
- Fear of failure, fear of success, fear of being alone
- General emotional distress
- Anxiety before events or transitions

Note on appropriate fear: Not all fear needs to be cleared. Fear of genuinely dangerous situations (swimming with crocodiles, shark-infested waters) is appropriate. The goal is to remove fear that is limiting or irrational, not to remove all protective instincts.

Class Results from the Tapping Protocol

- **Shelby** worked on fear of failure and fear of relocating. Her distress dropped from 8 to 3, with the remainder shifting toward excitement. She described feeling a physical release during the belly breathing.
- **Audras** worked on a fear of spiders (demonstrated in a prior session at a dental office). The client went from running out of rooms at the sight of a spider to calmly dealing with one. A lifelong phobia cleared in a single session.
- **Jim Reid**, a Baptist minister who trained with the instructor, had a phobia of heights so severe that he couldn't stand on a chair. After the protocol, he stood at the edge of the fifth-floor balcony without distress — and later used the tapping point on his own at the top of the Las Vegas Stratosphere when mild queasiness arose.
- **The instructor** received a balance from Shelby for a fear of success during the breakout room session and reported personal clearing.

Subject 2: Misunderstandings and Misperceptions Protocol

This protocol addresses the meanings we made of events in our past — particularly from childhood or significant relationships — that continue to shape how we experience life. The technique creates a new, more empowering interpretation of what happened.

The instructor's personal example: As a child, he believed his father hated him because of the harsh way he was treated. Later, he reframed this and saw that everything his father did came from love. He delivered this new understanding directly to his father, who confirmed it.

When to Use It

- When a client references a painful past relationship or event
- When a client is carrying a long-standing belief like "I'm not good enough," "I'm not lovable," or "I'm not smart enough."
- When current emotional upsets trace back to a specific earlier experience

The Procedure

Step 1: Have the client hold their **Frontal Eminence points** (the bumps on the forehead above each eye) with their fingertips.

Step 2: Ask the client to return to the situation — what they saw, what they heard, what they told themselves about it. They may speak about it aloud or work through it internally.

Step 3: Ask: "*What did you tell yourself about what happened? What meaning did you make of it?*"

Step 4: Ask: "*What is a more empowering understanding or interpretation of what occurred?*"

Step 5: Have them speak the new interpretation aloud, or hold it internally with a positive feeling.

Step 6 (optional): If appropriate, invite the client to write to or speak with the person involved to deliver a communication — an acknowledgment, an apology, or an expression of understanding. If the person is deceased or unavailable, they can imagine delivering the message and sense that it was received.

Class Results from the Misperceptions Protocol

Michael worked through a falling-out with a close friend that had affected him for years. During the session, he arrived at the understanding that both he and his friend had made errors in judgment, that life was genuinely difficult during that period, and that navigating hard times together — even badly — was part of their shared journey. He described it as "coming into the harbor after rough seas." He also recognized that his friend had not yet fully made peace with the past, and he formulated what he would say to him: that life moves in one direction, that the past doesn't serve a father and family man, and that it was time to let it go.

Michael's result: He felt a shift and described a moment of recognition that old patterns were still running — and genuine excitement about where the inner work would lead him.

Megan worked on a misperception about herself — specifically a belief that she was "too intense" in group settings, particularly with other energy medicine practitioners. Her partner, Michael, helped her see that intensity is not a flaw, that she is not responsible for how others receive her, and that she doesn't need to be palatable to everyone. She identified that she operates well when she feels "utilized" — a quality she recognized as part of her natural energetic style.

Megan's result: She described feeling that a misperception about herself had been illuminated and released.

Bobbi worked with Audrius, who guided her to bring love and compassion into her heart around the situation she was holding. She reported that the whole thing had become lighter.

Audrius' result from working with Bobbi: He felt something release deeply in his diaphragm and reported that the session helped him shift his approach to grudges he had been carrying.

Core Principles Running Through the Entire Course

The instructor closed the final class by naming the two foundational ideas that underpin all the techniques taught:

1. **What you focus on** determines your experience. Focusing on the past keeps you there. Focusing on the present and future — on what you're building, what you love, what you're grateful for — moves you forward.
2. **The meaning you make of things** shapes everything. Events are neutral. The meaning assigned to them, especially in childhood, can run a person's life for decades. Every technique in this course, in one way or another, creates an opportunity to assign a new meaning.

Techniques Covered Across the Full Course (Summary Reference)

- **Frontal eminences hold** — releases emotional charge
- **Emotional Quick Fix** — tapping the four sources of emotional upset (unrealistic expectations, undelivered communications, unexpressed emotions, thwarted intentions)
- **Six Human Needs framework** — identifying which need is unmet underneath an upset
- **HeartMath** — coherence building through heart-focused breathing and gratitude
- **Belief point clearing** — finding and releasing disempowering core beliefs
- **Affirmation tapping** — installing new beliefs directly into the subconscious
- **Neurotransmitter balancing** — addressing the biochemical dimension of emotional health
- **David Hawkins / Law of Attraction** — raising consciousness toward love, peace, and joy
- **Video Technique** — visualizing a new outcome as if watching a movie
- **Misunderstandings and Misperceptions Protocol** — recontextualizing the past
- **Emotional Stress Clearing / Tapping Protocol** — clearing fears and phobias through meridian tapping
- **Transformational Vocabulary** — shifting the language used around difficult experiences ("I missed the mark" rather than "I failed"; "I either win or I learn")
- **Small Intestine 3** — a go-to acupuncture point (Megan's personal favorite, used throughout travel and stressful situations)