February 2000 Newsletter

"Vicarious Traumatization" is Topic of Winter Colloquium

Please reserve the afternoon of **Friday, March 10, 2000** for MWP's Winter Colloquium.

Denise Amaris, who is the 1999 recipient of the MWP doctoral level scholarship award, will present her recent doctoral research findings on the subject of vicarious traumatization and implications for therapists. Many people have asked to hear about Denise's project, which utilized interviews with many MWP members. Additional information will be mailed to MWP members in February.

— Judith Zimmerman

Please cut out this form and mail to the address listed below.

100 for 100 Campaign to Fund Professional Counseling Licensure

Count me in. I am ready to finish the job once and for all. Enclosed is my contribution in the amount of:

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I am fortunate enough to be able to contribute even more than the requested $100 minimum. Please accept my check in the amount of $_____ to help bring professional counseling licensure to Minnesota.

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1650 97th St. E.

Inver Grove Heights, MN 55077

Sorry, but donations to MACD Project Licensure or the 100 for 100 Campaign are not tax deductible.

MWP 2000
Scholarship Awards

Minnesota Women Psychologists is pleased to announce two scholarship awards for 2000. Applications can be obtained by writing or calling MWP, PO Box 16445, Minneapolis, MN 55416, (612) 920-9606. Deadline for submission of both master's and doctoral applications is March 31, 2000.

A $1,000 grant is available for women completing their doctoral dissertations or projects in psychology or related fields. Selections will be based on the degree to which the project addresses the issues and concerns of women, the quality of the proposal, and on financial need.

MWP is also offering a $500 scholarship which will be awarded to a woman enrolled in a psychology or related program at the master's degree level. Selection of this grant recipient will be based on her demonstrated experience relevant to women's needs, the degree to which her career goals focus on women's issues, and on financial need.

Space Available/ Wanted

Office space to sublet: Spacious office to sublet one (possibly two) day (and/or evening) per week. Overlooks marsh, across from Ridgedale. Five therapists in suite. Call (612) 546-5002 for more information.

Office space for rent/sublet: In Crystal. Suite includes three offices for therapists with reception area and waiting room. Newer modern building, good neighborhood, handicapped accessible, near transportation, free parking. Furniture available to buy or lease. FFI: Marilyn Henken, M.A., LP, (612) 544-3084.

Space Wanted: Please contact Marilyn Henken, (612) 544-3084, if you have office space to sublet. Willing to share reception room and machines.

Musings About Books

When to Forgive
by Mona Gustafson Affinito, Ph.D., LP, MWP member
New Harbinger Publications

Reviewed by Laura Whitney

Seven years ago, my close friend decided to work rather than to attend my Sunday afternoon wedding. This still rankles me, even if it was not so large an affront. I can admit that I truly have not forgiven that action. Forgiveness means, among other things, to absolve, or to cease to feel resentment against. For me, my friend's decision lurks like a small stone lodged under my skin, an infrequent irritant, but an irritant nonetheless. I've never quite known what to do with this besides limiting the time I think about it and occasionally talk with my husband about it. The result is years of little contact with a very fun and original person.

Mona Gustafson Affinito has written a fine book on the difficult and emotionally complex topic of forgiveness. It deserves a place both on the professional bookshelf, as a guide for working with clients, and on the personal bookshelf. Her stance is as a companion in a very personal process for each individual. This is a guide that does not instruct, but rather opens vistas to be personally explored by those who have been wronged. It is in this way that personal truth can be discovered and each individual's right action can occur.

Dr. Affinito differentiates, through engagingly written examples based on her clients' lives, between pseudo forgiveness, which leaves emotional dissatisfaction, and true considered forgiveness, which takes into account experiencing the wound physically,

behaviorally, and in the context of past and present. Emotional undercurrents of shame, blame, guilt, grief and peer pressure are brought forth so that the offense is understood thoroughly.

Dr. Affinito acknowledges the desire for revenge that often accompanies being wronged, and examines some of the benefits and costs of such action. Then, the application of punishment can more likely have the desired effect as opposed to the retaliatory lash-out, which in the long run often does not satisfy those wronged. Mercy and different systems of justice help determine the path to the forgiveness decision. Finally, the feelings that arise after the decision has been made and action has been taken are also acknowledged and some options are offered to aid in relief.

At the end of the book, Dr. Affinito includes an appendix of useful reminders. One that seems particularly apropos is: Don't just feel bad; do something. And now I have a heartfelt and thoughtful approach to consider for my wedding dilemma thanks to Dr. Affinito's exploration and experience.

What's New?

Editor's Note: *The Newsletter Advisory Group met June 9 and decided that some articles about new ideas in psychology or in fields related to psychology would be exciting additions to the Newsletter. We included Mind/Body, Coaching, DBT, Psychoanalytic, Thought Field Therapy, and Mediation/Child Custody in our wishlist for articles in areas that would be new or growing and relevant to psychological work. If you have other wishes for articles, or if you would like to write an article for the Newsletter, please contact Ferris at (612) 338-5054.*

The Energy Psychologies

Thought Field Therapy™, Emotional Freedom Technique™, Tapas Acupressure Technique™

by Chris Baldwin, Psy.D., LP

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energy system.

My Introduction to the Energy Psychologies. The best laugh I had in 1997 was with a close friend as we watched Dr. Roger Callahan's *Five-Minute Phobia Cure* on videotape. We were literally on the floor, screaming with laughter. We are no longer laughing and were rather rapidly humbled. A year later I had incorporated several of the energy psychologies into my practice with astounding success. I now keep a straight face as my clients occasionally laugh at what I teach them. They almost always improve at least on some aspect of their problem. I still use the standard therapeutic techniques and EMDR, but I've found that by adding energy psychology, many difficult issues can quickly and dramatically improve and often don't return. Remarkably, the client does not even have to *believe* in the process.

The Technique and Theory. Simply stated, most of the energy psychologies involve having the client: 1) focus on the problem; 2) rate their level of disturbance, usually on a scale of 0 to 10, with 0 being an absence of the problem and 10 being the highest imaginable level of disturbance; 3) tap or touch various acupuncture points; 4) re-rate the level of disturbance; and 5) continue tapping or touching until the disturbance is diminished or eliminated. There are many variations on this simple formula. Often the client is asked to repeat affirmations as they tap or rub a special point. Advanced levels of treatment involve manual muscle testing, often referred to as "Applied Kinesiology," for diagnosis and individualized treatment sequences.

Practitioners believe that this process eliminates blockages in the flow of the body's subtle bio-electrical energy system. They also believe that emotional and many physical problems are fundamentally blockages in this energy system and that the tapping allows this energy to circulate smoothly. Another belief is that biochemical imbalances, negative cognitions, social problems and even unhelpful conditioning are all essentially caused or maintained by disturbances in the flow of energy. Experienced clinicians are said to have successful interventions about 85 percent of the time. In other cultures, this energy is referred to as Qi Gong, Chi Gong, Chi, Prana, or Life Force. The words we currently use to describe this process are probably inadequate. We have much to discover.

Thought Field Therapy™ and the Story of Mary. Dr. Callahan, a licensed clinical psychologist in California, was the first person to systematize the methodology of the energy psychologies. His method is called "Thought Field Therapy"™ (TFT) or "The Callahan Techniques"™. Dr. Callahan had been studying applied kinesiology and acupuncture points when he first made his discoveries. They were greeted with ridicule by many in the established psychology community, but he persevered and has dramatically improved the lives of his clients.

Over 20 years ago, Dr. Callahan combined his knowledge and intuition with his client Mary, whom he had been treating for year and a half for a severe water phobia. He treated Mary in his home office and she was able to go near his pool only with great trepidation. One day in his office Mary mentioned that every time she thought about getting near water she felt sick to her stomach. Dr. Callahan quickly remembered that the end point for the stomach energy pathway is on the bone just under the eye. He asked Mary to think about her fear and tap under her eye a few times. She did and immediately jumped up and went running down to his pool. Dr. Callahan ran after her but she assured him that the tapping had not made her stupid; she realized that she didn't know how to swim but she had simply lost her previous horrendous fear of water. Mary has maintained her dramatic recovery with no additional tapping for over two decades.

Dr. Callahan was not sure if this method would work for anyone else but he quickly discovered that it did. He then began to systematize his growing knowledge and it is from these beginnings that his highly evolved methodology grew. His techniques are now taught by trained professionals around the world. Most other forms of energy psychology have grown out of Dr. Callahan's discoveries.

Other Energy Psychologies. In addition to TFT, I also use EFT (Emotional Freedom Technique™) and TAT (Tapas Acupressure Technique™). There are many other forms. While Dr. Callahan trains therapy professionals, EFT founder Gary Craig, a Stanford-trained engineer turned personal coach, has extended his method to the lay public as well as professionals. I don't believe that Mr. Craig is attempting to train lay people to become therapists since I believe that the energy psychologies are not "therapy" per se, but rather "techniques" that can be used for many different purposes.

A major difference between TFT and EFT is in the sequence and the number of acupuncture points tapped. Dr. Callahan's system specifies tapping different points for different problems such as rage, phobias, anxiety, trauma, etc. But Mr. Craig advocates one tapping sequence for ALL problems. The latter makes it simpler for the client and the therapist, who only have to remember one sequence for any problem that appears. There have been raging debates on the on-line energy discussion lists concerning this issue. And there has been some preliminary research with contradictory findings.

Tapas Fleming, founder of TAT, is a certified acupuncturist in California who has studied in China. Her method involves having a person hold a "pose" or touch several acupuncture points around the eyes and forehead while simultaneously cupping the occipital ridge, on the back of the head, with the other hand, holding the pose until a change is noticed or until several minutes have passed. She originally sought a method for helping people with asthma and allergies but has found that her rather elegant

method is extremely helpful for emotional and other physical problems. She teaches practitioners to go through a series of steps to clear the origins and various areas in the body where a problem might be stored. I have found that simply having a person hold "the pose" can often make them comfortable enough to get through a therapy session if they have a bad cold or sinus problem.

Client Empowerment and Informed Consent. The energy psychologies empower our clients. We teach them a method that they can use at almost any time to address a problem as it arises; this is especially important for certain anxiety conditions like social phobias, performance anxiety, panic and specific phobias (mice, spiders, snakes). For social and performance phobias I often advise clients to find a private spot, often a bathroom, where they won't be observed as they tap.

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I try to establish a strong working alliance with my clients before we decide the best treatment approach. I sometimes introduce EMDR and/or a particular energy psychology as a way to help them investigate, diminish or eliminate some of their problems. As collaborators we can investigate what is personally useful for them. I send home handouts which briefly explain each methodology. I clearly inform clients that there is very little scientific research supporting the use of energy psychology techniques although there is much anecdotal evidence, but that they might derive great benefit. I also tell them that there have been no reported instances of harm as a result of anyone using the energy psychologies, other than some people tapping too hard. I am in the preliminary stages of planning a research project with a vocal professor at the University of Minnesota where we hope to teach students to tap for their performance anxiety.

True Stories. The following are a few of my success stories. Clients have all given permission to have their stories told. A middle-aged woman had recently stopped drinking after a thirty-year history of abusing alcohol and she was doing quite well. However, she had a tremendous fear of flying due to a heightened sense of claustrophobia in planes and she was scheduled to fly to a conference in a month. She feared that when the flight attendants rolled the beverage cart down the aisle she would be tempted to order a drink. She rated her imagined desire for a drink at a "10." Several rounds of tapping lowered her imagined desire to a "0." She also practiced her tapping several days and several hours before she flew. To her amazement she

experienced no desire for a drink in the formerly dreaded situation, enjoyed her flights and returned home having overcome a final obstacle to her sobriety.

A year and a half ago, a young woman who had been terribly abused by a former boyfriend came to see me. By the time she sought consultation she had been having vivid flashbacks of his abuse, two or three times a day, for about two years. She did several rounds of tapping and nothing changed. I called her 24 hours later to ask how she was and she said, "It's the strangest thing. I'd been home 10 minutes before I realized that I hadn't had the flashback today." Thirteen months later, it has not returned. We continued to do other therapy work, but her relief made her life much more bearable. Delayed results are uncommon but occur.

Another woman had been vomiting daily upon awaking for two years. Medical tests were negative and nothing that she had tried had eliminated her problem. I asked her to tap before she got out of bed every day. Her vomiting stopped almost immediately and she has been nauseous only one or two days per week. She may vomit on occasion if she is ill or if she has a class presentation or test, but for the last three months she reports feeling much better. Prior to treatment she was unable to eat before 4:00 pm since her nausea often lasted into mid-afternoon. She is now starting to eat earlier meals with good results. The energy psychologies can be extremely effective and efficient tools when used judiciously in a therapeutic context.

Resources. The best single resource available which discusses most of the energy psychologies and how to do them is Fred Gallo's first book, *Energy Psychology: Explorations at the Interface of Energy, Cognition, Behavior, and Health*, CRC Press, 1999. This book can be obtained from Amazon.com or through your local bookstore. However, I urge you not to incorporate these techniques into your practice until you have received additional training.

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Thought Field Therapy training is available in the Twin Cities from Dr. Jill Strunk, (612) 936-7547, and in greater Minnesota from Dr. Jonathan Speare, (218) 262-1772. Dr. Speare has offered TFT workshops in Duluth, Brainerd and St. Cloud and is willing to consider other locations if enough people are interested. The Minnesota Board of Psychology has approved training in TFT for continuing education credits.

Other training opportunities and information are offered in the following websites: TFT — www.tftrx.com; EFT —www.emofree.com; TAT — www.tat-intl.com; and

ACEP (Association of Comprehensive Energy Psychologies) — www.energypsych.org.

Chris Baldwin is a clinical psychologist in group private practice in St. Paul. She works with adults, adolescents and couples providing psychotherapy, assessment and testing. She is trained in EMDR at the certification level, has been a member of the Minnesota Society of Clinical Hypnosis for many years and belongs to the Association for Comprehensive Energy Psychologies. While she works with a variety of presenting issues, she has a strong interest in treating various kinds of trauma and working with anxiety conditions, with a special focus on performance anxiety/enhancement issues including sports, the arts, public speaking, and testing. Chris can be contacted at (612) 825-4407.