

# Psychoanalytic Energy Psychotherapy PEP

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# PEP

- Psychoanalytic Energy Psychotherapy
- The traumas and conflicts of the mind are also encoded in the energy system of the body.
- By addressing the energy system at the same time as the mind we have a powerful therapeutic synergy.

# psyche – energy – soma

- All the phenomena of psychotherapy can also be addressed energetically.
- All that is in the psyche is also encoded somatically and energetically.

# Libido and energy are similar

- Freud's theorising about libido was similar to contemporary concepts of subtle energy.
- For Freud, as for energy psychologists, the turmoils of the psyche are rooted in the body.

# Why privilege transference?

- From a psychoanalytic perspective we can
- Shift the focus from the transference relationship to intra-psycho-somatic processing

Thought Field Therapy  
[TFT]

Emotional Freedom Techniques  
[EFT]

Seemorg Matrix

(and related methods of  
Energy Psychology)

# Talking therapies and trauma

- Are talking therapies (cognitive or psychoanalytic) helpful for psychological trauma?
- Previous lack of effective therapies for PTSD.
- ‘Active ingredients project’: Charles Figley et al. at Florida State University. Found 4 effective treatments: EMDR; TFT; VKD; TIR.

# Charles Figley on Thought Field Therapy

“I must say we found the procedure very peculiar”

“Our investigations showed that this method worked dramatically and permanently to eliminate psychologically based distress in a substantial number of people ... such therapy does succeed in counterconditioning, similar to cognitive-behavioural methods”

[Charles Figley 1999. Traumatologist. Florida State University.]

# What are TFT & EFT etc.?

- A gentle method of emotional desensitisation.
- Frees the patient/client from the target anxiety or other emotional distress.
- It involves the client tapping on acupressure points on the body whilst thinking of the target (anxiety or other emotional problem)
- Somewhat similar to EMDR – but does not require reliving of trauma and so is less hazardous.

# Complete relief from trauma

- When used with skill, EFT and TFT (and other methods) can often provide complete relief of trauma-derived emotions and anxiety in a few minutes.
- Increasing influence of the trauma paradigm. It is now recognised that many psychological problems are trauma-based.

# EFT is safe and not distressing

- EFT and related methods are:
- Extremely safe,
- Non-traumatising and not distressing.
- Easily learned as a self-help technique.
- Efficacy demonstrated in well designed double blind randomised controlled studies.
- Not based on any theory.

# The deep energetic structure of psychological disturbance

- Using these methods allows us to access and work with the deep energetic structure underlying the psychodynamic, emotional and cognitive content.
- Addressing both content and energetic structure in a potent synergistic combination.

# The clinical dilemma with traumatised people

- Traumatized people may be re-traumatized by the process of talking of their trauma.
- This is particularly the case with those who have experienced multiple abuse traumas in childhood – people with severe personality disorders.
- Such people may be traumatized by an ordinary empathic psychotherapeutic consultation.

# Traumatic memory functions as an internal phobia

- Traumatic memories act like internal phobic stimuli – generating avoidance.
- Over time they consume more and more psychic resources.
- Mental (and behavioural) life becomes impoverished and restricted.
- The traumatic memories need to be processed/desensitised.

# EFT and TFT allow trauma to be addressed safely

- With EFT/TFT, traumatic memory can be desensitised without the patient having to relive the trauma with emotional intensity.
- It is enough for the conscious mind just to sample the traumatic memory.
- After a few minutes of EFT/TFT the memory can be tested to see whether it evokes disturbance.

# Energy modalities are not standalone therapies

- Energy modalities are incorporated into other therapeutic approaches (CBT, psychodynamic etc.)
- It requires skill in rapidly identifying crucial areas of traumatic memory, dysfunctional cognition, psychodynamic conflict etc.
- Whilst easy to learn the basics, it requires skill and experience to use effectively with complex problems.
- It is not superficial, nor purely symptom-focused.

# Energy modalities can be used free-associatively

After tapping through one issue, ask:

“What comes to mind now?”

Use the client’s own words, images, metaphors as the material for the next tapping sequence.

In this way, therapist and client work through many layers and networks of cognitive, traumatic, and psychodynamic issues.

# Where does EFT come from?

- EFT is a simplification of Thought Field Therapy [TFT] – developed by clinical psychologist, Roger Callahan, in 1979.
- All the basics of EFT are derived from TFT – but its simplification has enabled it to be used very flexibly and intuitively.
- EFT was developed by Gary Craig (an enthusiastic and talented ‘amateur’ without professional qualifications).
- EFT has been used and researched by many psychologists, psychiatrists, and other professional people.

# Thought Field Therapy

- TFT grew out of Applied Kinesiology – as developed by chiropractor George Goodheart in the 1960s/70s.
- Goodheart explored muscle testing to gain information about bodily and mental states.
- He explored the links with acupuncture meridians.
- Psychiatrist John Diamond explored this area in relation to emotional and mental health problems.

# Callahan's astonishment – the sudden elimination of a severe phobia

- In 1979, Roger Callahan was astonished when his patient Mary Ford was suddenly freed of her longstanding phobia of water by tapping under her eye.
- His other patients did not respond so easily.
- But, realising he had stumbled on a remarkable phenomenon, he continued to explore this.

# Muscle testing for sequence

- Callahan found, using muscle testing, that patients usually required particular sequences of points to be tapped in order to eliminate the anxiety or distress.
- Muscle testing is somewhat subtle and requires much experience and skill to use effectively – and is not used in EFT.
- Common sequences were found – e.g. for anxiety, trauma, guilt, shame, anger, rage, depression etc.

# The 'Thought Field'

- Callahan called his method 'thought field therapy' because a person's thought appears to have a field of influence that can be literally palpated and seen in the body's energy system, as revealed through muscle testing.
- He reasoned that this field contains active information that generates the disturbance in the body that is experienced as the anxiety or emotion

# Tapping the Thought Field

- Callahan called the active information in the thought field (generating the disturbance) a 'perturbation'.
- When the thought field is tapped, in the right sequence, the perturbation is eliminated.
- A complex problem may contain many layers of perturbation.

# Callahan is not mystical or 'new age'

- Despite his talk of meridians and energy fields etc., Callahan is not a mystic or a 'new ager'.
- He regards himself as essentially a scientist.
- He is keen on objective measures of change (such as heart rate variability).

# Psychological Reversal a kind of self-sabotage

- A crucial concept.
- Callahan found that some patients would not respond initially to TFT.
- Their muscle response would show a 'reversal' – weak to wanting to be free of the problem and strong to wanting to keep the problem.
- Diamond had earlier discovered a 'reversal of the body's morality' – good tests as bad and bad registers as good. [a kind of perversion].

# Correction of reversal

- Reversals can be specific or general.
- They combine cognitive and psychodynamic content with an energy dimension.
- The key to successful therapy is often to identify the reversals.
- All can be corrected easily: tap on the side of the hand whilst making a statement of self-acceptance.

# The deep energetic structure of psychological disturbance

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# Integrating TFT/EFT

- EFT (and TFT) should be integrated with other therapies.
- It can form either a central or peripheral part of the work.
- After identifying crucial emotions, traumas, cognitions etc, it takes just a few moments to clear or modify these with EFT.
- Without EFT/TFT etc, the affect may just be cycled around the psychosomatic system.

# Listening and reflecting energetically

- At the emotional level – we listen/receive, process – and give back, as reflective comment or interpretation.
- At the energetic level – we sense/receive, process – and give back, as an informational energy sequence.
- Combining the emotional and the energetic – words and tapping.

# The unconscious as transmitting and receiving organ

- “[the analyst] must turn his own unconscious like a receptive organ towards the transmitting unconscious of the patient. He must adjust himself to the patient as a telephone receiver is adjusted to the transmitting microphone.” Freud 1912

# Imagery in the chakras

- ‘Seeing’ the chakras – in one’s mind’s eye – where we ‘see’ our memories.
- Eg. therapist ‘sees’ scene of stagnant pond – later the client speaks of an image of herself as like a stagnant pond.

# Emotions and food sensitivities

- Example: milk sensitivity.
- Using Radomski laser, a man re-experienced allergy symptoms familiar from childhood.
- Then reported feeling happy.
- He then mentioned he had been weaned at 9 months and put on cow's milk.
- His arm still tested slightly weak to milk.
- As we worked through a further TFT sequence he reported feeling sad and then angry.
- I commented that he was probably feeling angry and upset about the loss of the breast.
- Soon his arm tested strong and he felt calm.

# Mother's milk

- A woman who had experienced stress and trauma at work – began to experience the whole world as toxic and dangerous – with recurrence of anorexic eating disorder.
- “Mother's milk” muscle tested weak.
- As we tapped through this [“my mother's milk was poison”], she suddenly remembered a period when she wanted to poison her mother by putting excess butter on her sandwiches.

# Adverse reactions

- The speed and extent of change, even though positive, can be disturbing to some.
- Disruptions of the need for control.
- Apex effect: e.g. 'I never had a problem'.

# Further information

- [www.philmollon.co.uk](http://www.philmollon.co.uk)
- [www.emofree.com](http://www.emofree.com)
- [www.tftrx.com](http://www.tftrx.com)
- [www.thoughtfieldtherapy.co.uk](http://www.thoughtfieldtherapy.co.uk)
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