

### 3 TECHNIQUES YOU MUST KNOW

My purpose of simple details is to let the counselor do their art. All techniques are quick and fast and can be done with adults and children. I will be demonstrating.

#### 1.SHRINK MY PROBLEM

Client needs to access problem/issue.

- a. Have client locate where they have the feeling in their body.
- b. Have client begin to manipulate the problem. Make it smaller, change color, location, intensity, volume.
- c. Once you have found/played with the modality that lessens the problem continue until the client is comfortable leaving where it is at or gone.

#### 2.THE BRIDGE

What is needed 3 sheets of paper and writing utensils.

Have client number each sheet of paper 1, 2, 3.

- a. On sheet 1 have client, “draw a picture/image of the problem/issue.”

- b. On sheet 3 have client, “draw the problem/issue all better.”
- c. On sheet 2 have client, “draw how to get from sheet 1 to sheet 3.”

Great part about this is that the client can generate other solutions or other sheet 2’s.

#### 3. EP = Energy Psychology

##### The Quick Nick

##### Prepare:

Get your problem or issue in the front of your mind

Choose your S. U. D’s (Subjective Units of Distress) between Zero for No problem-Ten for Most Intense

Choose a key word about your problem, i.e. Anxiety, Fear, Awful Event etc.

##### Treatment:

Throughout the treatment a) say your key word to yourself out loud; b)use both hands and tap both sides simultaneously; c) tap each place 7 -

10 times.

1. Tap sides of hands together
2. Tap under eyes
3. Tap under both arms
4. Tap on upper-chest/collar bone area
5. Take a deep breath

Check your S. U. D’s. If necessary, repeat.

If you are interested in more training and Contact Hours-

Go to:

[http://  
energypsychologyworkshop.com/](http://energypsychologyworkshop.com/)

Other contact information below.

“Practical Energy Psychology for the Health Professional” is being offered around the state during December and January. Go to:

[energypsychologyeorkshop.com](http://energypsychologyeorkshop.com)

for info on dates & locations

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