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IMAGE TRANSFORMATION THERAPIST



HIDDEN TRUTH SHOW WITH JIM BRESLO
AA KILLS

AVAILABLE ON ALL PODCAST APPS



1
00:00:00,000 --> 00:00:10,299

[Music]

2
00:00:15,350 --> 00:00:13,100
well I'd like to start with is going

3
00:00:17,810 --> 00:00:15,360
back to EMDR if you could explain for us

4
00:00:20,960 --> 00:00:17,820
EMDR and then since you practice that

5
00:00:23,900 --> 00:00:20,970
for so long and then you discovered this

6
00:00:26,179 --> 00:00:23,910
new therapy that you're saying is better

7
00:00:30,080 --> 00:00:26,189
than EMDR and I can tell you the David

8
00:00:32,810 --> 00:00:30,090
pickup says the same thing I assist

9
00:00:35,209 --> 00:00:32,820
association in reprocessing it was

10
00:00:38,709 --> 00:00:35,219
discovered by Francine Shapiro when she

11
00:00:42,830 --> 00:00:38,719
realized that when she focused on a

12
00:00:45,080 --> 00:00:42,840
negative event negative memory and she

13
00:00:48,139 --> 00:00:45,090

moved her eyes horizontally back and

14

00:00:51,260 --> 00:00:48,149

forth psychotically that it reduced the

15

00:00:56,510 --> 00:00:51,270

intensity of the image end of the

16

00:00:59,990 --> 00:00:56,520

feelings and from that start she

17

00:01:03,500 --> 00:01:00,000

eventually were developed actually for

18

00:01:08,149 --> 00:01:03,510

that time the best treatment for trauma

19

00:01:12,469 --> 00:01:08,159

and her first paper her first research

20

00:01:15,490 --> 00:01:12,479

was on combat veterans and and showed

21

00:01:17,719 --> 00:01:15,500

how much it worked to reduce their PTSD

22

00:01:19,520 --> 00:01:17,729

let me interrupt for a second could you

23

00:01:20,990 --> 00:01:19,530

but maybe just pull a computer a little

24

00:01:24,710 --> 00:01:21,000

bit closer to you I think we'll get a

25

00:01:26,420 --> 00:01:24,720

little bit better sound oh okay maybe it

26

00:01:27,950 --> 00:01:26,430

maybe this would be better here oh yeah

27

00:01:33,560 --> 00:01:27,960

yeah that's a thousand times better yep

28

00:01:35,450 --> 00:01:33,570

okay okay so so so she discovered EMDR

29

00:01:38,660 --> 00:01:35,460

and that's an interesting story

30

00:01:40,760 --> 00:01:38,670

she she did it simply by herself moving

31

00:01:42,200 --> 00:01:40,770

her own eyes back and forth that was her

32

00:01:44,389 --> 00:01:42,210

first to scuff that's how she first

33

00:01:47,149 --> 00:01:44,399

discovered stuff yeah Wow

34

00:01:49,399 --> 00:01:47,159

again dad yeah and he was looking for a

35

00:01:51,530 --> 00:01:49,409

way to relieve stress in general she's a

36

00:01:53,660 --> 00:01:51,540

she was a research psychologist and she

37

00:01:54,950 --> 00:01:53,670

was looking for a way to release release

38

00:01:58,700 --> 00:01:54,960

stress and that was like the beginning

39

00:02:01,550 --> 00:01:58,710

of it and when she realized you know she

40

00:02:06,620 --> 00:02:01,560

didn't took that experience that she had

41

00:02:09,080 --> 00:02:06,630

and then ended up creating really Treme

42

00:02:12,229 --> 00:02:09,090

zhing therapy as a result of it

43

00:02:15,410 --> 00:02:12,239

and am i right that it is based on this

44

00:02:17,720 --> 00:02:15,420

theory that during REM sleep your eyes

45

00:02:19,699 --> 00:02:17,730

do a rapid eye movement left and right

46

00:02:23,390 --> 00:02:19,709

and it's kind of a resetting of the left

47

00:02:27,199 --> 00:02:23,400

and right brain nope okay well I've been

48

00:02:29,030 --> 00:02:27,209

telling that to people at bars over and

49

00:02:31,070 --> 00:02:29,040

over again so I had that part wrong so

50

00:02:33,380 --> 00:02:31,080

correct that for me well the one thing

51
00:02:35,750 --> 00:02:33,390
we do know I mean number one we really

52
00:02:38,030 --> 00:02:35,760
don't know why EMDR works it seems like

53
00:02:40,640 --> 00:02:38,040
you know every five years they come up

54
00:02:43,610 --> 00:02:40,650
with a new theory about why it works but

55
00:02:46,130 --> 00:02:43,620
it it's not based on a theory it's based

56
00:02:48,410 --> 00:02:46,140
on clinical experience and that's what's

57
00:02:52,520 --> 00:02:48,420
really important it's not based on brain

58
00:02:55,880 --> 00:02:52,530
science it's based on having discovered

59
00:02:58,339 --> 00:02:55,890
something that when you focus when you

60
00:03:00,050 --> 00:02:58,349
when you move your eyes back and forth

61
00:03:03,140 --> 00:03:00,060
in a psychotic movement and you're

62
00:03:06,800 --> 00:03:03,150
focusing on a negative memory then it

63
00:03:08,390 --> 00:03:06,810

reduces it that's the experience brain

64

00:03:10,220 --> 00:03:08,400

science has not caught up with why

65

00:03:12,170 --> 00:03:10,230

things work we don't know why really

66

00:03:15,229 --> 00:03:12,180

psychotherapy works in terms of brain

67

00:03:17,720 --> 00:03:15,239

science we do know it does work okay so

68

00:03:20,900 --> 00:03:17,730

it could be it could have some

69

00:03:23,740 --> 00:03:20,910

correlation to REM sleep but we used

70

00:03:27,759 --> 00:03:23,750

okay well one thing we do know is that

71

00:03:32,479 --> 00:03:27,769

when one bit of research is that when

72

00:03:35,210 --> 00:03:32,489

you focus on any intense imagery and

73

00:03:37,640 --> 00:03:35,220

move your eyes back and forth it

74

00:03:39,710 --> 00:03:37,650

activates both hemispheres of the brain

75

00:03:42,979 --> 00:03:39,720

that's actually even without I think

76
00:03:45,710 --> 00:03:42,989
focusing on any particular image if you

77
00:03:47,960 --> 00:03:45,720
just move your eyes back and forth it

78
00:03:51,379 --> 00:03:47,970
activates both hemispheres of the brain

79
00:03:53,650 --> 00:03:51,389
at the same time so it's one reason why

80
00:03:55,610 --> 00:03:53,660
they use the eye movements in

81
00:03:59,000 --> 00:03:55,620
occupational therapy for people who've

82
00:04:01,640 --> 00:03:59,010
had concussions and why do your eyes

83
00:04:04,190 --> 00:04:01,650
move back and forth during REM sleep if

84
00:04:07,610 --> 00:04:04,200
you know from what I've heard it's about

85
00:04:10,039 --> 00:04:07,620
information processing so is there a

86
00:04:11,780 --> 00:04:10,049
connection maybe but I'm not sure if we

87
00:04:14,809 --> 00:04:11,790
really know for sure mm-hmm

88
00:04:17,509 --> 00:04:14,819

but bottom line it was very successful

89

00:04:19,130 --> 00:04:17,519

and and the in the way it was used was

90

00:04:20,509 --> 00:04:19,140

having and let's use the example of the

91

00:04:23,370 --> 00:04:20,519

soldier coming back from the war with

92

00:04:28,410 --> 00:04:23,380

PTSD taking that sold

93

00:04:31,710 --> 00:04:28,420

back to the traumatic incidents having

94

00:04:37,110 --> 00:04:31,720

him rethink it talk through it while

95

00:04:39,720 --> 00:04:37,120

he's moving his eyes to to see it yes

96

00:04:42,590 --> 00:04:39,730

they don't have they don't have to be

97

00:04:45,270 --> 00:04:42,600

talking through it at the time but they

98

00:04:47,790 --> 00:04:45,280

invoke the memory again they remember

99

00:04:50,010 --> 00:04:47,800

that they remember that memory and then

100

00:04:54,540 --> 00:04:50,020

move their eyes at the same time yes and

101
00:04:57,060 --> 00:04:54,550
was a laser involved no okay I thought

102
00:04:58,710 --> 00:04:57,070
that somehow you would use a laser to

103
00:05:00,150 --> 00:04:58,720
help the person you know follow the

104
00:05:02,490 --> 00:05:00,160
laser back and forth kind of thing well

105
00:05:05,580 --> 00:05:02,500
you know that's a later thing we're just

106
00:05:07,320 --> 00:05:05,590
doing the eyes what was what we we used

107
00:05:09,900 --> 00:05:07,330
and not what I used almost all the time

108
00:05:12,060 --> 00:05:09,910
was either my hand or a wand

109
00:05:14,610 --> 00:05:12,070
okay thanks like a clean duster one

110
00:05:16,620 --> 00:05:14,620
gotcha so follow it back and forth yeah

111
00:05:19,200 --> 00:05:16,630
anything that would help move the eyes

112
00:05:22,950 --> 00:05:19,210
and by the way for soldiers coming back

113
00:05:26,340 --> 00:05:22,960

with PTSD is it usually associated with

114

00:05:28,590 --> 00:05:26,350

an isolated event that happened during

115

00:05:30,750 --> 00:05:28,600

war as opposed to just the broad

116

00:05:35,490 --> 00:05:30,760

experience of being under so much

117

00:05:38,090 --> 00:05:35,500

pressure it's both I worked at Camp

118

00:05:40,680 --> 00:05:38,100

Pendleton for four years working with

119

00:05:43,500 --> 00:05:40,690

active-duty Marines and Navy who had

120

00:05:47,430 --> 00:05:43,510

come back from Iraq and Afghanistan with

121

00:05:49,170 --> 00:05:47,440

PTSD and it's a whole bunch of things

122

00:05:51,180 --> 00:05:49,180

there isn't just there is both single

123

00:05:54,210 --> 00:05:51,190

incidents that they remember very

124

00:05:57,180 --> 00:05:54,220

intensely and then there is the whole

125

00:06:04,740 --> 00:05:57,190

issue of being let's say seven months in

126

00:06:06,300 --> 00:06:04,750

country and being not being in a

127

00:06:08,550 --> 00:06:06,310

dangerous situation and being

128

00:06:10,140 --> 00:06:08,560

hyper-vigilant the entire time and

129

00:06:12,810 --> 00:06:10,150

getting RIT and also getting very little

130

00:06:14,910 --> 00:06:12,820

sleep same time I mean the other thing

131

00:06:18,390 --> 00:06:14,920

that you hear about about veterans

132

00:06:23,490 --> 00:06:18,400

coming back is this just broad sense of

133

00:06:26,100 --> 00:06:23,500

depression slash guilt and feeling out

134

00:06:28,230 --> 00:06:26,110

of place with coming from this

135

00:06:30,030 --> 00:06:28,240

environment where you're with your guys

136

00:06:31,860 --> 00:06:30,040

and everything is about your guys and

137

00:06:34,380 --> 00:06:31,870

working together and survival and it's

138

00:06:36,719 --> 00:06:34,390

everything is life and death and then

139

00:06:37,290 --> 00:06:36,729

when you come back and I'm thinking

140

00:06:40,050 --> 00:06:37,300

about the moon

141

00:06:41,689 --> 00:06:40,060

the American sniper where you know now

142

00:06:44,820 --> 00:06:41,699

the guys pushing a cart through a

143

00:06:48,210 --> 00:06:44,830

grocery store is just everything is just

144

00:06:49,920 --> 00:06:48,220

so different and there's and you feel

145

00:06:51,960 --> 00:06:49,930

guilty also about the guys that are

146

00:06:54,600 --> 00:06:51,970

still there risking their lives while

147

00:06:57,960 --> 00:06:54,610

you're back you know at Vons shopping in

148

00:06:59,610 --> 00:06:57,970

the fruit section is that a form of PTSD

149

00:07:01,529 --> 00:06:59,620

that these guys are going through or is

150

00:07:04,559 --> 00:07:01,539

that kind of just really a there's a lot

151

00:07:06,119 --> 00:07:04,569

you know it's saying it's PTSD is to

152

00:07:07,409 --> 00:07:06,129

simplifying it there's just a whole

153

00:07:10,589 --> 00:07:07,419

bunch of different psychological

154

00:07:14,129 --> 00:07:10,599

dynamics at play they form very deep

155

00:07:18,360 --> 00:07:14,139

bonds with the with the men that that

156

00:07:22,070 --> 00:07:18,370

they're with over there and there's so

157

00:07:25,920 --> 00:07:22,080

there's that there's also in combat

158

00:07:31,409 --> 00:07:25,930

there's a really intense feeling of

159

00:07:33,240 --> 00:07:31,419

belonging of connection because your

160

00:07:35,010 --> 00:07:33,250

life depends on your buddy and your

161

00:07:36,510 --> 00:07:35,020

buddies life depends on you yeah and

162

00:07:38,189 --> 00:07:36,520

that's all the good part so but when you

163

00:07:41,399 --> 00:07:38,199

get back home how does that manifest

164

00:07:42,930 --> 00:07:41,409

itself negatively can be really well it

165

00:07:43,230 --> 00:07:42,940

can be really depressing to say the

166

00:07:45,390 --> 00:07:43,240

least

167

00:07:50,339 --> 00:07:45,400

and one of the things that happens is I

168

00:07:53,300 --> 00:07:50,349

know that there were guys who the PTSD

169

00:07:56,249 --> 00:07:53,310

did not materialize until they were

170

00:07:58,010 --> 00:07:56,259

reassigned to a unit that they there was

171

00:08:00,559 --> 00:07:58,020

a new unit for them and all of a sudden

172

00:08:02,939 --> 00:08:00,569

those memories came flooding back and

173

00:08:06,950 --> 00:08:02,949

usually the month that what happens they

174

00:08:09,540 --> 00:08:06,960

come back they're glad to be back and

175

00:08:11,490 --> 00:08:09,550

over a period of just a few months

176

00:08:13,769 --> 00:08:11,500

that's when a lot of the memories start

177

00:08:15,839 --> 00:08:13,779

to resurface and now they're in a safe

178

00:08:18,689 --> 00:08:15,849

environment they're know when you're

179

00:08:21,659 --> 00:08:18,699

over there the adrenaline is so intense

180

00:08:23,700 --> 00:08:21,669

all the time that it's that for the sake

181

00:08:25,200 --> 00:08:23,710

of your survival which is why the

182

00:08:26,909 --> 00:08:25,210

adrenaline is going on everything is

183

00:08:30,540 --> 00:08:26,919

suppressed for the most part for most

184

00:08:33,719 --> 00:08:30,550

people and I can describe that also as a

185

00:08:36,899 --> 00:08:33,729

form of a high oh it's dreamland high is

186

00:08:39,180 --> 00:08:36,909

is there's something that I call combat

187

00:08:42,089 --> 00:08:39,190

addiction and it's where they want to go

188

00:08:45,510 --> 00:08:42,099

back they want to do it again because

189

00:08:49,139 --> 00:08:45,520

there is no nothing makes them feel more

190

00:08:51,130 --> 00:08:49,149

alive than being in combat it's the you

191

00:08:54,699 --> 00:08:51,140

get this adrenaline high

192

00:08:56,880 --> 00:08:54,709

and when they come back too often they

193

00:08:58,930 --> 00:08:56,890

even warn them don't buy a motorcycle

194

00:09:00,910 --> 00:08:58,940

because they're looking for that

195

00:09:03,460 --> 00:09:00,920

adrenaline high and they're not going to

196

00:09:04,720 --> 00:09:03,470

get it like they did and that's can be

197

00:09:06,639 --> 00:09:04,730

very depressing and some of them

198

00:09:08,199 --> 00:09:06,649

volunteered to go back in order to get

199

00:09:10,269 --> 00:09:08,209

that adrenaline high knowing how

200

00:09:12,490 --> 00:09:10,279

dangerous it is and that really is

201
00:09:15,430 --> 00:09:12,500
something different than PTSD then yes

202
00:09:16,660 --> 00:09:15,440
that's the feeling stage and is the the

203
00:09:20,440 --> 00:09:16,670
treatment that we're about to talk about

204
00:09:23,230 --> 00:09:20,450
IMT t is that really just designed for

205
00:09:25,090 --> 00:09:23,240
PTSD and in traumatic events or is that

206
00:09:26,019 --> 00:09:25,100
something that also could treat what

207
00:09:33,400 --> 00:09:26,029
you're talking about with this

208
00:09:36,490 --> 00:09:33,410
adrenaline why well it's important to

209
00:09:39,400 --> 00:09:36,500
understand that okay let's look at

210
00:09:42,220 --> 00:09:39,410
instead of looking at names let's look

211
00:09:44,800 --> 00:09:42,230
at psychological phenomena we know that

212
00:09:46,930 --> 00:09:44,810
trauma is a psychological phenomenon it

213
00:09:49,960 --> 00:09:46,940

took us a long time to discover that

214

00:09:53,710 --> 00:09:49,970

phenomena you know in World War one I

215

00:09:55,900 --> 00:09:53,720

think it was battle fatigue and no

216

00:09:57,939 --> 00:09:55,910

shell-shocked World War two it's battle

217

00:09:59,530 --> 00:09:57,949

fatigue or this and they and they

218

00:10:00,939 --> 00:09:59,540

realized that there was you know there

219

00:10:02,500 --> 00:10:00,949

was something that was when psychology

220

00:10:04,240 --> 00:10:02,510

discovered that hey there's something

221

00:10:07,990 --> 00:10:04,250

people can be traumatized by what's

222

00:10:10,569 --> 00:10:08,000

going on it but between the wars and

223

00:10:14,980 --> 00:10:10,579

after the war is they actually forgot

224

00:10:15,850 --> 00:10:14,990

about the effect of trauma on the

225

00:10:18,460 --> 00:10:15,860

person's psyche

226

00:10:22,090 --> 00:10:18,470

it wasn't until really the Vietnam War

227

00:10:25,150 --> 00:10:22,100

that they realized that the of the

228

00:10:27,040 --> 00:10:25,160

impact of trauma on a person not just

229

00:10:31,900 --> 00:10:27,050

military trauma but eventually civilian

230

00:10:37,269 --> 00:10:31,910

trauma as well and so we actually had to

231

00:10:40,480 --> 00:10:37,279

discover and could develop an actual

232

00:10:44,470 --> 00:10:40,490

concept for the psychological impact of

233

00:10:47,560 --> 00:10:44,480

traumatic events on people okay what I

234

00:10:51,519 --> 00:10:47,570

did back in 2001 is I discovered the

235

00:10:53,920 --> 00:10:51,529

feelings state that is what is the why

236

00:10:58,230 --> 00:10:53,930

do people keep doing something like that

237

00:11:00,670 --> 00:10:58,240

why do they why do they do addictions

238

00:11:04,840 --> 00:11:00,680

what's and it turns out that there is a

239

00:11:09,160 --> 00:11:04,850

positive while trauma is a fixated

240

00:11:13,480 --> 00:11:09,170

negative memory there's also can be a

241

00:11:15,879 --> 00:11:13,490

fixated positive memory a good example

242

00:11:18,160 --> 00:11:15,889

of that in the very is somebody who gets

243

00:11:24,309 --> 00:11:18,170

addicted to heroin and they have this

244

00:11:26,590 --> 00:11:24,319

memory of euphoria and that that memory

245

00:11:28,290 --> 00:11:26,600

has become fixated so they keep with

246

00:11:30,400 --> 00:11:28,300

what they call chasing the dragon

247

00:11:32,379 --> 00:11:30,410

chasing the dragon means that they're

248

00:11:35,499 --> 00:11:32,389

chasing that feeling they got the first

249

00:11:37,329 --> 00:11:35,509

time to use the heroin but it turns out

250

00:11:39,220 --> 00:11:37,339

that feeling States or that fixated

251

00:11:44,139 --> 00:11:39,230

positive memory it's not just about

252

00:11:45,910 --> 00:11:44,149

drugs for example um gambling so I had a

253

00:11:48,819 --> 00:11:45,920

man who was a social gambler until he

254

00:11:51,759 --> 00:11:48,829

won a really large hand playing Texas

255

00:11:53,949 --> 00:11:51,769

Hold'em and he won and what he what he

256

00:11:58,389 --> 00:11:53,959

felt was this intense feeling of being a

257

00:12:02,319 --> 00:11:58,399

winner and so for him the feeling of

258

00:12:04,509 --> 00:12:02,329

benek being a winner got linked or sort

259

00:12:07,240 --> 00:12:04,519

of fixated with playing Texas Hold'em

260

00:12:10,139 --> 00:12:07,250

and the problem with fixated memory is

261

00:12:13,360 --> 00:12:10,149

once it's fixated there's no way

262

00:12:16,600 --> 00:12:13,370

previous so he lost a million dollars in

263

00:12:19,660 --> 00:12:16,610

ten years but it didn't change that

264

00:12:23,679 --> 00:12:19,670

fixated positive memory so to in or for

265

00:12:27,819 --> 00:12:23,689

a second similar to a traumatic event it

266

00:12:29,050 --> 00:12:27,829

was a dramatic positive event correct

267

00:12:32,920 --> 00:12:29,060

mm-hmm

268

00:12:34,629 --> 00:12:32,930

okay and what I discovered was that that

269

00:12:38,790 --> 00:12:34,639

when that that's what I called a feeling

270

00:12:42,790 --> 00:12:38,800

state and a feelin state is just as

271

00:12:45,189 --> 00:12:42,800

intense of phenomena as a traumatic what

272

00:12:49,509 --> 00:12:45,199

we as a traumatic fixated event that

273

00:12:52,689 --> 00:12:49,519

causes PTSD and can result in addiction

274

00:12:54,280 --> 00:12:52,699

it yes I mean what you're looking at

275

00:13:01,240 --> 00:12:54,290

when you're looking at porn addiction or

276

00:13:03,759 --> 00:13:01,250

you're looking at sex addiction or shop

277

00:13:05,740 --> 00:13:03,769

like shoplifting addiction or marijuana

278

00:13:07,689 --> 00:13:05,750

or alcohol or not shoplifting just

279

00:13:10,179 --> 00:13:07,699

regular shopping shopping addiction is

280

00:13:14,860 --> 00:13:10,189

also a you buy a Ferrari that's right

281

00:13:18,009 --> 00:13:14,870

and so anytime somebody has a fixated

282

00:13:20,470 --> 00:13:18,019

positive memory it is a commit crea

283

00:13:22,869 --> 00:13:20,480

it's a compulsion to do that specific

284

00:13:25,569 --> 00:13:22,879

behavior in order to get that feeling

285

00:13:28,319 --> 00:13:25,579

but let me interrupt there and ask it

286

00:13:30,340 --> 00:13:28,329

doesn't happen for everyone right so

287

00:13:33,220 --> 00:13:30,350

there's something going on for the

288

00:13:35,799 --> 00:13:33,230

person who wins the big hand at Texas

289

00:13:39,340 --> 00:13:35,809

Hold'em and has this euphoric feeling

290

00:13:42,759 --> 00:13:39,350

and then traces chases the dragon so to

291

00:13:45,069 --> 00:13:42,769

speak of having that feeling again where

292

00:13:47,410 --> 00:13:45,079

it essentially becomes an addiction that

293

00:13:49,900 --> 00:13:47,420

happens to not everyone obviously who

294

00:13:51,819 --> 00:13:49,910

wins the big man so what type of person

295

00:13:54,369 --> 00:13:51,829

is it that that's happening Judas is it

296

00:13:57,460 --> 00:13:54,379

somebody who has their own childhood

297

00:13:59,949 --> 00:13:57,470

trauma or issues prior to that the

298

00:14:05,289 --> 00:13:59,959

answer is of course yes what underlies

299

00:14:06,970 --> 00:14:05,299

those any the person who had a really in

300

00:14:09,519 --> 00:14:06,980

the gambler who had a really intense

301
00:14:11,229 --> 00:14:09,529
need to feel like a winner had a problem

302
00:14:11,859 --> 00:14:11,239
that he had a very intense feeling that

303
00:14:13,960 --> 00:14:11,869
he was a loser

304
00:14:16,090 --> 00:14:13,970
he had that feeling of being a loser

305
00:14:21,400 --> 00:14:16,100
because his father had called him a

306
00:14:23,049 --> 00:14:21,410
loser so the person who is is okay

307
00:14:24,939 --> 00:14:23,059
psychologically and they win the jackpot

308
00:14:27,609 --> 00:14:24,949
they're gonna have a normal reaction

309
00:14:29,650 --> 00:14:27,619
which is to celebrate have a drink or

310
00:14:32,679 --> 00:14:29,660
two but then go back to their everyday

311
00:14:34,809 --> 00:14:32,689
life petrol the person who was had the

312
00:14:38,249 --> 00:14:34,819
negative feelings about themselves that

313
00:14:42,129 --> 00:14:38,259

euphoric feeling they really need that

314

00:14:44,829 --> 00:14:42,139

yes they need that again that's exactly

315

00:14:47,759 --> 00:14:44,839

right and so you have to do two things

316

00:14:50,559 --> 00:14:47,769

though you can't just solve the trauma

317

00:14:53,199 --> 00:14:50,569

because once the feeling state is

318

00:14:55,960 --> 00:14:53,209

created once that fixated positive

319

00:14:59,019 --> 00:14:55,970

memory is created clearing the trauma

320

00:15:02,530 --> 00:14:59,029

doesn't make the feeling state go away

321

00:15:05,379 --> 00:15:02,540

it's now its own separate fixated

322

00:15:08,199 --> 00:15:05,389

positive memory yeah the same thing

323

00:15:09,280 --> 00:15:08,209

would apply to drugs or alcohol so the

324

00:15:12,609 --> 00:15:09,290

person who's not feeling good about

325

00:15:16,269 --> 00:15:12,619

themselves they have a drink that they

326

00:15:19,059 --> 00:15:16,279

they finally feel good and now they get

327

00:15:20,710 --> 00:15:19,069

fixated on having another drink because

328

00:15:24,789 --> 00:15:20,720

they're remembering how good it made

329

00:15:26,730 --> 00:15:24,799

them feel well yes one example here is

330

00:15:29,710 --> 00:15:26,740

that many times people start drinking

331

00:15:31,480 --> 00:15:29,720

either in high school or college and

332

00:15:33,400 --> 00:15:31,490

they start drinking with their buddies

333

00:15:36,579 --> 00:15:33,410

and so there's a deep feeling of

334

00:15:38,199 --> 00:15:36,589

camaraderie linked with drinking and so

335

00:15:39,490 --> 00:15:38,209

even though years later they're not

336

00:15:41,440 --> 00:15:39,500

drinking with those buddies anymore

337

00:15:44,290 --> 00:15:41,450

whenever they take a drink

338

00:15:45,940 --> 00:15:44,300

they feel that sense of camaraderie and

339

00:15:47,560 --> 00:15:45,950

that's what they're looking for and a

340

00:15:49,540 --> 00:15:47,570

solution they had to they had have had

341

00:15:53,410 --> 00:15:49,550

some underlying issues to begin with

342

00:15:55,600 --> 00:15:53,420

well you know it that's partly it I mean

343

00:15:58,030 --> 00:15:55,610

certainly I mean their hat they do have

344

00:16:00,040 --> 00:15:58,040

a real intense need from camaraderie but

345

00:16:02,079 --> 00:16:00,050

there's also a very intense need at

346

00:16:08,170 --> 00:16:02,089

different times different psychosocial

347

00:16:11,680 --> 00:16:08,180

needs at different times but probably if

348

00:16:13,540 --> 00:16:11,690

a person has a healthy childhood and

349

00:16:16,949 --> 00:16:13,550

doesn't have a need for intense need for

350

00:16:18,930 --> 00:16:16,959

that feeling then it will not fixate yes

351

00:16:22,269 --> 00:16:18,940

so

352

00:16:27,490 --> 00:16:22,279

EMDR I've always heard about for dealing

353

00:16:29,230 --> 00:16:27,500

with past traumas mm-hmm I am TT you

354

00:16:31,449 --> 00:16:29,240

don't go through the trauma you go

355

00:16:36,430 --> 00:16:31,459

through the positive feeling right no no

356

00:16:37,660 --> 00:16:36,440

no don't confuse okay okay okay while I

357

00:16:39,660 --> 00:16:37,670

was doing AMDR

358

00:16:42,190 --> 00:16:39,670

I developed the feeling state theory and

359

00:16:44,949 --> 00:16:42,200

so I was using bilateral stimulation

360

00:16:47,470 --> 00:16:44,959

that is the eye movement to process the

361

00:16:48,850 --> 00:16:47,480

feeling state so it went away and that

362

00:16:52,540 --> 00:16:48,860

worked really well the traumatic

363

00:16:57,519 --> 00:16:52,550

feelings know the positive feelings and

364

00:17:00,610 --> 00:16:57,529

ER work I used and ER as Shapiro created

365

00:17:03,130 --> 00:17:00,620

to process the trauma but you also have

366

00:17:06,669 --> 00:17:03,140

the feeling state the pop fixated

367

00:17:10,710 --> 00:17:06,679

positive memory and so what I discovered

368

00:17:14,410 --> 00:17:10,720

is by doing the same movement and

369

00:17:17,140 --> 00:17:14,420

focusing on the positive memory that

370

00:17:19,569 --> 00:17:17,150

fixated positive memory you could break

371

00:17:22,000 --> 00:17:19,579

the link between the behavior and the

372

00:17:24,130 --> 00:17:22,010

feeling and so the person just stops

373

00:17:27,360 --> 00:17:24,140

doing that behavior okay let me just

374

00:17:31,600 --> 00:17:27,370

interrupt and ask this question EMDR

375

00:17:35,740 --> 00:17:31,610

used to go back to let's say it's a

376

00:17:37,780 --> 00:17:35,750

childhood trauma and to relive every

377

00:17:41,280 --> 00:17:37,790

think it's while you're doing the eye

378

00:17:45,070 --> 00:17:41,290

movement that helps reduce that trauma

379

00:17:49,100 --> 00:17:45,080

how is it that the same thing

380

00:17:50,299 --> 00:17:49,110

with a positive feeling because normally

381

00:17:51,860 --> 00:17:50,309

you think you don't want to get rid of a

382

00:17:53,600 --> 00:17:51,870

positive feeling but I guess what you're

383

00:17:55,460 --> 00:17:53,610

saying is no you do want to get rid of

384

00:17:58,669 --> 00:17:55,470

that positive feeling sure because

385

00:18:03,820 --> 00:17:58,679

you're locked into the past what happens

386

00:18:09,110 --> 00:18:03,830

both both trauma and feeling states is

387

00:18:12,470 --> 00:18:09,120

that you have an isolated a memory that

388

00:18:14,930 --> 00:18:12,480

is isolated from experience in other

389

00:18:17,870 --> 00:18:14,940

words net your you experience you have

390

00:18:19,909 --> 00:18:17,880

as you go in life does it change that

391

00:18:24,169 --> 00:18:19,919

fixated either positive or negative

392

00:18:25,460 --> 00:18:24,179

memory so that you may feel little and

393

00:18:28,070 --> 00:18:25,470

small and helpless when you're 5 years

394

00:18:30,200 --> 00:18:28,080

old and you're getting beaten up you're

395

00:18:32,419 --> 00:18:30,210

30 years old now you're no longer small

396

00:18:35,659 --> 00:18:32,429

and helpless but you still feel that way

397

00:18:38,090 --> 00:18:35,669

because the fact that you've grown up

398

00:18:40,430 --> 00:18:38,100

and learned to be able to handle your

399

00:18:42,769 --> 00:18:40,440

life doesn't change that fixated

400

00:18:44,840 --> 00:18:42,779

negative memory the same is also true

401
00:18:48,380 --> 00:18:44,850
for fixated positive memories as well

402
00:18:50,630 --> 00:18:48,390
the feeling States because so the

403
00:18:53,299 --> 00:18:50,640
gambler who lost a million dollars in

404
00:18:55,159 --> 00:18:53,309
ten years that fixated positive memory

405
00:18:57,680 --> 00:18:55,169
of feeling like a winner when he played

406
00:19:01,700 --> 00:18:57,690
Texas Hold'em didn't change whenever he

407
00:19:03,470 --> 00:19:01,710
lost he felt he would feel bad about it

408
00:19:05,299 --> 00:19:03,480
he would feel guilty bill remorse about

409
00:19:08,930 --> 00:19:05,309
what he was doing to himself into his

410
00:19:09,529 --> 00:19:08,940
and to his family but the memory was

411
00:19:11,870 --> 00:19:09,539
still there

412
00:19:14,090 --> 00:19:11,880
and so you know as the guilt and remorse

413
00:19:15,710 --> 00:19:14,100

kind of went away the feeling State

414

00:19:17,090 --> 00:19:15,720

memory starts coming up and he wants to

415

00:19:20,060 --> 00:19:17,100

feel like a winner again he goes back

416

00:19:22,970 --> 00:19:20,070

and does it again and play Texas Holdem

417

00:19:26,840 --> 00:19:22,980

okay okay could so walk us through

418

00:19:30,730 --> 00:19:26,850

exactly how I MTT works okay yeah the

419

00:19:32,630 --> 00:19:30,740

process image transformation therapy is

420

00:19:35,389 --> 00:19:32,640

fundamentally different from all of it

421

00:19:37,519 --> 00:19:35,399

let me explain kind of how I the first

422

00:19:40,250 --> 00:19:37,529

time I ever did anything about it when I

423

00:19:42,169 --> 00:19:40,260

first the first event that set me on the

424

00:19:45,110 --> 00:19:42,179

track I was working with a man who was

425

00:19:50,269 --> 00:19:45,120

suicidal because his wife had left him

426

00:19:53,060 --> 00:19:50,279

for another man and I was and he was in

427

00:19:54,680 --> 00:19:53,070

a lot of pain and that was in the

428

00:19:56,600 --> 00:19:54,690

thought came to my mind well the only

429

00:19:58,340 --> 00:19:56,610

reason he's suicidal is because he hurts

430

00:20:00,440 --> 00:19:58,350

so if we could get rid

431

00:20:02,900 --> 00:20:00,450

of pain he wouldn't be in suicidal

432

00:20:04,520 --> 00:20:02,910

anymore I found an old technique back

433

00:20:05,840 --> 00:20:04,530

from the 60s where you breathe in the

434

00:20:09,289 --> 00:20:05,850

good energy and breathe out the bad

435

00:20:12,980 --> 00:20:09,299

energy and I decided to modify it and so

436

00:20:16,520 --> 00:20:12,990

I said what's the color of the pain he

437

00:20:19,909 --> 00:20:16,530

said red and I said where is it on his

438

00:20:21,980 --> 00:20:19,919

body and he said different places we so

439

00:20:23,750 --> 00:20:21,990

I had him breathe into the red and

440

00:20:27,860 --> 00:20:23,760

breathe it out of his body and when we

441

00:20:29,870 --> 00:20:27,870

finished he wasn't suicidal anymore so

442

00:20:32,240 --> 00:20:29,880

what I discovered was that with a

443

00:20:34,520 --> 00:20:32,250

breathing visualization technique you

444

00:20:40,659 --> 00:20:34,530

can release emotional pain from the body

445

00:20:43,279 --> 00:20:40,669

and he was never suicidal again um then

446

00:20:46,730 --> 00:20:43,289

and it just kind of developed from there

447

00:20:48,590 --> 00:20:46,740

I also had then in my private practice I

448

00:20:52,700 --> 00:20:48,600

had a child who's by having multiple

449

00:20:54,830 --> 00:20:52,710

Tantrums every every day and I because

450

00:20:57,100 --> 00:20:54,840

of a very bad experience with her father

451
00:20:59,810 --> 00:20:57,110
we kind of processed that the same way

452
00:21:01,880 --> 00:20:59,820
the multiple the multiple Tantrums

453
00:21:04,340 --> 00:21:01,890
dropped down to two a day which was a

454
00:21:08,090 --> 00:21:04,350
huge improvement then I had a woman

455
00:21:10,669 --> 00:21:08,100
whose fiance had hung himself about a

456
00:21:13,190 --> 00:21:10,679
year before and she felt incredibly

457
00:21:15,590 --> 00:21:13,200
guilty about that even though it wasn't

458
00:21:17,779 --> 00:21:15,600
her fault he was a veteran and so [h__\h]

459
00:21:20,060 --> 00:21:17,789
she was a veteran and but at the time

460
00:21:21,620 --> 00:21:20,070
that he hung himself there didn't seem

461
00:21:25,430 --> 00:21:21,630
to be any particular problems what she

462
00:21:27,680 --> 00:21:25,440
found him hanging in the garage and she

463
00:21:30,169 --> 00:21:27,690

had been having more problems with

464

00:21:32,120 --> 00:21:30,179

depression and drinking too much over

465

00:21:33,440 --> 00:21:32,130

the time and no matter how many times

466

00:21:35,680 --> 00:21:33,450

her friends would tell her it's not her

467

00:21:39,380 --> 00:21:35,690

fault she didn't do anything wrong she

468

00:21:43,250 --> 00:21:39,390

couldn't shake the guilt and so she came

469

00:21:45,740 --> 00:21:43,260

in for therapy and I just had an

470

00:21:47,419 --> 00:21:45,750

intuition that if we cleared the pain

471

00:21:50,480 --> 00:21:47,429

underlying the guilt that the guilt

472

00:21:51,680 --> 00:21:50,490

would go away and it worked we did the

473

00:21:54,680 --> 00:21:51,690

same basic breathing visualization

474

00:21:56,210 --> 00:21:54,690

technique and all of a sudden this guilt

475

00:21:59,030 --> 00:21:56,220

[h__h] been living with for a year it was

476
00:22:01,730 --> 00:21:59,040
gone never to return

477
00:22:03,669 --> 00:22:01,740
and that was so that was kinda like this

478
00:22:09,470 --> 00:22:03,679
that was when I discovered that pain

479
00:22:14,870 --> 00:22:09,480
underlies guilt and and then I had a man

480
00:22:16,640 --> 00:22:14,880
who was in his 90s and he had what we

481
00:22:19,909 --> 00:22:16,650
call hypochondriasis every time he had

482
00:22:21,799 --> 00:22:19,919
any little thing go wrong on his body he

483
00:22:24,110 --> 00:22:21,809
would have to his it make his wife take

484
00:22:30,220 --> 00:22:24,120
him into the emergency room and this was

485
00:22:35,960 --> 00:22:33,770
so she was getting she got tired of

486
00:22:38,299 --> 00:22:35,970
taking him in and spending that many

487
00:22:39,650 --> 00:22:38,309
hours in the ER so she brought him in

488
00:22:42,380 --> 00:22:39,660

for therapy thinking it was a compulsion

489

00:22:45,380 --> 00:22:42,390

but what but really what it was he was

490

00:22:48,740 --> 00:22:45,390

terrified and we traced the terror down

491

00:22:50,810 --> 00:22:48,750

to when he was in his 50s and he had

492

00:22:54,260 --> 00:22:50,820

angina attacks many thought he was going

493

00:22:56,780 --> 00:22:54,270

to die and that he got over that and

494

00:22:58,970 --> 00:22:56,790

then it didn't seem to bother him and

495

00:23:03,919 --> 00:22:58,980

when he was in his 90s when he is

496

00:23:05,630 --> 00:23:03,929

getting frail then he whenever something

497

00:23:07,580 --> 00:23:05,640

started to go wrong he just the terror

498

00:23:11,900 --> 00:23:07,590

of him dying

499

00:23:15,440 --> 00:23:11,910

came up now the way he worked with EMDR

500

00:23:17,150 --> 00:23:15,450

and Tara is very hard I've done it

501
00:23:21,470 --> 00:23:17,160
people people with MDR you have to

502
00:23:23,510 --> 00:23:21,480
actually feel it and it's just this is I

503
00:23:25,610 --> 00:23:23,520
thought he would die on me if I actually

504
00:23:27,350 --> 00:23:25,620
did it I mean who's he was frail he

505
00:23:30,830 --> 00:23:27,360
couldn't handle that kind of intensity

506
00:23:33,590 --> 00:23:30,840
having him relive the terror yeah it

507
00:23:39,919 --> 00:23:33,600
just that would just be too much and so

508
00:23:41,720 --> 00:23:39,929
I thought about well let's try this okay

509
00:23:43,580 --> 00:23:41,730
and the first thing I first question I

510
00:23:46,070 --> 00:23:43,590
asking is can you feel the pain

511
00:23:51,409 --> 00:23:46,080
underneath underneath the terror and he

512
00:23:52,669 --> 00:23:51,419
says no now I'm desperate so I say okay

513
00:23:56,990 --> 00:23:52,679

what color is the terror

514

00:23:59,690 --> 00:23:57,000

he said blue we cleared it out and about

515

00:24:01,900 --> 00:23:59,700

seven minutes later were finished and I

516

00:24:06,950 --> 00:24:01,910

said how do you feel and he says well

517

00:24:08,510 --> 00:24:06,960

pretty good I went okay and but I don't

518

00:24:10,730 --> 00:24:08,520

really know if anything has changed

519

00:24:12,549 --> 00:24:10,740

right so two weeks later he comes back

520

00:24:15,249 --> 00:24:12,559

in and I asked his wife

521

00:24:16,379 --> 00:24:15,259

him I said how's he been doing she said

522

00:24:18,639 --> 00:24:16,389

you know ever since that session

523

00:24:20,830 --> 00:24:18,649

whenever he had an issue he would just

524

00:24:22,090 --> 00:24:20,840

call the doctor and make an appointment

525

00:24:24,489 --> 00:24:22,100

like a normal person

526

00:24:25,869 --> 00:24:24,499

and it that was the end of it that's

527

00:24:30,519 --> 00:24:25,879

when I realized that you could release

528

00:24:33,789 --> 00:24:30,529

not only pain with IMT T but Terra as

529

00:24:37,869 --> 00:24:33,799

well so what did I ended up developing

530

00:24:39,249 --> 00:24:37,879

is not just new protocols like that what

531

00:24:41,499 --> 00:24:39,259

I call that they're the first ones the

532

00:24:43,210 --> 00:24:41,509

pain terrible ease protocol so you can

533

00:24:48,489 --> 00:24:43,220

release pain or terror using this

534

00:24:51,180 --> 00:24:48,499

breathing visualization but beyond that

535

00:24:54,190 --> 00:24:51,190

I found that an entirely new

536

00:24:55,330 --> 00:24:54,200

understanding of psychological dynamics

537

00:24:57,519 --> 00:24:55,340

called their survival model of

538

00:24:59,499 --> 00:24:57,529

psychological dynamics and what I mean

539

00:25:01,450 --> 00:24:59,509

by that is who would have guessed that

540

00:25:03,129 --> 00:25:01,460

pain underlies guilt and instead of

541

00:25:05,889 --> 00:25:03,139

processing the guilt you process the

542

00:25:09,970 --> 00:25:05,899

pain underlying the guilt and then I

543

00:25:13,749 --> 00:25:09,980

discovered that pain or terror underlie

544

00:25:16,090 --> 00:25:13,759

shame and so by releasing pain or terror

545

00:25:17,680 --> 00:25:16,100

whichever one they identify the Shan

546

00:25:20,519 --> 00:25:17,690

goes away and you don't process the

547

00:25:23,139 --> 00:25:20,529

shame you process the pain or terror and

548

00:25:25,869 --> 00:25:23,149

this is so I not only developed new

549

00:25:28,629 --> 00:25:25,879

protocols for processing things so that

550

00:25:31,720 --> 00:25:28,639

you can you can release the most intense

551

00:25:35,470 --> 00:25:31,730

pain the most intense terror the most

552

00:25:38,230 --> 00:25:35,480

intense guilt and shame can be released

553

00:25:41,950 --> 00:25:38,240

without the person ever having to really

554

00:25:44,190 --> 00:25:41,960

experience it as long as they can tune

555

00:25:49,389 --> 00:25:44,200

into it enough as if from a distance

556

00:25:50,940 --> 00:25:49,399

they can release it and so I just and

557

00:25:53,379 --> 00:25:50,950

because of this I was able to discover

558

00:25:55,259 --> 00:25:53,389

entirely new form of psychological

559

00:25:57,730 --> 00:25:55,269

understand uh conception of

560

00:26:00,970 --> 00:25:57,740

psychological dynamics that I call their

561

00:26:02,649 --> 00:26:00,980

survival model and it just kind of grew

562

00:26:05,139 --> 00:26:02,659

from there so it's not only that I

563

00:26:06,789 --> 00:26:05,149

develop new processing protocols which

564

00:26:10,749 --> 00:26:06,799

are much easier than AMDR

565

00:26:12,789 --> 00:26:10,759

on the person to do but they but also

566

00:26:18,239 --> 00:26:12,799

discovered a new way to target and

567

00:26:23,379 --> 00:26:18,249

identify and target what psychological

568

00:26:25,440 --> 00:26:23,389

dynamics to be most efficient at helping

569

00:26:27,810 --> 00:26:25,450

a person chain

570

00:26:31,379 --> 00:26:27,820

those change their behaviors and their

571

00:26:33,870 --> 00:26:31,389

and their feelings now how does the

572

00:26:36,629 --> 00:26:33,880

those anecdotes that you told me I'm not

573

00:26:38,669 --> 00:26:36,639

hearing about positive feelings and

574

00:26:40,740 --> 00:26:38,679

getting rid of the positive feelings

575

00:26:45,210 --> 00:26:40,750

associated with something so is that

576

00:26:48,690 --> 00:26:45,220

something different okay so um it's the

577

00:26:50,580 --> 00:26:48,700

case of the stupids I had a woman so

578

00:26:52,169 --> 00:26:50,590

this was going along really good people

579

00:26:54,930 --> 00:26:52,179

were doing so you know it was so much

580

00:26:57,570 --> 00:26:54,940

easier I was still using EMDR though at

581

00:26:59,070 --> 00:26:57,580

this point I was still releasing the

582

00:27:01,919 --> 00:26:59,080

feelings before doing the trauma

583

00:27:05,129 --> 00:27:01,929

traumatic work and then doing bilateral

584

00:27:07,379 --> 00:27:05,139

stimulation afterwards because what

585

00:27:09,960 --> 00:27:07,389

happens is it just people just it's so

586

00:27:12,060 --> 00:27:09,970

much easier to the MDR if the if the

587

00:27:15,480 --> 00:27:12,070

intensity of feelings has been reduced

588

00:27:19,470 --> 00:27:15,490

by 90% so I'm still doing the bilateral

589

00:27:23,970 --> 00:27:19,480
stimulation at this point but what

590

00:27:28,110 --> 00:27:23,980
happened is one time is that I had a

591

00:27:32,610 --> 00:27:28,120
woman who's super intelligent and but

592

00:27:35,370 --> 00:27:32,620
she thought she was stupid and I mean

593

00:27:36,870 --> 00:27:35,380
she was really a brilliant woman but she

594

00:27:38,490 --> 00:27:36,880
had this intense belief that she was

595

00:27:40,710 --> 00:27:38,500
stupid and so we released the pain of

596

00:27:42,509 --> 00:27:40,720
being stupid and she said yeah it

597

00:27:46,139 --> 00:27:42,519
doesn't hurt anymore but I'm but I know

598

00:27:47,310 --> 00:27:46,149
I'm still stupid and that meant okay

599

00:27:49,289 --> 00:27:47,320
it's something I don't have something

600

00:27:49,830 --> 00:27:49,299
right and I'm not I'm missing something

601
00:27:51,990 --> 00:27:49,840
here

602
00:27:54,990 --> 00:27:52,000
and then I developed the image

603
00:27:57,539 --> 00:27:55,000
deconstruction protocol and it was

604
00:28:00,080 --> 00:27:57,549
another it's basically just another

605
00:28:02,639 --> 00:28:00,090
simple type of process where a person

606
00:28:05,639 --> 00:28:02,649
she focused on the image of herself

607
00:28:07,139 --> 00:28:05,649
being stupid and destroyed it and won't

608
00:28:08,639 --> 00:28:07,149
go through the whole process now because

609
00:28:10,500 --> 00:28:08,649
you have to repeat it several times and

610
00:28:11,850 --> 00:28:10,510
then clear it from the body but after

611
00:28:13,230 --> 00:28:11,860
that she no longer know that she was

612
00:28:15,629 --> 00:28:13,240
stupid and realized how ridiculous it

613
00:28:18,060 --> 00:28:15,639

was now what does this have to do with

614

00:28:21,000 --> 00:28:18,070

feeling states all right feeling states

615

00:28:22,980 --> 00:28:21,010

is an image so if I were to take the

616

00:28:27,629 --> 00:28:22,990

gambler he would have the image of

617

00:28:29,730 --> 00:28:27,639

playing Texas Hold'em and Heather the

618

00:28:32,970 --> 00:28:29,740

and the feeling of being a winner linked

619

00:28:36,090 --> 00:28:32,980

together and what I would do is have

620

00:28:38,820 --> 00:28:36,100

them see that image and then pixelate it

621

00:28:43,289 --> 00:28:38,830

like you would see pixels on a TV screen

622

00:28:45,360 --> 00:28:43,299

and then destroy the image and repeat

623

00:28:48,269 --> 00:28:45,370

and repeat and repeat doing that wreck

624

00:28:50,909 --> 00:28:48,279

you know destroy it redo it recreate it

625

00:28:53,519 --> 00:28:50,919

again pixelate it destroy it and do it

626
00:28:57,840 --> 00:28:53,529
until you they cannot recreate it again

627
00:28:59,549 --> 00:28:57,850
and it's a blank screen and then the

628
00:29:01,200 --> 00:28:59,559
last step is to clear the pixel part of

629
00:29:04,080 --> 00:29:01,210
particles from the body I won't go to

630
00:29:06,389 --> 00:29:04,090
that detail too much anyway

631
00:29:09,870 --> 00:29:06,399
and what so what I would do with a

632
00:29:12,629 --> 00:29:09,880
feeling state is exactly that so I would

633
00:29:15,090 --> 00:29:12,639
have the gambler think about playing

634
00:29:17,210 --> 00:29:15,100
Texas Hold'em feeling that feeling that

635
00:29:19,379 --> 00:29:17,220
he's a winter seeing that in the image

636
00:29:22,139 --> 00:29:19,389
pixelate it and destroy it until it

637
00:29:23,549 --> 00:29:22,149
cannot be created again and that turned

638
00:29:26,250 --> 00:29:23,559

out to be an incredibly efficient way to

639

00:29:29,580 --> 00:29:26,260

clear feeling States and this is done in

640

00:29:31,830 --> 00:29:29,590

a one-hour session yeah feeling states

641

00:29:33,360 --> 00:29:31,840

you were pretty fast to clear one-hour

642

00:29:35,370 --> 00:29:33,370

session and they're done you know

643

00:29:38,970 --> 00:29:35,380

something with and even with AMDR was

644

00:29:41,549 --> 00:29:38,980

fast feely states are very easy to clear

645

00:29:44,580 --> 00:29:41,559

once you identify them the challenge for

646

00:29:47,039 --> 00:29:44,590

therapists is to identify what exact

647

00:29:47,759 --> 00:29:47,049

feeling is there you can't just say I

648

00:29:50,100 --> 00:29:47,769

feel good

649

00:29:52,289 --> 00:29:50,110

that's not gonna work you have to

650

00:29:54,600 --> 00:29:52,299

precisely identify it so if it's a

651
00:29:57,029 --> 00:29:54,610
feeling of belonging a bonding a feeling

652
00:29:59,580 --> 00:29:57,039
especially feeling important you have to

653
00:30:01,289 --> 00:29:59,590
identify exactly what the feeling is

654
00:30:04,220 --> 00:30:01,299
that they're looking for and does that

655
00:30:07,169 --> 00:30:04,230
take multiple sessions to identify that

656
00:30:09,450 --> 00:30:07,179
depends on how good you are most of the

657
00:30:12,120 --> 00:30:09,460
time it only takes I don't know five

658
00:30:14,100 --> 00:30:12,130
minutes once your experience said it it

659
00:30:16,289 --> 00:30:14,110
took me but when I was first figuring it

660
00:30:19,019 --> 00:30:16,299
out how to do it it took a while but

661
00:30:21,389 --> 00:30:19,029
you're now into treating people in and

662
00:30:24,629 --> 00:30:21,399
out somebody you've never met before

663
00:30:28,159 --> 00:30:24,639

and identifying the feeling state and

664

00:30:30,539 --> 00:30:28,169

erasing it in one session

665

00:30:33,600 --> 00:30:30,549

probably yeah that's only that's only

666

00:30:35,250 --> 00:30:33,610

part of the treatment but yes um now you

667

00:30:37,409 --> 00:30:35,260

can have multiple feeling states

668

00:30:39,899 --> 00:30:37,419

associated with twenty-one behavior for

669

00:30:43,549 --> 00:30:39,909

example smoking very likely I've seen

670

00:30:45,990 --> 00:30:43,559

seven feeling states with smoking but

671

00:30:47,490 --> 00:30:46,000

what happens is usually the first

672

00:30:49,580 --> 00:30:47,500

feeling state they come up with the

673

00:30:52,030 --> 00:30:49,590

first fixated positive memory they

674

00:30:55,090 --> 00:30:52,040

identify is the most powerful one

675

00:30:56,820 --> 00:30:55,100

and it changes in after you clear a

676

00:30:59,530 --> 00:30:56,830

feeling state behavior changes

677

00:31:01,900 --> 00:30:59,540

immediately and I don't take time it

678

00:31:04,570 --> 00:31:01,910

happens immediately so let's stick with

679

00:31:06,130 --> 00:31:04,580

the compulsive gambler mm-hmm and

680

00:31:08,890 --> 00:31:06,140

getting rid of that good feeling that he

681

00:31:11,620 --> 00:31:08,900

had when he won the big jackpot

682

00:31:13,570 --> 00:31:11,630

and now you've managed to get rid of

683

00:31:14,380 --> 00:31:13,580

that he can't reassemble it in his brain

684

00:31:17,550 --> 00:31:14,390

anymore

685

00:31:20,710 --> 00:31:17,560

what next because it still was based on

686

00:31:21,850 --> 00:31:20,720

some type of trauma that would cause him

687

00:31:23,710 --> 00:31:21,860

to be the type of person who would

688

00:31:25,960 --> 00:31:23,720

become it now we find out now we have to

689

00:31:29,530 --> 00:31:25,970

figure identify what the trauma is and

690

00:31:32,290 --> 00:31:29,540

clear that one that underlies it and how

691

00:31:34,540 --> 00:31:32,300

do you do that well what's interesting

692

00:31:36,430 --> 00:31:34,550

is a lot of times as you're clearing up

693

00:31:40,330 --> 00:31:36,440

the feeling state the traumatic memory

694

00:31:42,730 --> 00:31:40,340

surfaces just right there but if let's

695

00:31:46,420 --> 00:31:42,740

say they had it had an intense need to

696

00:31:48,310 --> 00:31:46,430

belong and you might ask you know where

697

00:31:50,050 --> 00:31:48,320

in your life did you feel you know

698

00:31:51,550 --> 00:31:50,060

what's the negative what is the negative

699

00:31:55,600 --> 00:31:51,560

belief you have about yourself that you

700

00:31:57,340 --> 00:31:55,610

don't belong I'm no good when you think

701
00:32:00,520 --> 00:31:57,350
back in your past is there a particular

702
00:32:03,250 --> 00:32:00,530
memory that really evokes that I that

703
00:32:06,160 --> 00:32:03,260
feeling that you're no good boom there

704
00:32:09,690 --> 00:32:06,170
we are we have a trauma to work on and

705
00:32:18,610 --> 00:32:14,290
process okay so let's say the the trauma

706
00:32:21,990 --> 00:32:18,620
was their mother yelling at them and

707
00:32:26,110 --> 00:32:22,000
saying that they're a miserable person

708
00:32:28,780 --> 00:32:26,120
horrible kid you're terrible okay that's

709
00:32:33,700 --> 00:32:28,790
very painful we release the pain of it

710
00:32:36,310 --> 00:32:33,710
and then there it could be that there is

711
00:32:39,160 --> 00:32:36,320
something else that actually the AMDR

712
00:32:41,970 --> 00:32:39,170
overlooks is the shock every traumatic

713
00:32:44,710 --> 00:32:41,980

event has shock associated with it and

714

00:32:46,150 --> 00:32:44,720

shock what Chuck does is it numbs of

715

00:32:50,140 --> 00:32:46,160

feelings and I think that's what causes

716

00:32:52,510 --> 00:32:50,150

actual fixation and then I would clear

717

00:32:53,950 --> 00:32:52,520

the shock if it's terrifying enough

718

00:32:57,670 --> 00:32:53,960

there's likely to be the feeling of

719

00:33:00,220 --> 00:32:57,680

frozen underneath that so using a form

720

00:33:01,780 --> 00:33:00,230

of the PT RP that I described the

721

00:33:04,510 --> 00:33:01,790

breathing visualization technique for

722

00:33:06,390 --> 00:33:04,520

releasing a feeling and then do the

723

00:33:10,590 --> 00:33:06,400

image deconstruction

724

00:33:14,010 --> 00:33:10,600

to destroy the image of the mother

725

00:33:15,990 --> 00:33:14,020

calling names mm-hmm yes shocked is

726

00:33:17,940 --> 00:33:16,000

interesting because that's probably what

727

00:33:19,740 --> 00:33:17,950

causes you to retain memories if I think

728

00:33:22,290 --> 00:33:19,750

back to my childhood and think about the

729

00:33:24,810 --> 00:33:22,300

things that I remember on the one hand

730

00:33:26,760 --> 00:33:24,820

it seems kind of random on the other

731

00:33:29,160 --> 00:33:26,770

hand it's probably things that were

732

00:33:34,250 --> 00:33:29,170

shocking at the time right that's

733

00:33:37,500 --> 00:33:34,260

exactly right and if and one of the

734

00:33:39,480 --> 00:33:37,510

problems with MDR is they don't there's

735

00:33:41,850 --> 00:33:39,490

there's concepts that they don't even

736

00:33:44,370 --> 00:33:41,860

have to work on so they don't even work

737

00:33:47,280 --> 00:33:44,380

on the shock they could they just don't

738

00:33:49,530 --> 00:33:47,290

they haven't discovered that and with

739

00:33:52,680 --> 00:33:49,540

IMT T it's pretty obvious and again you

740

00:33:55,740 --> 00:33:52,690

do another type of release by releasing

741

00:33:57,600 --> 00:33:55,750

the feeling of shock but with I M TT if

742

00:34:01,170 --> 00:33:57,610

we're talking about releasing the very

743

00:34:03,300 --> 00:34:01,180

bad traumatic memory the mother let's

744

00:34:05,580 --> 00:34:03,310

say you've been beating the child and

745

00:34:07,440 --> 00:34:05,590

telling the child you're no good mm-hmm

746

00:34:11,780 --> 00:34:07,450

do they have to relive that to help

747

00:34:14,370 --> 00:34:11,790

release it no as a matter of fact once

748

00:34:15,750 --> 00:34:14,380

so if the person were thinking it would

749

00:34:17,790 --> 00:34:15,760

that and they say they were terrified

750

00:34:19,740 --> 00:34:17,800

you know they were just they could you

751
00:34:22,020 --> 00:34:19,750
know the mother's face they would they

752
00:34:23,669 --> 00:34:22,030
wouldn't they're only supposed to feel

753
00:34:24,450 --> 00:34:23,679
it to the extent that they can see it

754
00:34:28,020 --> 00:34:24,460
from a distance

755
00:34:30,540 --> 00:34:28,030
so whereas sorry with EMDR do they

756
00:34:32,220 --> 00:34:30,550
relive it with the MDR they're much more

757
00:34:36,210 --> 00:34:32,230
likely to live it relive it that way

758
00:34:38,040 --> 00:34:36,220
because it's yes they say it's the

759
00:34:40,680 --> 00:34:38,050
primary benefit you believe of your

760
00:34:43,110 --> 00:34:40,690
technique is the person not having to

761
00:34:46,350 --> 00:34:43,120
relive the trauma that's one of the

762
00:34:50,010 --> 00:34:46,360
primary benefits of it in that it

763
00:34:52,230 --> 00:34:50,020

releases the the intensity releases the

764

00:34:54,180 --> 00:34:52,240

pain releases the terror without the

765

00:34:56,840 --> 00:34:54,190

person ever having to even experience it

766

00:35:01,860 --> 00:34:56,850

and so what happens is I mean I've had

767

00:35:05,130 --> 00:35:01,870

one one woman who had been sexually

768

00:35:07,290 --> 00:35:05,140

assaulted about a year before and they

769

00:35:09,210 --> 00:35:07,300

had done EMDR and it had actually made

770

00:35:11,430 --> 00:35:09,220

her worse because every time she even

771

00:35:13,400 --> 00:35:11,440

thought of the memory it was just it

772

00:35:15,620 --> 00:35:13,410

would reach Ramat eyes her

773

00:35:18,200 --> 00:35:15,630

and so she's sitting in my office and

774

00:35:22,329 --> 00:35:18,210

her legs are shaking I mean they are

775

00:35:26,240 --> 00:35:22,339

just shaking mile a minute there and

776

00:35:28,039 --> 00:35:26,250

this was and I I knew what had gone on

777

00:35:29,390 --> 00:35:28,049

but I didn't ask her about it but she

778

00:35:31,130 --> 00:35:29,400

was just sitting there terrified and I

779

00:35:32,779 --> 00:35:31,140

said why don't we just release the Tara

780

00:35:34,490 --> 00:35:32,789

I know you look like you're really

781

00:35:36,009 --> 00:35:34,500

terrified won't we just don't you tell

782

00:35:38,120 --> 00:35:36,019

me anything don't talk about it just

783

00:35:39,589 --> 00:35:38,130

release the terror that would be I'm

784

00:35:42,289 --> 00:35:39,599

gonna tell I'm gonna help take you

785

00:35:44,660 --> 00:35:42,299

through a simple visual breathing vision

786

00:35:45,980 --> 00:35:44,670

breathing visualization technique that's

787

00:35:50,180 --> 00:35:45,990

all we're gonna do don't tell me

788

00:35:52,460 --> 00:35:50,190

anything what colors iturra so she told

789

00:35:54,410 --> 00:35:52,470

me I took her through this we finished

790

00:35:56,720 --> 00:35:54,420

about 20 minutes later and by the time

791

00:35:58,880 --> 00:35:56,730

we got down to her spine her legs it's

792

00:36:02,259 --> 00:35:58,890

not speaking at all and never shook

793

00:36:05,390 --> 00:36:02,269

again so we wouldn't finish that and

794

00:36:08,210 --> 00:36:05,400

then I said and I thought maybe now we

795

00:36:09,920 --> 00:36:08,220

can you know my ideas let's tell me

796

00:36:12,620 --> 00:36:09,930

about the event a bit she couldn't tell

797

00:36:14,839 --> 00:36:12,630

me about it so I made a guess that what

798

00:36:19,190 --> 00:36:14,849

she's experiences is experiencing is

799

00:36:19,700 --> 00:36:19,200

intense shame so I said don't tell me

800

00:36:22,460 --> 00:36:19,710

about it

801
00:36:24,019 --> 00:36:22,470
does that shame feel painful terrifying

802
00:36:25,730 --> 00:36:24,029
just tell me that don't tell me anything

803
00:36:28,400 --> 00:36:25,740
else up goes gone and she said it was

804
00:36:31,309 --> 00:36:28,410
terrifying so we cleared that there's

805
00:36:34,579 --> 00:36:31,319
Tara underneath the shame we finished

806
00:36:35,930 --> 00:36:34,589
this about 20-25 minutes later and all

807
00:36:37,089 --> 00:36:35,940
of a sudden now she could start talking

808
00:36:42,079 --> 00:36:37,099
about it

809
00:36:43,940 --> 00:36:42,089
so we talked a couple minutes and about

810
00:36:44,480 --> 00:36:43,950
what the event was I didn't need more

811
00:36:46,730 --> 00:36:44,490
than that

812
00:36:48,859 --> 00:36:46,740
and then we deconstructed it using image

813
00:36:54,079 --> 00:36:48,869

deconstruction protocol and that was the

814

00:36:56,299 --> 00:36:54,089

end of that so this might be a better

815

00:36:57,499 --> 00:36:56,309

question for David pickup but first of

816

00:37:00,289 --> 00:36:57,509

all this is this the first you've

817

00:37:03,249 --> 00:37:00,299

learned that people are using your

818

00:37:07,069 --> 00:37:03,259

therapy for as reparative therapy for

819

00:37:09,289 --> 00:37:07,079

homosexuals or transgenders yeah yeah I

820

00:37:11,870 --> 00:37:09,299

mean you know people people take my

821

00:37:14,029 --> 00:37:11,880

workshops I don't know what they do you

822

00:37:16,130 --> 00:37:14,039

know if you know if they were to consult

823

00:37:18,470 --> 00:37:16,140

with me I also have a you know a lot of

824

00:37:19,999 --> 00:37:18,480

times after people take my workshops

825

00:37:22,279 --> 00:37:20,009

they'll consult with me on particular

826

00:37:23,690 --> 00:37:22,289

cases that's when I actually find out

827

00:37:25,819 --> 00:37:23,700

what they what they what - they're

828

00:37:27,109 --> 00:37:25,829

working with but yeah I haven't heard

829

00:37:29,749 --> 00:37:27,119

anything about using it

830

00:37:32,420 --> 00:37:29,759

to therapy yeah so well David in their

831

00:37:35,269 --> 00:37:32,430

group have discovered and based on their

832

00:37:38,630 --> 00:37:35,279

research even though it's controversial

833

00:37:42,019 --> 00:37:38,640

but they there's they published a book

834

00:37:45,259 --> 00:37:42,029

on it that homosexuality is linked to

835

00:37:47,210 --> 00:37:45,269

trial to childhood traumas most often if

836

00:37:50,359 --> 00:37:47,220

we're talking about a boy a traumatic

837

00:37:55,099 --> 00:37:50,369

issue with the father an abusive father

838

00:37:58,279 --> 00:37:55,109

an absent father you know lack of making

839

00:38:01,819 --> 00:37:58,289

a connection with a with a close male

840

00:38:04,009 --> 00:38:01,829

connection and that is the trauma that

841

00:38:06,349 --> 00:38:04,019

is the childhood trauma and he was using

842

00:38:11,150 --> 00:38:06,359

EMDR to take them back to that trauma

843

00:38:13,220 --> 00:38:11,160

and having a lot of success with it here

844

00:38:14,900 --> 00:38:13,230

if he uses and now he says he's using

845

00:38:17,329 --> 00:38:14,910

yours because he says you even having

846

00:38:19,220 --> 00:38:17,339

more success with it and you know

847

00:38:21,470 --> 00:38:19,230

they're the typical person that comes in

848

00:38:23,120 --> 00:38:21,480

is it's a it's a man who's had the

849

00:38:25,430 --> 00:38:23,130

homosexual feelings but it's been trying

850

00:38:27,109 --> 00:38:25,440

to suppress them for whatever reason you

851
00:38:30,739 --> 00:38:27,119
know society you know he prefers not to

852
00:38:33,049 --> 00:38:30,749
be a homosexual and marries a woman has

853
00:38:35,839 --> 00:38:33,059
children still having trouble repressing

854
00:38:38,180 --> 00:38:35,849
these feelings now he's out cheating on

855
00:38:41,239 --> 00:38:38,190
her on weekends with another man and

856
00:38:43,599 --> 00:38:41,249
he's doesn't want to wreck his family so

857
00:38:45,650 --> 00:38:43,609
he goes in to get therapy for this now

858
00:38:47,569 --> 00:38:45,660
there's a lot of states that would like

859
00:38:49,670 --> 00:38:47,579
to make this therapy illegal in fact the

860
00:38:52,370 --> 00:38:49,680
state of California says it's illegal

861
00:38:54,559 --> 00:38:52,380
for anyone 18 or under to get this

862
00:38:56,930 --> 00:38:54,569
therapy there was a law a bill last year

863
00:38:58,819 --> 00:38:56,940

the David pickup was very out in front

864

00:39:00,880 --> 00:38:58,829

of trying to oppose that would have made

865

00:39:04,729 --> 00:39:00,890

it illegal even for adults so that man

866

00:39:06,950 --> 00:39:04,739

who wants to save his marriage and stop

867

00:39:09,229 --> 00:39:06,960

cheating on his wife with other men it

868

00:39:11,089 --> 00:39:09,239

would be illegal in SATA California for

869

00:39:15,200 --> 00:39:11,099

him to try to treat those feelings I

870

00:39:16,940 --> 00:39:15,210

think that's outrageous that we should

871

00:39:19,729 --> 00:39:16,950

have freedom of our own minds and bodies

872

00:39:22,640 --> 00:39:19,739

to to live how we choose to live whether

873

00:39:24,259 --> 00:39:22,650

we choose to live gay or straight but

874

00:39:26,809 --> 00:39:24,269

anyway that that's the typical type of

875

00:39:29,450 --> 00:39:26,819

patient though that David was dealing

876

00:39:30,799 --> 00:39:29,460

with so presumably he would be taking

877

00:39:33,920 --> 00:39:30,809

that person back to the childhood trauma

878

00:39:36,349 --> 00:39:33,930

that he he had as a child and he and he

879

00:39:38,599 --> 00:39:36,359

finds that every single one of them that

880

00:39:39,980 --> 00:39:38,609

comes to him he can identify the

881

00:39:44,270 --> 00:39:39,990

childhood trauma every

882

00:39:46,760 --> 00:39:44,280

single one had a traumatic incident with

883

00:39:50,300 --> 00:39:46,770

yours where you add the positive

884

00:39:51,500 --> 00:39:50,310

feelings I'm just wondering and again I

885

00:39:54,440 --> 00:39:51,510

guess it's a better question for David

886

00:39:56,600 --> 00:39:54,450

pickup but would you add in there you

887

00:39:59,540 --> 00:39:56,610

know the first feeling he had being with

888

00:40:02,000 --> 00:39:59,550

another male and the positive feelings

889

00:40:10,210 --> 00:40:02,010

that he had associated with that and and

890

00:40:15,050 --> 00:40:10,220

tried to reduce that well yes

891

00:40:20,330 --> 00:40:15,060

okay there is it you know it depends

892

00:40:23,780 --> 00:40:20,340

it's the quality of so I had a man who

893

00:40:27,590 --> 00:40:23,790

had who was both married and fit that

894

00:40:29,750 --> 00:40:27,600

criteria and he had homosexual

895

00:40:33,230 --> 00:40:29,760

relationships for the guys but there was

896

00:40:34,820 --> 00:40:33,240

this compulsive quality to it that was

897

00:40:37,100 --> 00:40:34,830

different you can feel the difference

898

00:40:39,920 --> 00:40:37,110

between somebody who's generally

899

00:40:42,890 --> 00:40:39,930

interested in other men or or women

900

00:40:44,930 --> 00:40:42,900

whatever it is and some money that it is

901
00:40:47,599 --> 00:40:44,940
a compulsion there's that there's a

902
00:40:49,970 --> 00:40:47,609
different quality to it and if it's a

903
00:40:55,160 --> 00:40:49,980
compulsion so with this guy it began

904
00:40:57,109 --> 00:40:55,170
when he was the he was sexually abused

905
00:41:00,670 --> 00:40:57,119
by his brother when he was five years

906
00:41:03,730 --> 00:41:00,680
old and but it was very pleasurable and

907
00:41:06,890 --> 00:41:03,740
that feeling of connection that he got

908
00:41:09,950 --> 00:41:06,900
was what he was seeking so it got

909
00:41:11,480 --> 00:41:09,960
activated um later on in his life and it

910
00:41:14,660 --> 00:41:11,490
got that feeling of connection was

911
00:41:17,300 --> 00:41:14,670
linked with men and certainly when we

912
00:41:19,190 --> 00:41:17,310
cleared that feeling state he no longer

913
00:41:25,010 --> 00:41:19,200

had a interest in having a sexual

914

00:41:29,090 --> 00:41:25,020

relationship with men that in my mind is

915

00:41:30,980 --> 00:41:29,100

very different than being truly gay you

916

00:41:33,859 --> 00:41:30,990

know if there is a trauma or a feeling

917

00:41:36,290 --> 00:41:33,869

state underneath that that is causing a

918

00:41:38,599 --> 00:41:36,300

particular behavior you're not then

919

00:41:40,640 --> 00:41:38,609

you're not really focus to manage

920

00:41:44,720 --> 00:41:40,650

behavior because I never tried to manage

921

00:41:47,120 --> 00:41:44,730

behavior what I try to do is clear the

922

00:41:49,490 --> 00:41:47,130

underlying psychological dynamic so if

923

00:41:52,609 --> 00:41:49,500

there's a trauma there and it changes a

924

00:41:53,400 --> 00:41:52,619

person's behavior on after by doing that

925

00:41:55,770 --> 00:41:53,410

that

926

00:41:57,540 --> 00:41:55,780

healthy yeah yeah I mean what they would

927

00:41:59,460 --> 00:41:57,550

say again it's controversial but what

928

00:42:00,630 --> 00:41:59,470

they would say is that every homosexual

929

00:42:04,050 --> 00:42:00,640

has a traumatic

930

00:42:05,940 --> 00:42:04,060

trauma from their childhood to well

931

00:42:08,550 --> 00:42:05,950

every person has trauma from their

932

00:42:11,070 --> 00:42:08,560

childhood so that doesn't ya mean

933

00:42:12,990 --> 00:42:11,080

anything yeah well he would say the type

934

00:42:15,090 --> 00:42:13,000

of trauma that leads to it but yeah I

935

00:42:16,500 --> 00:42:15,100

can send you their book and you can see

936

00:42:17,880 --> 00:42:16,510

what they say about that but let's move

937

00:42:21,210 --> 00:42:17,890

on to other things that we've covered on

938

00:42:24,180 --> 00:42:21,220

the show and that is addictions so would

939

00:42:25,940 --> 00:42:24,190

you say that substance people that have

940

00:42:30,000 --> 00:42:25,950

substance addictions or substance abuse

941

00:42:33,090 --> 00:42:30,010

all of them have some child some trauma

942

00:42:36,420 --> 00:42:33,100

from their past that needs to be dealt

943

00:42:38,100 --> 00:42:36,430

with sure I mean what you have anytime

944

00:42:39,750 --> 00:42:38,110

you have an addiction you're their

945

00:42:42,900 --> 00:42:39,760

addictions are caused by two different

946

00:42:44,700 --> 00:42:42,910

two different psychological dynamics one

947

00:42:47,070 --> 00:42:44,710

is the positive feeling that they get

948

00:42:50,820 --> 00:42:47,080

from doing it and the other is avoidance

949

00:42:52,350 --> 00:42:50,830

of feelings so a person a gambler so

950

00:42:55,650 --> 00:42:52,360

they gamble so they don't feel anxious

951
00:42:59,970 --> 00:42:55,660
or then they smoke when they feel that

952
00:43:01,800 --> 00:42:59,980
they're when they feel loneliness so you

953
00:43:02,820 --> 00:43:01,810
have two different dynamics in clearing

954
00:43:04,770 --> 00:43:02,830
addiction you have two different

955
00:43:07,410 --> 00:43:04,780
psychological dynamics you have to solve

956
00:43:08,940 --> 00:43:07,420
you have to solve the feeling state the

957
00:43:11,670 --> 00:43:08,950
positive feeling and the underlying

958
00:43:14,580 --> 00:43:11,680
trauma but also people just use it for

959
00:43:15,990 --> 00:43:14,590
avoidance something that has nothing to

960
00:43:19,500 --> 00:43:16,000
do with the feeling state whatsoever

961
00:43:23,310 --> 00:43:19,510
people you know so any behavior has can

962
00:43:26,970 --> 00:43:23,320
be used used in multiple ways you know

963
00:43:30,800 --> 00:43:26,980

so a person has you know works too much

964

00:43:32,340 --> 00:43:30,810

in order to avoid feeling empty

965

00:43:34,770 --> 00:43:32,350

something like that

966

00:43:37,560 --> 00:43:34,780

so there's also avoidance and so you

967

00:43:39,570 --> 00:43:37,570

have to process those underlying

968

00:43:42,060 --> 00:43:39,580

psychological dynamics that they are not

969

00:43:46,700 --> 00:43:42,070

that they're trying to avoid is there

970

00:43:49,980 --> 00:43:46,710

always both the trauma and the positive

971

00:43:52,340 --> 00:43:49,990

event that they're seeking to recreate

972

00:43:55,020 --> 00:43:52,350

Jason and sometimes it's just avoidance

973

00:43:56,520 --> 00:43:55,030

some sometimes sometimes it's just

974

00:43:58,320 --> 00:43:56,530

avoidance and sometimes it's just a

975

00:44:01,500 --> 00:43:58,330

feeling state so I've had people with

976
00:44:03,810 --> 00:44:01,510
sex addictions who it really was about a

977
00:44:05,670 --> 00:44:03,820
positive feeling and once we cleared

978
00:44:06,630 --> 00:44:05,680
that positive feeling the feeling state

979
00:44:09,300 --> 00:44:06,640
they stopped

980
00:44:10,560 --> 00:44:09,310
doing it you know the thing is about sex

981
00:44:12,480 --> 00:44:10,570
addictions there's notes I've never

982
00:44:15,240 --> 00:44:12,490
found I worked with hundred of so-called

983
00:44:17,700 --> 00:44:15,250
sex addicts not one of them were

984
00:44:19,590 --> 00:44:17,710
actually addicted to sex but they're

985
00:44:21,750 --> 00:44:19,600
really addicted to is a certain feeling

986
00:44:25,020 --> 00:44:21,760
and it may not have even occurred during

987
00:44:27,690 --> 00:44:25,030
the sex act for example with one man

988
00:44:33,810 --> 00:44:27,700

whenever the woman took off her clothes

989

00:44:35,610 --> 00:44:33,820

he felt manly for another guy it was for

990

00:44:40,020 --> 00:44:35,620

the very first guy had worked with with

991

00:44:41,970 --> 00:44:40,030

a sex addiction with was when that was

992

00:44:44,460 --> 00:44:41,980

talking these about you know his having

993

00:44:46,950 --> 00:44:44,470

sex with women his eyes didn't light up

994

00:44:47,760 --> 00:44:46,960

and anytime you're talking about the

995

00:44:50,220 --> 00:44:47,770

feeling state

996

00:44:52,440 --> 00:44:50,230

it's exciting to people their eyes light

997

00:44:54,510 --> 00:44:52,450

up going this something's wrong is not

998

00:44:56,400 --> 00:44:54,520

it doesn't sound like he's even enjoying

999

00:44:58,530 --> 00:44:56,410

it that much so I said what do you do

1000

00:45:00,150 --> 00:44:58,540

beforehand and he says you know he's

1001
00:45:01,980 --> 00:45:00,160
about getting their phone numbers and

1002
00:45:03,360 --> 00:45:01,990
and dating them and stuff and that was

1003
00:45:06,030 --> 00:45:03,370
exciting but it didn't seem to work

1004
00:45:07,350 --> 00:45:06,040
didn't seem to be the big deal so I said

1005
00:45:09,120 --> 00:45:07,360
well what do you do afterwards well

1006
00:45:12,870 --> 00:45:09,130
afterwards I go tell a friend of mine

1007
00:45:17,010 --> 00:45:12,880
what I've done with his eyes I had a

1008
00:45:18,780 --> 00:45:17,020
friend like that okay and what they're

1009
00:45:19,680 --> 00:45:18,790
looking for what he was looking for is

1010
00:45:23,130 --> 00:45:19,690
admiration

1011
00:45:26,750 --> 00:45:23,140
now where that came from was in high

1012
00:45:29,160 --> 00:45:26,760
school his buddy has had a contest of

1013
00:45:30,750 --> 00:45:29,170

who would get the most number of women

1014

00:45:34,470 --> 00:45:30,760

have sex with the most number of women

1015

00:45:37,860 --> 00:45:34,480

and he unfortunately won so he's feeling

1016

00:45:39,810 --> 00:45:37,870

like big men on campus and that became

1017

00:45:44,010 --> 00:45:39,820

the fixated memory for him and what was

1018

00:45:46,200 --> 00:45:44,020

the trauma for him from childhood oh you

1019

00:45:49,200 --> 00:45:46,210

know childhood trauma stuff where he

1020

00:45:51,150 --> 00:45:49,210

didn't feel good enough mm-hmm what

1021

00:45:56,390 --> 00:45:51,160

about pedophilia since we're talking

1022

00:45:59,070 --> 00:45:56,400

about Epstein now you know I haven't I

1023

00:46:01,110 --> 00:45:59,080

worked at coiling a State Hospital for

1024

00:46:02,620 --> 00:46:01,120

sexual offenders for about a year in

1025

00:46:04,390 --> 00:46:02,630

nine months

1026

00:46:06,359 --> 00:46:04,400

if they didn't really let me do any

1027

00:46:12,180 --> 00:46:06,369

individual therapy everything was group

1028

00:46:17,739 --> 00:46:15,849

you know I don't know is it nature or

1029

00:46:21,880 --> 00:46:17,749

nurture some of them it seemed really to

1030

00:46:23,650 --> 00:46:21,890

be that's where they got fixated on when

1031

00:46:27,460 --> 00:46:23,660

they were a child I have worked with

1032

00:46:29,410 --> 00:46:27,470

somebody who like child pornography and

1033

00:46:32,170 --> 00:46:29,420

when we cleared that particular feeling

1034

00:46:36,400 --> 00:46:32,180

there stopped having any interest in it

1035

00:46:39,609 --> 00:46:36,410

whatsoever so I haven't done enough with

1036

00:46:42,489 --> 00:46:39,619

it and part of the problem is is if

1037

00:46:44,559 --> 00:46:42,499

you're in the hospital for it you've

1038

00:46:46,989 --> 00:46:44,569

been in prison for it you don't want to

1039

00:46:48,969 --> 00:46:46,999

go there because it's been so horrible

1040

00:46:50,799 --> 00:46:48,979

for you because you have to be able to

1041

00:46:54,729 --> 00:46:50,809

actually acknowledge it feel it to some

1042

00:46:57,309 --> 00:46:54,739

degree and and the people who are not in

1043

00:46:59,670 --> 00:46:57,319

not in the criminal justice system don't

1044

00:47:03,759 --> 00:46:59,680

admit it because then you go to prison

1045

00:47:05,440 --> 00:47:03,769

mm-hmm so that's not something I've had

1046

00:47:07,630 --> 00:47:05,450

some people be interested in maybe doing

1047

00:47:09,789 --> 00:47:07,640

the research on it but nobody has come

1048

00:47:11,920 --> 00:47:09,799

up with anything that I know of so I

1049

00:47:15,160 --> 00:47:11,930

don't really know is it nature and

1050

00:47:16,479 --> 00:47:15,170

nurture maybe it's some summer one and

1051
00:47:18,579 --> 00:47:16,489
some of the other I don't know enough

1052
00:47:23,650 --> 00:47:18,589
yet we need what we start doing research

1053
00:47:25,779 --> 00:47:23,660
on that so going back to addicts you

1054
00:47:29,739 --> 00:47:25,789
know you've got people being sent to

1055
00:47:32,680 --> 00:47:29,749
rehab centers 30-day rehab and the rehab

1056
00:47:34,150 --> 00:47:32,690
center sends them to a a meetings make

1057
00:47:37,019 --> 00:47:34,160
sure to make sure you get yourself a

1058
00:47:39,789 --> 00:47:37,029
sponsor make sure your work the steps

1059
00:47:43,120 --> 00:47:39,799
you're starting to feel the craving get

1060
00:47:48,489 --> 00:47:43,130
yourself to a meeting how do you feel

1061
00:47:49,809 --> 00:47:48,499
about that it's behavior management and

1062
00:47:54,099 --> 00:47:49,819
it works as well as behavior management

1063
00:47:56,349 --> 00:47:54,109

usually works pretty well okay

1064

00:47:58,239 --> 00:47:56,359

they haven't cleared the trauma they

1065

00:48:04,719 --> 00:47:58,249

haven't cleared the feeling states what

1066

00:48:10,109 --> 00:48:04,729

do you expect to happen and who what

1067

00:48:13,029 --> 00:48:10,119

percentage of therapists are doing EMDR

1068

00:48:15,039 --> 00:48:13,039

number one and then secondarily I MTT

1069

00:48:15,970 --> 00:48:15,049

because I had never heard of me do these

1070

00:48:18,340 --> 00:48:15,980

things

1071

00:48:19,840 --> 00:48:18,350

um you know I'm not sure they're

1072

00:48:22,420 --> 00:48:19,850

happening are they happening in any

1073

00:48:23,980 --> 00:48:22,430

treatments rehabilitation centers that

1074

00:48:26,859 --> 00:48:23,990

you know it oh absolutely

1075

00:48:29,230 --> 00:48:26,869

um they are definitely using EMDR

1076

00:48:35,940 --> 00:48:29,240

they're not am i MTT is much newer I

1077

00:48:44,410 --> 00:48:41,109

2013 something like that you know

1078

00:48:46,410 --> 00:48:44,420

Malibu's down the road from us promises

1079

00:48:50,050 --> 00:48:46,420

in Malibu yep

1080

00:48:53,530 --> 00:48:50,060

for 30 days for my heroin addiction or

1081

00:48:56,440 --> 00:48:53,540

whatever addiction are they using in Dr

1082

00:48:57,940 --> 00:48:56,450

on me I have no idea I don't know um

1083

00:49:01,690 --> 00:48:57,950

most of them don't

1084

00:49:04,390 --> 00:49:01,700

some of them do yeah I mean that's my if

1085

00:49:07,230 --> 00:49:04,400

you don't clear trauma I mean I mean one

1086

00:49:09,430 --> 00:49:07,240

of the one of the fascinating and really

1087

00:49:13,240 --> 00:49:09,440

disheartening things about the state of

1088

00:49:16,000 --> 00:49:13,250

psychology is you know India has been

1089

00:49:18,580 --> 00:49:16,010

around since 1989 the first paper was

1090

00:49:23,170 --> 00:49:18,590

Shapiro publisher paper first paper on

1091

00:49:25,570 --> 00:49:23,180

that and it is up until I MTT it was by

1092

00:49:29,859 --> 00:49:25,580

far the best way of dealing with trauma

1093

00:49:31,960 --> 00:49:29,869

and I have people and so many therapists

1094

00:49:33,940 --> 00:49:31,970

probably most therapists are not trained

1095

00:49:36,700 --> 00:49:33,950

in how to deal with trauma and yet

1096

00:49:38,349 --> 00:49:36,710

trauma is a fundamental aspect of why

1097

00:49:41,170 --> 00:49:38,359

people are having dysfunction of their

1098

00:49:43,300 --> 00:49:41,180

lives yeah I mean what what percentage

1099

00:49:46,030 --> 00:49:43,310

of people were having dysfunction in

1100

00:49:48,220 --> 00:49:46,040

their lives it's a base it's a result of

1101
00:49:52,000 --> 00:49:48,230
prior traumas what percentage uh-huh

1102
00:49:55,810 --> 00:49:52,010
100% 100% 100% you had there's two

1103
00:50:00,220 --> 00:49:55,820
different dynamics and this is what EMDR

1104
00:50:02,950 --> 00:50:00,230
over overlooks and that's neglect trauma

1105
00:50:04,990 --> 00:50:02,960
is easier to identify because there it

1106
00:50:07,150 --> 00:50:05,000
is it so you know somebody hits you boom

1107
00:50:09,460 --> 00:50:07,160
you can see it but what about when no

1108
00:50:10,870 --> 00:50:09,470
one's there what about or maybe they're

1109
00:50:12,940 --> 00:50:10,880
there physically but they're not that

1110
00:50:14,890 --> 00:50:12,950
there's no good interplay at all between

1111
00:50:18,270 --> 00:50:14,900
parent and child and they're left with

1112
00:50:21,370 --> 00:50:18,280
this feeling of hollowness or emptiness

1113
00:50:22,900 --> 00:50:21,380

that actually is I have seen people who

1114

00:50:25,090 --> 00:50:22,910

didn't want to release their pain

1115

00:50:27,130 --> 00:50:25,100

because under least and underneath the

1116

00:50:28,300 --> 00:50:27,140

pain was a feeling of emptiness and

1117

00:50:30,490 --> 00:50:28,310

that's worse

1118

00:50:33,190 --> 00:50:30,500

mmm-hmm there's what I call the feelings

1119

00:50:35,980 --> 00:50:33,200

of absence loneliness feeling of

1120

00:50:38,380 --> 00:50:35,990

emptiness well pick up calls that a

1121

00:50:41,550 --> 00:50:38,390

trauma because that is the trauma that

1122

00:50:45,280 --> 00:50:41,560

he's uncovering with many that the

1123

00:50:49,630 --> 00:50:45,290

absence of a father not being there is

1124

00:50:51,580 --> 00:50:49,640

can be a form of trauma the processing

1125

00:50:53,680 --> 00:50:51,590

is different the identification is

1126

00:50:56,380 --> 00:50:53,690

different I I don't like to I do not

1127

00:50:58,390 --> 00:50:56,390

want to complaint the two to put the two

1128

00:51:00,220 --> 00:50:58,400

together and I may and I may have that

1129

00:51:01,690 --> 00:51:00,230

wrong but but I do know that they

1130

00:51:04,930 --> 00:51:01,700

they're finding a big correlation

1131

00:51:07,240 --> 00:51:04,940

between the absence oh I don't doubt it

1132

00:51:10,150 --> 00:51:07,250

in issues I don't doubt it I mean there

1133

00:51:13,630 --> 00:51:10,160

are the feelings of absence are even

1134

00:51:15,370 --> 00:51:13,640

more powerful motivators than trauma and

1135

00:51:18,670 --> 00:51:15,380

you don't make the point that it's more

1136

00:51:20,980 --> 00:51:18,680

difficult for EMDR to treat that yes

1137

00:51:23,350 --> 00:51:20,990

that type of quote/unquote trauma

1138

00:51:27,220 --> 00:51:23,360

whereas with IM CT it's very simple to

1139

00:51:29,440 --> 00:51:27,230

treat so I'm a big Howard Stern fan and

1140

00:51:31,930 --> 00:51:29,450

he loves to talk about how often he sees

1141

00:51:34,630 --> 00:51:31,940

his therapist and two times a week three

1142

00:51:38,650 --> 00:51:34,640

times a week for 20 years I mean is that

1143

00:51:41,410 --> 00:51:38,660

type of therapy appropriate in light of

1144

00:51:42,970 --> 00:51:41,420

what you do and and and people come in

1145

00:51:49,060 --> 00:51:42,980

in and out in one session having such

1146

00:51:52,600 --> 00:51:49,070

dramatic changes it means they're not

1147

00:51:54,550 --> 00:51:52,610

really processing things so many things

1148

00:51:55,900 --> 00:51:54,560

not being therapy just to be clear

1149

00:51:59,320 --> 00:51:55,910

someone should not be in therapy for the

1150

00:52:00,430 --> 00:51:59,330

four years no actually I mean it could

1151

00:52:01,810 --> 00:52:00,440

be that they had such a horrible

1152

00:52:04,480 --> 00:52:01,820

childhood that they're having no trouble

1153

00:52:07,000 --> 00:52:04,490

even identifying anything and that would

1154

00:52:08,410 --> 00:52:07,010

be different I think that is the point

1155

00:52:10,240 --> 00:52:08,420

when people think about therapists and

1156

00:52:11,800 --> 00:52:10,250

therapy that's what most people think

1157

00:52:15,130 --> 00:52:11,810

about they think about seeing your

1158

00:52:18,580 --> 00:52:15,140

therapist once a week if not more yeah

1159

00:52:20,800 --> 00:52:18,590

with with IMT t you get changes almost

1160

00:52:22,270 --> 00:52:20,810

from the beginning usually from the very

1161

00:52:24,400 --> 00:52:22,280

first session if we do a double session

1162

00:52:27,880 --> 00:52:24,410

because it takes some time to take a

1163

00:52:30,310 --> 00:52:27,890

history taking and stuff but people have

1164

00:52:32,440 --> 00:52:30,320

very profound changes very fast with IMT

1165

00:52:35,530 --> 00:52:32,450

t much faster than with even EMDR and

1166

00:52:36,910 --> 00:52:35,540

EMDR is way beyond if you're just doing

1167

00:52:40,420 --> 00:52:36,920

talk therapy you're not changing

1168

00:52:41,960 --> 00:52:40,430

anything not really you know that they

1169

00:52:44,960 --> 00:52:41,970

adjust to it they

1170

00:52:47,390 --> 00:52:44,970

you know they understand it more they

1171

00:52:50,000 --> 00:52:47,400

they're not so you know freaked out by

1172

00:52:52,220 --> 00:52:50,010

it perhaps but it doesn't change the

1173

00:52:53,750 --> 00:52:52,230

underlying psychological dynamics but

1174

00:52:57,559 --> 00:52:53,760

you say you're not very good for their

1175

00:52:58,609 --> 00:52:57,569

business no you're not even very good

1176

00:53:01,010 --> 00:52:58,619

for your own business

1177

00:53:02,990 --> 00:53:01,020

no I you're right I mean I have people

1178

00:53:04,309 --> 00:53:03,000

come and you know we do five sessions

1179

00:53:08,000 --> 00:53:04,319

and they're going you know I'm a lot

1180

00:53:10,069 --> 00:53:08,010

better now it's over I'm going okay I I

1181

00:53:14,230 --> 00:53:10,079

hope you charged more per per session

1182

00:53:17,270 --> 00:53:14,240

than most therapists no not really

1183

00:53:20,059 --> 00:53:17,280

what's the average price of a session

1184

00:53:25,130 --> 00:53:20,069

oh I charge \$200 for 50 minutes 5-0

1185

00:53:27,890 --> 00:53:25,140

mm-hmm so but this could be one of the

1186

00:53:30,680 --> 00:53:27,900

reasons why we don't hear more about

1187

00:53:32,630 --> 00:53:30,690

this because well it's still just you

1188

00:53:34,970 --> 00:53:32,640

know something I'm still I mean I

1189

00:53:37,130 --> 00:53:34,980

published I've still been developing it

1190

00:53:39,730 --> 00:53:37,140

so I haven't been you might say not mark

1191

00:53:44,839 --> 00:53:39,740

number one I'm not much of a marketer

1192

00:53:47,900 --> 00:53:44,849

but I've really been developing it and I

1193

00:53:51,530 --> 00:53:47,910

only have dealt that it's fairly well

1194

00:53:53,120 --> 00:53:51,540

developed actually in the last year you

1195

00:53:54,349 --> 00:53:53,130

know I mean it people have been using it

1196

00:53:57,200 --> 00:53:54,359

for now years I've been teaching

1197

00:53:58,819 --> 00:53:57,210

therapist how to use it and sometimes

1198

00:54:00,349 --> 00:53:58,829

especially near the beginning I was

1199

00:54:02,240 --> 00:54:00,359

driving them nuts as I would keep

1200

00:54:05,690 --> 00:54:02,250

changing the names of the protocols as I

1201
00:54:07,809 --> 00:54:05,700
would discover new things so I mean the

1202
00:54:10,819 --> 00:54:07,819
newest protocol I developed last year

1203
00:54:12,319 --> 00:54:10,829
that made a huge difference in the way

1204
00:54:16,849 --> 00:54:12,329
of treating for things like social

1205
00:54:18,880 --> 00:54:16,859
anxiety for example and so there's so

1206
00:54:21,290 --> 00:54:18,890
it's been developing and I feel more

1207
00:54:25,250 --> 00:54:21,300
that I feel like it's developed

1208
00:54:28,099 --> 00:54:25,260
conceptually well now and I got lots of

1209
00:54:31,190 --> 00:54:28,109
lots of feedback from both therapists

1210
00:54:34,130 --> 00:54:31,200
and the clients of those therapists that

1211
00:54:36,109 --> 00:54:34,140
it's really working well well

1212
00:54:38,030 --> 00:54:36,119
congratulations I think it's an amazing

1213
00:54:39,980 --> 00:54:38,040

breakthrough just as I think EMDR is a

1214

00:54:41,390 --> 00:54:39,990

great breakthrough and it's very

1215

00:54:44,329 --> 00:54:41,400

disappointing to hear that that's not

1216

00:54:46,040 --> 00:54:44,339

more widespread yes I hope yours becomes

1217

00:54:47,750 --> 00:54:46,050

more widespread I mean ballpark how many

1218

00:54:49,670 --> 00:54:47,760

therapists out there are practicing your

1219

00:54:51,680 --> 00:54:49,680

therapy

1220

00:54:56,029 --> 00:54:51,690

I've trained about 150 right now and

1221

00:54:57,920 --> 00:54:56,039

what about EMDR how many out there well

1222

00:54:59,720 --> 00:54:57,930

the problem you always have is how many

1223

00:55:01,250 --> 00:54:59,730

people did the workshops and how many

1224

00:55:02,480 --> 00:55:01,260

people really got certified I mean

1225

00:55:02,690 --> 00:55:02,490

there's a huge difference between the

1226

00:55:06,200 --> 00:55:02,700

two

1227

00:55:09,019 --> 00:55:06,210

EMDR is has a much deeper learning curve

1228

00:55:10,549 --> 00:55:09,029

one of the advantages of IMT T is that

1229

00:55:12,620 --> 00:55:10,559

it is a gentle learning curve that is

1230

00:55:14,240 --> 00:55:12,630

you can just start using some of it in

1231

00:55:16,039 --> 00:55:14,250

your practice like releasing the pain

1232

00:55:17,839 --> 00:55:16,049

and terror and keep doing what you're

1233

00:55:20,390 --> 00:55:17,849

already doing and then keep adding to it