



# **DELTA LIFE SKILLS<sub>sm</sub>**



**EMOTIONAL FREEDOM IS IN YOUR HANDS with REB<sub>sm</sub>**

***Integral Energy Psychology***

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## **PART ONE: THE RADIANT ENERGIES BALANCE (REB)<sub>sm</sub> PROTOCOL: PHILOSOPHY/RESEARCH/THEORY BACKGROUND©**

### **Section:**

- 16.4. Judith Swack's structure of loss and violence trauma imprints
  - 16.4.1. Introduction
  - 16.4.2. Characteristics and importance of trauma imprints
  - 16.4.3. Outlines of loss and violence trauma imprints
    - 16.4.3.1. Loss trauma imprint
    - 16.4.3.2. Violence trauma imprint

### **16.4. JUDITH SWACK'S STRUCTURE OF LOSS AND VIOLENCE TRAUMA IMPRINTS**

Judith Swack (Swack 1994, 2001b, 2002) did pioneering work uncovering the basic structure of beliefs that accompany trauma imprints.

#### **16.4.1. INTRODUCTION**

(from 2001b):

##### **"Natural bio-destressing.**

Have you noticed that when people are stressed they often:

- ∞ Rub the bridge of their nose by the eye socket
- ∞ Rub the temples by side of their eyes
- ∞ Hold their whole hand on their cheek
- ∞ Put their hand over their mouth, or hold their index finger under the nose, the middle finger under the mouth, and their chin with the rest of their hand
- ∞ Pound or grab their chest under the collarbone
- ∞ Hug themselves
- ∞ Stand with their arms folded, palm of right hand over left ribcage
- ∞ Chew on the edge of their fingers
- ∞ Drum their fingertips on a desk or table
- ∞ Wring their hands
- ∞ Hold their hands with fingers folded together
- ∞ Hold the outside edge of one hand within the palm of the other hand?

"Why do people do that? Everyone I've asked said it was calming, soothing, comforting, grounding."

"Why is that? It is because stimulating these areas of the body activates the calming reflex (also known as the stress relaxation response). This calming reflex directly inhibits the fight/flight/freeze reflex (also known as the sympathetic alarm response) that is active when we are stressed."

"What happens during a traumatic shock? A traumatic shock triggers the fight/flight/freeze reflex, and anything that was in the environment at the time (sights, sounds, sensations) becomes associated with the traumatic reaction. Later exposure to the environmental stimuli present during the original reaction can retrigger subsequent phobic/traumatic reactions (i.e. a flashback)."

"How do we clear traumatic reactions from the mind and body in minutes? People automatically and unconsciously stimulate their calming reflex by touching the areas of the body that I described above. In the [Emotional Freedom Process] technique, a person focuses consciously on the traumatic reaction and systematically stimulates all of these natural bio-destressing points thus inducing the calming reflex and neutralizing the traumatic reaction. From that time forward, the memory of that event is associated with the relaxed state, and the person no longer reacts phobically. It is my feeling that the genius of this technique is not so much the technique itself which we do naturally and unconsciously all the time. I feel that the genius of this technique is that we can *consciously* focus on a traumatic memory and clear the upset *intentionally*. Hence, we have choice about how we feel and react."

"Terrorism is an act of violence and codes as a violence trauma. If you lost a loved one, a job, money, opportunity, freedom, etc. you may also have loss trauma. In my research on loss and violence trauma, I found that people had very predictable reactions that consisted of a series of exaggerated emotions, painful feelings, and irrational beliefs (for a more detailed explanation see 1994, 2002). In both a loss and a violence trauma people usually feel:" [see "16.4.2. Characteristics and importance of trauma imprints" below for more information]

- ∞ "shock/fear, anger/rage., sadness, hurt/pain
- ∞ irrational feelings of guilt, shame, and blame i.e., what happened is my fault; it is people other than the perpetrator's fault; it is God's fault.
- ∞ I am helpless and have no control over the situation.
- ∞ I (we, our country) am bad/unlovable/unwanted/undeserving/unworthy.
- ∞ anticipatory phobias, the dread that the something bad will happen again"

"In violence trauma people often feel:

- ∞ My boundaries have been violated or breached.
- ∞ feeling of pollution: I (we, our country, our environment) feels contaminated by the evil that was done.
- ∞ I don't feel safe; I feel vulnerable. I am a victim; I am a target.
- ∞ People/men/women are dangerous and/or crazy so, I don't trust or I can't receive from anyone.
- ∞ Power is bad; I am afraid of power (mine and or other people's)."

"In loss trauma people often feel:

- ∞ anxiety about who will take care of me
- ∞ People leave me. I can't trust them.
- ∞ feeling of emptiness/loss"

"Other possible trauma reactions:

- ∞ other emotions such as bitterness, hate, disgust
- ∞ other limiting beliefs or irrational thoughts (such as "this is the end of the world.")
- ∞ feelings of lethargy or inner deadness
- ∞ earlier wounding that got reactivated"

#### **16.4.2. CHARACTERISTICS AND IMPORTANCE OF TRAUMA IMPRINTS**

From: "The basic structure of loss and violence trauma imprints," March 1994 Anchor Point Magazine - The Magazine for Effective Neuro-Linguistic Communication

"Trauma imprints occur in individuals' minds and bodies at the moment they first feel shocked, surprised, and/or frightened during a traumatic experience. This imprint is phobic in nature in that the learning occurs instantaneously at the moment of the initial shock. The imprint remains frozen in the body, and environmental cues can trigger 'flashbacks' of the event unless the trauma imprint is specifically released by interventions that clear phobias. The major characteristic of a trauma imprint includes a sense of being frozen, stuck, unable to breath, unable to change, and unable to access age appropriate resources in specific situations. Additional diagnostic indicators include unwanted irrational or exaggerated emotional reactions (responses that people know are inappropriate but are unable to suppress during the reaction), and repeating nightmares. Trauma imprints are more complicated than simple phobias because they are layered. In addition to fear, there are the intense negative emotions of anger, sadness, hurt and guilt or shame. At the same time, people make irrational decisions about themselves, the situation, and the world in general. These decisions can undermine their self worth and confidence."

"...[T]his study ...examine[s] the structure of two major categories of trauma imprints, loss and violence. Experiences that predictably cause loss trauma imprints include unexpected loss of a family member, spouse, or friend through death or divorce, actual or apparent abandonment, a sudden health crisis resulting in loss of function, and loss of a job. Experiences that predictably cause violence trauma imprints include verbal, physical, or sexual attacks on individuals or their property. Sometimes a traumatic experience will cause an individual's personality to fragment into conflicting parts, and sometimes the damaged parts are suppressed. When I [Swack] find a 'part' of a client that will not admit to having a positive intention and that cannot be reframed, I [Swack] know that the client has experienced a trauma. Sometimes trauma incidents are so terrible that people's unconscious minds protect them by suppressing entirely the memory of the event. In these cases, clients may suspect that something bad has happened to them because they have repeated bad dreams or small flashes of memory, someone else tells them about the event, or they are aware that their behavior and emotional reactions are different from those of others in similar situations."

"It requires a lot of energy to suppress and compensate for a trauma imprint with its accompanying layers of negative emotion and limiting beliefs. This energy drain makes it difficult for people to be completely successful, to fully enjoy their life in the present, and to easily progress into the future. Like a dormant volcano, the whole experience can erupt at anytime causing anxiety and pain. If the trauma occurred early in life it can freeze clients' emotional development in some contexts, and block their ability to develop into powerful, resourceful, successful, productive, and complete adults."

"From my [Swack] specialization in phobias and in health problems, I [Swack] found that many of my clients carried loss and violence imprints **even though they were not initially aware that this was the cause of their presenting problems.** Two clients presented with seemingly simple phobias

(fear of heights and claustrophobia in subways) which were in fact related to loss of their fathers at age two-three years and at age eleven months, respectively. Several clients manifested compulsive/addictive behaviors such as workaholism, food addiction (binge-eating), and relationship addictions or dysfunctions stemming from loss or violence traumas. Disease symptoms that disappeared following trauma intervention included cancer, acute episodes of multiple sclerosis, chronic fatigue syndrome, recurring viral upper respiratory infections, and musculo-skeletal pain. In addition, 50-70% of allergies could be traced to a traumatic reference experience which needed to be cleared before the immune response could be permanently corrected." [emphasis in original]

"If trauma imprints are so damaging to people, why do we have the neuroendocrine hardwiring for this physical reflex? A possible answer to this question came to me as I [Swack] listened to a friend describe a motorcycle accident. Although he was badly injured, he **felt no pain and was able to function** well enough to get himself to a hospital. People who lose loved ones often make the funeral arrangements in a **numb state that enables them to function**. Clearly, this reflex is a survival mechanism that allows people to function without becoming overwhelmed by pain for 24-48 hours after an injury." [emphasis in original]

"Why is the same reflex triggered by the pain of an emotional trauma as well as a physical trauma? Perhaps the unconscious mind or body cannot distinguish physical from emotional pain since emotions are feelings felt in the body. Unfortunately, the frozen state remains in the body memory long after the triggering event resulting in the lingering emotional and physical discomfort characteristic of phobic trauma imprints. Because of the far-reaching consequences of trauma imprints, I decided to define the core structure of loss and violence imprints and devise a treatment protocol for clearing the entire pattern. The patterns described below were distilled from experience with more than eighty clients during the last ten years. All of the elements outlined in the core structure are common to **every one** of the clients studied. The exact wording of some of the core beliefs varies with the individual, but the meaning is the same. Additional beliefs not listed in the outline, underlying causes, and some of the behavioral manifestations associated with the imprint are idiosyncratic." [emphasis in original]

### **16.4.3. OUTLINES OF LOSS AND VIOLENCE TRAUMA IMPRINTS**

#### **16.4.3.1. LOSS TRAUMA IMPRINT**

##### **16.4.3.1.1. Initial Shock**

- A. Shock/Fear
- B. Anger/Rage
- C. Sadness
- D. Hurt/Pain

##### **16.4.3.1.2. Limiting (core) Beliefs**

- A. Responsibility (guilt/shame/blame)
  - 1. It's my fault because \_\_\_\_\_
  - 2. It's other people's fault because \_\_\_\_\_
  - 3. Disconnection from God. It's God's fault because (How could God let this happen? There is no God.) \_\_\_\_\_
- B. Who will take care of me?
- C. People leave me. I can't trust them.
- D. I am powerless or helpless/I have no control.

E. I am bad/unlovable/unwanted/undeserving-unworthy.

### **16.4.3.1.3. feeling Of Emptiness**

#### **16.4.3.1.4. Root Cause: the Setup.**

#### **16.4.3.1.. Anticipatory Phobia**

### **16.4.3.2. VIOLENCE TRAUMA IMPRINT**

#### **16.4.3.2.1. Initial Shock**

- A. Shock/Fear
- B. Anger/Rage
- C. Sadness
- D. Hurt
- E. Feeling Vulnerable/Boundary Violation or Breach
- F. Feeling of Pollution

#### **16.4.3.2.2. Limiting (core) Beliefs**

- A. Responsibility (Guilt/shame/blame)
  - 1. It's my fault because \_\_\_\_\_
  - 2. It's other people's fault because \_\_\_\_\_
  - 3. Disconnection form God. It's God's fault because (How could God let this happen? There is no God.) \_\_\_\_\_
- B. I don't feel safe. (I am a victim. I am a target.)
- C. People/men/women hurt me and/or are dangerous and/or are crazy. Thus:
  - 1. I don't trust anyone.
  - 2. I can't receive from anyone.
- D. Power and control issues
  - 1. I am powerless/helpless. I have no control.
  - 2. Power is bad.
  - 3. I am afraid of power (mine and or other people's).
- E. I am bad/unlovable/unwanted/undeserving-unworthy.

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