


# BEYOND TALK THERAPY Bob Schmidt, LPC CCA Conference 11-03-23

TECHNIQUE	WHAT IT TREATS	DESCRIPTION	TIME	ITEMS NEEDED
<p><b>BioLateral Sound Healing</b></p>  <p>David Grand, Ph.D</p>	<p>Stress, anxiety, and depression</p>	<p>Client sits in a quiet place and listens to BioLateral Sound with ear buds. The music or nature sounds move gently from left to right.</p>	<p>15 to 20 min.</p>	<p>Smart phone with music app, or a CD player. Need ear buds</p>
<p><b>Individually Designed Playlists</b></p>	<p>Stress, anxiety, and depression</p>	<p>Client has music of their own choice playing in the background</p>	<p>No set time</p>	<p>Smart phone with music app, or a CD player</p>
<p><b>Tap and Breathe (short version)</b></p>	<p>Anger management Panic Attacks Fear</p>	<p>Client taps on 9 acupuncture meridians and says what they are feeling</p>	<p>5 to 20</p>	<p>Both hands</p>
<p><b>Tapping / EFT (long version)</b></p>	<p>Stress, anxiety, depression, and trauma</p>	<p>Client taps on 9 acupuncture meridians and follows a specifically designed dialog</p>	<p>10 to 45</p>	<p>Both hands</p>

<b>TECHNIQUE</b>	<b>WHAT IT TREATS</b>	<b>DESCRIPTION</b>	<b>TIME</b>	<b>ITEMS NEEDED</b>
<b>Fingertip Squeeze A form of Tapping</b>	Stress Helps keep focus	Client gently squeezes each fingertip in a gentle rhythmic manner.	No set time	Both hands
<b>Guided Meditations (free or purchased)</b>	Stress and anxiety	Client listens to guided meditation of their choice	10 to 20	Smart phone, tablet, or CD player
<b>Self Havening</b>	Stress and anxiety	Client follows a pattern of self-soothing arm and hand movements	5	Hands, arms, and face
<b>16 Second Meditation</b>	Stress and anxiety	Client follows a routine of breathing and counting to 4.	16 sec.	Nothing

**CCA Conference attendees have my permission to copy and use these handouts with their clients.**

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*For more information and details go to Amazon.com:*

***Finding Resilience: Unlock the Door to Mental Health and Happiness***

**Robert W. Schmidt, LPC**

# **BioLateral Sound Healing**

## **Developed by David Grand, Ph.D.**

### **What is BioLateral Sound?**

They are recordings of music or sounds that gently go back and forth from the right ear to the left ear. David Grand, Ph.D. uses music or nature sounds such as surf, rain, water running in a stream, etc. *BioLateral* sound should be used with headphones or ear buds to be most effective. However, Dr. Grand discovered that playing the recordings softly on speakers also helped people get to sleep or return to sleep.

### **Where is BioLateral sound used?**

*BioLateral* sounds were used instead of hand or other visual movements (by the therapist) in EMDR treatments. Dr. Grand was treating 911 survivors and found that when the client held his/her focus on a particular visual point along with the *BioLateral* sound, it was even more effective than the traditional EMDR. He called the process Brainspotting (BSP). Created in 2003, Brainspotting has had excellent results with trauma and PTSD.

### **Can a person use BioLateral sound at home?**

*BioLateral* sound healing can be used at home to help people relax, or to reduce anxiety, anger or depression. Clients report that they cannot hold on to negative thoughts or feelings when listening (with headphones or ear buds).

### **How does it work?**

*BioLateral* recordings were conceptualized to provide left/right auditory stimulation integrated into soothing music or nature sounds. The purpose of this is to lessen the intensity of client's distress. The sound becomes a safe place that is experienced simultaneously while the client processes negative experiences. As a result, processing may appear gentler or even accompanied by a relaxation effect.

### **Where can you purchase it?**

You can purchase CD's or download albums to your computer by going to David's website. [www.Brainspotting.pro](http://www.Brainspotting.pro) Next click on products (left side). At the bottom of the page, click on CD's and MP3's. **David Grand's BioLateral recording are also available Spotify, Apple Music and other music apps.** If you just want to sample *BioLateral* sound, you can go to [youtube.com](https://www.youtube.com) on your phone or computer.

### **About BioLateral**

*BioLateral*<sup>™</sup> is a company which is dedicated to providing the highest quality services and products. We provide services in the following areas: personal growth, performance, confidence and creative enhancement, sports psychology, peak performance for corporate executive and professionals, speaking anxiety, fear of flying, relaxation and stress reduction and treatment of PTSD.

## Using BioLateral Sound

You can use *BioLateral Sound* in the following ways:

- **Stress:** Use *BioLateral Sound* with headphones or ear buds whenever you are stressed or worried about something. Play one, two or even three recordings until you feel better. It is most effective when used on a daily basis for 15 to 20 minutes.
- **Sleep Issues:** Any issue is exacerbated when you don't get enough sleep, or sleep soundly. If you are not getting the sleep you need, you can use *BioLateral Sound* at night to help you fall asleep, or if you wake up and have trouble falling back to sleep.
- **Spiraling Thoughts:** When you can't seem to stop thinking about something, or have negative thoughts put on the headphones or ear buds and listen to *BioLateral Sounds* for as long as you need to.
- **Anxiety or Depression:** If you are dealing with anxiety or depression it is always a good idea to seek treatment from a mental health professional. During treatment you can reduce symptoms of anxiety or depression by using *BioLateral Sound Healing* with **headphones or ear buds on a daily basis**. Pick a time of day when you can be by yourself for about 20 minutes. Your body and your brain will get the most benefit when you listen at the same time every day. Sit in a comfortable chair or recliner. It is not recommended that you lie down because you might fall asleep and could have trouble getting to sleep at night.
- **Remember:** Keep the volume at a soft, comfortable level when you are playing *BioLateral Sound* with headphones or ear buds.



When searching for BioLateral Sound Healing on your music app, look for this image.

# TAP AND BREATHE TECHNIQUE

*This is an excellent tool to use when you are angry, anxious, upset, frustrated, or just feel out of control.*

*It can also be used to stop a panic attack.*

1. Rate the intensity of your emotion on a scale of 0 to 10.
2. With two fingers or more, tap on each of the Tapping Points (From karate chop to top of the head)
3. Repeat key phrases (What you are feeling and thinking) *Example: "I'm so angry, I feel so sad, I feel frustrated, I don't know what to do, I'm so worried about this, I'm so scared, etc. You can also Tap on things that you are grateful for, and it will usually make you feel happier.*
4. After you have Tapped on all 9 points put your shoulders back, take a deep breath and hold it in for four seconds. Then exhale slowly.
5. Continue Tapping and breathing until you begin to feel calm.
6. Measure the intensity from 0 to 10. Keep Tapping until the intensity gets to a 3 or lower.
7. It can take 10 to 15 minutes if you are really upset.
8. Do the exercise once (or more) a day if you are going through a difficult, or stressful time.
9. To make yourself feel more positive: Tap on everything you are grateful for.

# 10. THE 9 TAPPING POINTS



#1

The Karate Chop area  
Tap with 2 or more  
fingers on the bottom of  
the bottom of the palm.

For Tapping areas 2 – 9,  
Tap gently used two  
fingers.

After a few rounds of  
Tapping don't forget to  
measure your intensity  
again to see if it is  
getting lower.



2) Beginning  
of the  
Eyebrow



3) Side of the  
Eye



4) Under the  
Eye



5) Under the  
Nose



6) Under the  
Lips



7) Collarbone



8) Under the  
Arm



9) Top of the  
Head

Take from *"Finding Resilience"* by Robert W. Schmidt, LPC

# TAPPING / Emotional Freedom Technique – The Long Version

*Tapping (Emotional Freedom Technique) is an APA approved technique for treating Stress and Trauma. It is a combination of modern positive psychology and eastern medicine. The tapping points are acupuncture meridians. The 9 Tapping areas are on the previous page.*

## 1. What is bothering you or causing you stress?

- Maybe it's a person who disappointed you or treated you badly.
- Maybe you are worried about something or someone.
- Maybe it's something that you can't stop thinking about.
- Then - Identify where you feel this issue in your body

Write it into a short statement. This is called your **MPI (Most Pressing Issue)**

*My job is very stressful, and I feel the stress in my stomach.*

## 2. Rate the intensity of your **MPI (0 -10)**. Ten being most intense.

## 3. Create your **Set up Statement**. The Set-up Statement has 3 parts:

- *Even though*
- Your MPI: *My job is very stressful, and I feel the stress in my stomach.*
- Balancing Statement: *I deeply and completely love and accept myself.*  
Or: *I am a good person, and I am doing the best I can.*

## Example of a Set-up Statement:

*Even though my job is very stressful, and I feel the stress in my stomach, I am a good person, and I am doing the best I can.*

## 4. Say your Set-up Statement 3 times as you tap on the karate chop area.

## 5. Now Tap on areas 2 - 9 (see diagram) and repeat your MPI each time.

*My job is very stressful, and I feel that stress in my stomach.*

## 6. After finishing that round take a deep breath & exhale slowly.

## 7. Rate the intensity of your **MPI** again. If it is still high, continue to do rounds of tapping until the intensity is a 3 or lower.

When you do more rounds of Tapping, you only need to repeat your Set-up Statement once.





# FINGERTIP SQUEEZE

Gently squeeze each fingertip on one hand.  
Then squeeze the fingertips other hand.  
Try to keep the same pace and rhythm.





# GUIDED MEDITATIONS

• 1. Free guided meditations such as:

- \* Mindfulness Coach
- \* Smiling Mind
- \* Ten Percent Happier
- \* Healthy Minds
- \* UCLA Mindful
- \* Simple Habit
- \* Insight Timer

2. Paid meditation apps such as:

- \* Buddhify \$5 mo.
- \* Insight Timer \$10 mo.
- \* Gaia cost?
- \* Aura Health \$12 mo.
- \* Headspace \$13 mo.
- \* Calm \$15

3. YOU can design and record custom meditations for your clients on your phone or their phone.

To send them to clients, keep it under 5 minutes.

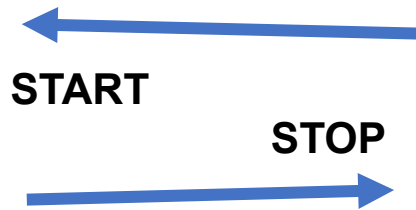
# SELF HAVENING from the term “safe haven.”

*Originally created by a physician at a hospital in the UK as a calming tool for his doctors during COVID.*

**Step 1:** Begin with your hands on your shoulders, and slowly bring your hands down to your elbows. As you do it, count out loud 1,1,1,1. Then bring your hands down again and count 2,2,2,2. Continue doing this until you reach 10.



Slowly move your hands down and count: 1, 1, 1, 1 - 2, 2, 2, 2, - 3, 3, 3, 3 Until you reach 10.



**Step 2:** After the 10<sup>th</sup> time, slowly rub hands palm to palm. Stop at end of fingers.



Left hand outside

Right hand outside





## Next, a gentle face massage:

**Step 3.** Place your fingers on your forehead. Bring your hands down over your temples and stop at the bottom of your jaw. Do this 4 times.

Count: 1, 1, 1, 1 - 2, 2, 2, 2 -  
3, 3, 3, 3, - 4, 4, 4, 4

**Step 4.** Place your fingers under your eyes and bring your hands down and stop at the bottom of your jaw. Do this 4 times.

Count: 1, 1, 1, 1 - 2, 2, 2, 2 -  
3, 3, 3, 3, - 4, 4, 4, 4

**Step 5.** Take a deep breath and exhale slowly.



# 16 Second Meditation

1. Take in a deep breath gradually over four seconds.
2. Hold your breath for four seconds.
3. Exhale slowly for four seconds.
4. Sit still for four seconds.