



# The Art & Science of Transformational Change

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Live, Online!



## Developmental Trauma & Energy Psychology: Opening New Avenues of Healing

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23<sup>RD</sup> INTERNATIONAL  
ENERGY PSYCHOLOGY CONFERENCE

# Overview

In this presentation I focus on an overview of Developmental Trauma (and neglect, from family to institutionalized violence) and Energy Psychology.

I specifically focus on EP therapeutic methods to incorporate into & around regression therapy for adult survivors.

I describe ways to access, release charge & re-integrate fragmented, preverbal states for more affect, regulation, quality of life & higher present functioning.



# Objectives

## Objective #1

List at least 5 different effects from Developmental Trauma that can be found in adolescents and adults.

## Objective #2

List 3 Energy Psychology methods/tools that can be used in DT therapy work with adolescents and adults.

## Objective #3

Name 3 energy/somatic therapies that support regression work.

# Ontological Operating Principles:

1. Post Materialist Worldview, ie: Consciousness-Information is in the field
2. We are transducers, microtubules possibly conveying between quantum and macro levels
3. Changes happen at subtle (energetic) levels 1<sup>st</sup> & can cascade through the system in warp speed
4. Psycho-energetic healing: fosters the rebalancing of “transducer” capacities to access & respond to increasingly coherent information from an increasingly coherent state = greater well-being, health, ability to connect, contribute, & live with intention & compassion.
5. Science & logic are not the invention of the Western world. Cultural/Indigenous knowing is equally valid & we need the intermixture

# Inclusion Statement







*“Looking for consciousness inside the brain is  
like looking for the announcer inside a radio.”*  
—Nassim Haremeim

# Self-Care Now

If triggered by anything:

- Thymus Thump
- High heart tapping
- Your own emotional first aid tools

If I say something inappropriate from an inclusion standpoint, please send me a message by chat.



*"I will hold myself like a newborn baby child."*

—Karen Drucker





# Who's Walking Through Your Door?





# Developmental Trauma

Traumatic experiences that occur in childhood which alter the functioning of the being, not just their nervous systems, but their whole system in ways that disrupt their capacity to be present to life and to themselves.

These traumas (T/t) leave imprints that distort both internal & external experience & perception, create emotional dysregulation, cause internal and external separation/isolation/trust issues, relationship problems, and disrupt a person's ability to support and work towards their own health & well-being in various aspects of life, fostering maladaptive coping strategies at every level of the system throughout life, until overcome and/or healed.

To one degree or another, almost everyone has foreclosed some aspects of development and presence because of them.



# Developmental Trauma Difficult to Heal

- Traumas internalized so can be hard to recognize/accept
- Whatever happens before one has language cannot be accessed by language
- Has complex effects: multisystem, multilayer, affecting every aspect of life
- Negative response set blocks progress
- Neurobiological impacts need addressed (often)

# DSM-5: Preschool PTSD

## Children 6 years & younger

- A. Exposure to actual or threatened death, serious injury, or sexual violence, direct exposure, witnessing, indirect exposure
- B. Intrusion: recurrent, involuntary & intrusive distressing recollections, nightmares

## Dissociative reactions

- C. Intense or prolonged significant distress after reminders avoidance of activities, places, physical reminders



# DSM-5: Preschool PTSD (cont.)

- D. Negative alternations in mood and cognitions (negative emotional states, withdrawn, uninterested in play)

## **Reduced positive emotional expression**

- E. Changes in associated arousal & reactivity (anger, outbursts, hypervigilance, startle response, concentration, sleep)
- F. Last more than 1 month
- G. Causes relational challenges
- H. Not attributable to other conditions

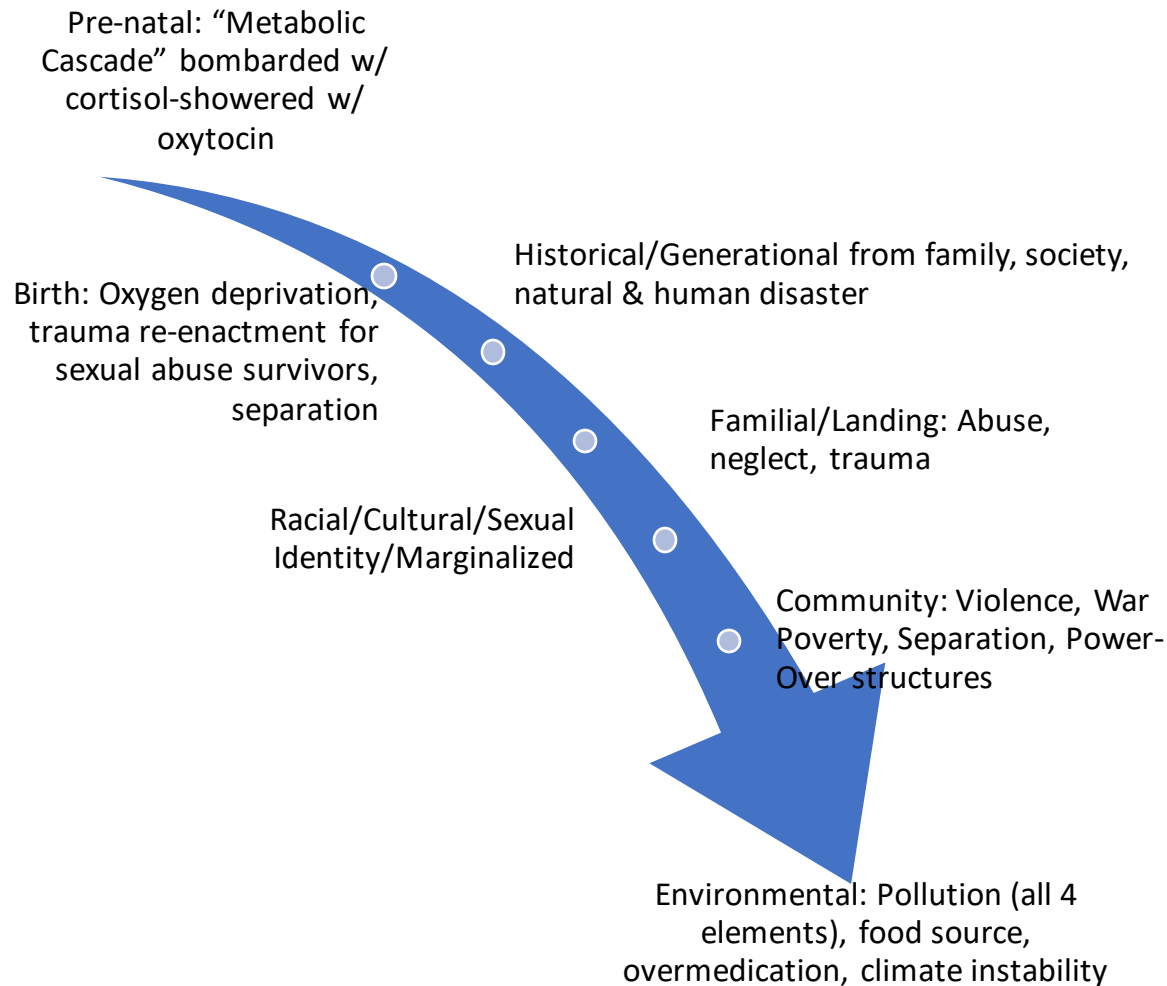
+  
•  
o



So what does  
what's not included,  
include?

+  
•  
o

# (T)(t)raumas & Stressors for New Beings





# Childhood Neglect

## “The Absence of Responsive Parent Relationships”

4 levels:

1. Occasional Inattention
2. Chronic Under Stimulation
3. Severe Neglect in a Family Context
4. Severe Neglect in an Institutional Setting

<https://developingchild.harvard.edu/resources/inbrief-the-science-of-neglect/>

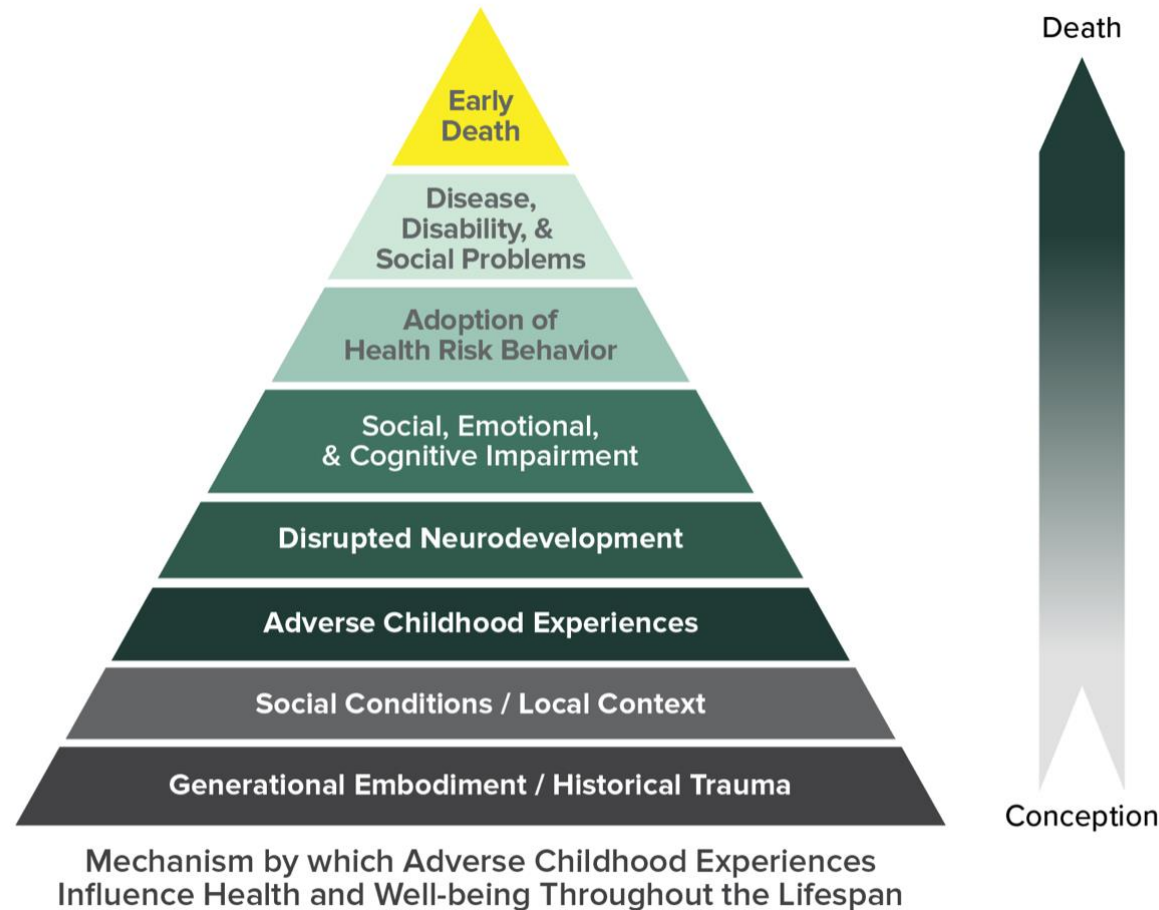
ex: insufficient supervision, necessary emotional, psychological needs unmet, necessary education, medical/psychological care, nourishment, shelter & clothing not provided

Deprivation of age-appropriate needs causing physical and/or psychological harm

[www.psychologytoday.com/us/conditions/child-neglect](http://www.psychologytoday.com/us/conditions/child-neglect)



# ACE's: Adverse Childhood Experiences



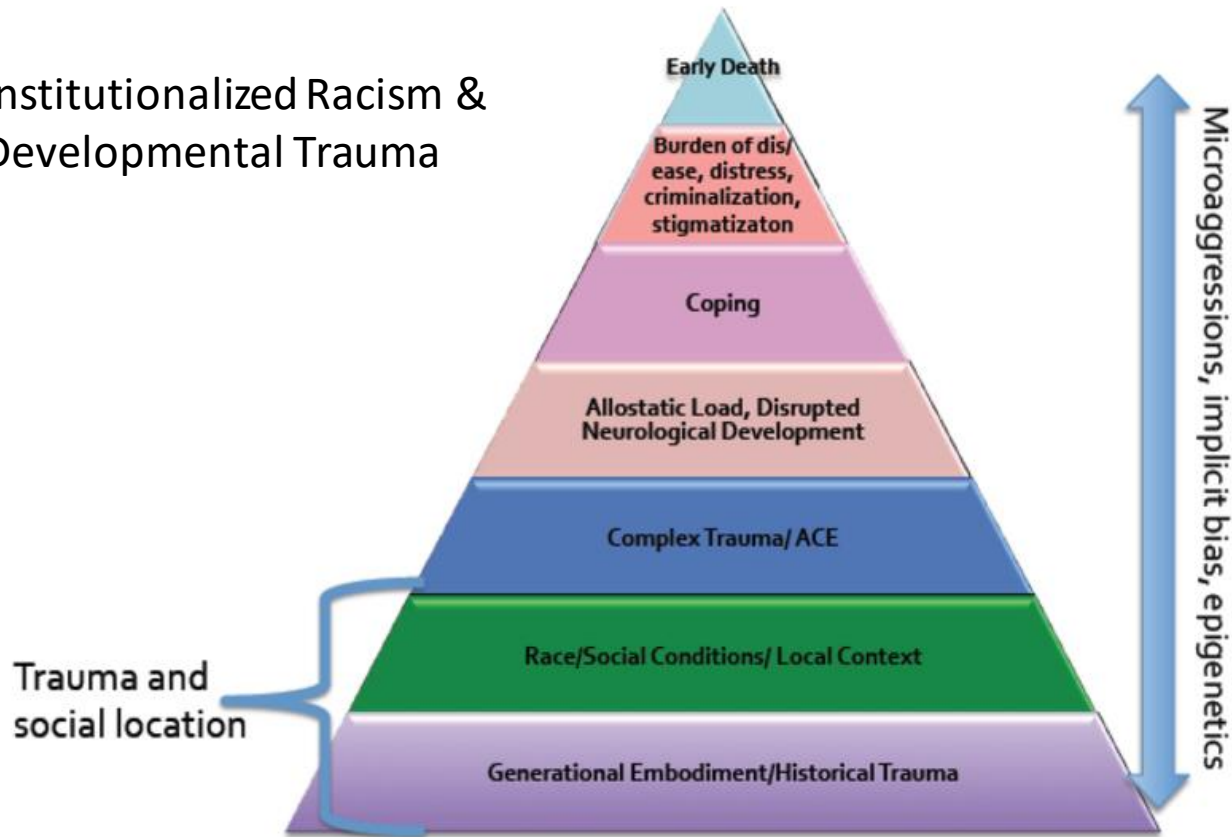
Source: <https://www.cdc.gov/violenceprevention/aces/resources.html>



# Extended ACEs Pyramid



Institutionalized Racism &  
Developmental Trauma



Source: <https://rysecenter.org/>



# Habituated Patterns Potentially Present in Adulthood

- Emotional Regulation
- Mobilization Issues
- Sub or dys-functioning frontal cortex: executive functioning
- Often with co-morbid health issues (CFS, Fibro, ED, digestive issues, SIBO, multiple chemical sensitivities...)
- Windows of Tolerance are constricted
- Feel/are victimized
- May have had thoughts of dying
- Eating Disorders
- Relational Challenges
- Self-Sabotaging Habits/Beliefs
- Addictions
- Suicide
- “I never grew up!”
- Sleep Issues
- Feelings of guilt & grief for what didn’t manifest in their lives
- Neurobiological impairment

# Self-Care



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# Q & A





Yet...there's this

*“The wound is where the  
light enters you.”*

—Rumi



Photo by [Jeremy Bishop](#) on [Unsplash](#)

# Post-Traumatic Growth

1. New opportunities/possibilities
2. Closer relationships,
3. Increased sense of connection and compassion for those who suffer
4. Greater personal strength
5. Greater appreciation for life, priority changes
6. Deepening of spiritual lives \*
7. Soul growth



# Support for Expanded Abilities through Trauma

- “Tears” in the energetic grids/chakras (Eden, Brennan)
- Indigenous cultures often use “controlled trauma” to open mind & super sensory perception
- Natural ability epigenetically paired with trauma in conquered indigenous groups
- Extraordinary empathy as survival skill
- Turning to spiritual techniques to heal
- AND higher vibrational capacities that break through through the process of healing —Sue Pease-Banitt
- Spiritualizing Types: never embodied, didn’t feel welcomed into the world, sensitive, psychic, energetically attuned —Heller & LaPierre

# Functions & Skills Potentially Developed

- Restore feeling of wholeness, peace, connectedness
- Decreases “static” (fight/flight/frenzy)
- Increase capacity to be present in the moment
- move out of dissociation
- In increased empathic (loving) relation to self, other, all life, Universe
- Increases coherency of energy i.e: From incoherent light to laser
- Increase organizing, discerning, sensing abilities
- Increased intuition, compassion
- Increase production, contribution, creativity, evolution

# Why Is Trauma so Pervasive?

How do we frame both the pervasiveness of trauma in the world?

*AND*

What our goals are for trauma treatment: How expanded is our focus? 3D: alleviation of suffering, more “normal functioning”, reduction of diagnostic criteria? More expanded: contribution to the expansion of consciousness? Helping the world to shift away from fear based functioning? Towards evolution of humanity? Something else?

# Optimal States-Preparatory Set

- “Maximizes adaptive ability across a wide range of situations”: flexible, balanced, open and capable of rapid response to the environment & rapid relinquishment
- Proprioceptive experiences: balance, stability, lightness, open, flexible attention
- Interoceptive: calm, warmth, flow, flexible expectations, affective feelings of openness and curiosity.
- [O]ptimal PS is quite rare...most people are stuck in maladaptive PSs.
- Paraphrased from [www.frontiersin.org/articles/10.3389/fnhum.2015.00178/full](http://www.frontiersin.org/articles/10.3389/fnhum.2015.00178/full)
- Greater access to higher vibrational energies: intuition, synchronicity, coherence, etc...
- Inner and Outer Gardens...as inside...so outside...

# Energetic Theories for Energy Psychology

- Tiller: Psychoenergetic Model (Debra Greene in IJHC)
- Schooler, Hunt & Schooler: consciousness-based model
- Tononi: Integrated Information Systems
- Russell Targ: Remote Viewing & Influencing
- Rupert Sheldrake: Morphogenetic Resonance and the sense of being stared at, “minds extended”
- Valerie Hunt: New Theory of a Human Being
- Jerry Tennant: Healing is Voltage \*\*
- Dean Radin, Claude Swanson, Gary Schwartz, Barbara Brennan, Fred Gallo, Roland McCraty, etc....
- Shamanism, Curandero, Traditional African Healing, Earth based healing practices from around the world, etc.



# Connection Continuum

## Trauma and neglect create separation/fragmentation

- Connection & Autonomy: extremes disconnection -> extremes of dependency
- Emotional/cognitive/autonomic experience & expression: interpretational distortion & reactivity
- Ability to care, empathize (inner & outer)
- Perception of reality
- Use of will: Ability to mobilize effectively, efficiently, to be intentional
- Inner wholeness: inner war, shame & self-esteem issues

Unhealthy Dependence

Healthy Connection



Unhealthy Separation

Healthy Separation



# Autonomic States

## Summary of Autonomic States

**Charged (Threat) States:**  
Defensive, Protective, Closed  
Charge/Intensity

**Relaxed (Safe) States:**  
Resourced, Responsive, Open  
Calm, Restorative, Connective



Communicate to Survive, Compete “for me or agin’ me”	Social Nervous System	Interactive: Communicate to Thrive, Cooperate, Attune, For the good of all; secure connection
Fight or Flight Anger or fear	Sympathetic NS Activates – Mammalian	Active: Tend & Befriend Comfortable/safe expressing & receiving, let guard down
Freeze, Hide, Dissociate Numb, Depressed, Disconnected	Parasympathetic NS Down Regulates – Reptilian	Vegetative: Digest & Recover Safe to rest

*Adapted from Elizabeth Dennison, [www.clearingtrauma.com](http://www.clearingtrauma.com)*



# BodyMind Therapies & Educational Systems – BTES

- Over-Arching Concept: Post-Materialist/Non-Cartesian
- Postulate a Preparatory Set: “the unitary, largely subcortical, organization of the organism in preparation for response to environmental conditions.”
- Therapy: whole system rebalancing & strengthening of a maladaptive PS from injuries to healthily functioning being, or the potential for healthy functioning
- Trauma = a disorganized PS characterized by regression to a phylogenetically more primitive form of PS.
- [Peter Payne & Marti Crane-Godreau](#)



# NARM: Core Needs

**Connection:** Connected to self, others, world continuum

**Attunement:** Knowing needs, reach for & receive nourishment

**Trust:** Healthy Dependence & Inter-dependence

**Autonomy:** Set boundaries, say no, speak our minds

**Love-Sexuality:** Capacity to live w/ open heart fully integrate loving relationship w/ vital sexuality

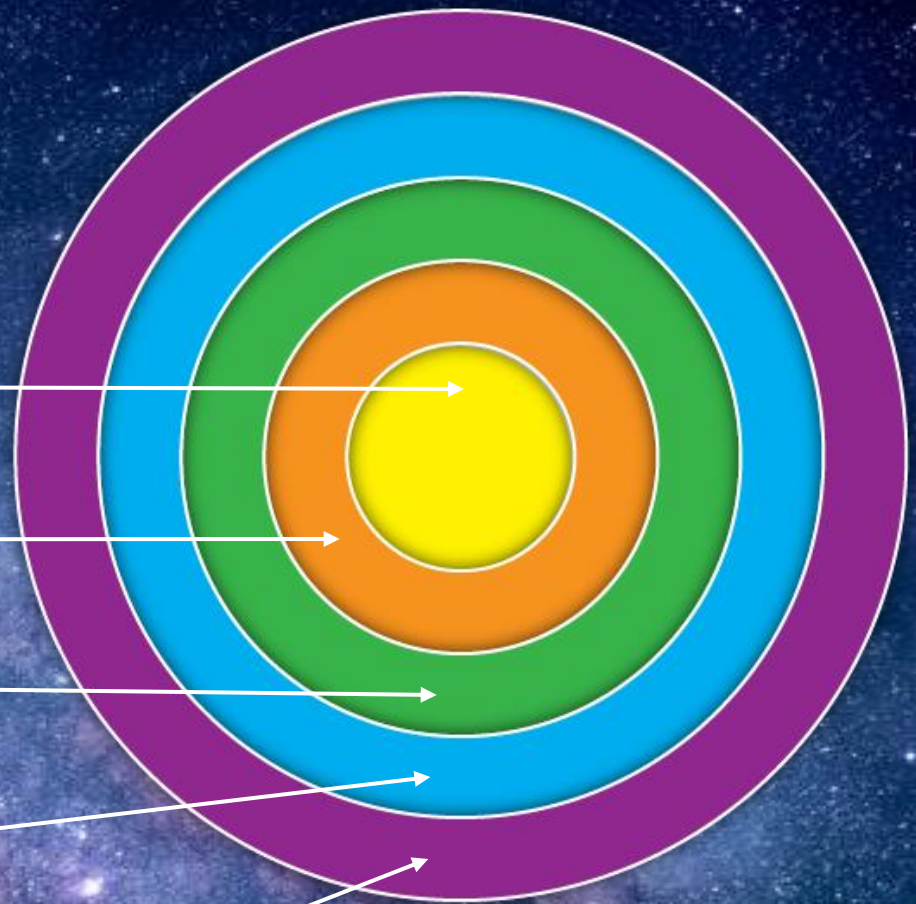


Photo by [Jeremy Thomas](#) on [Unsplash](#)

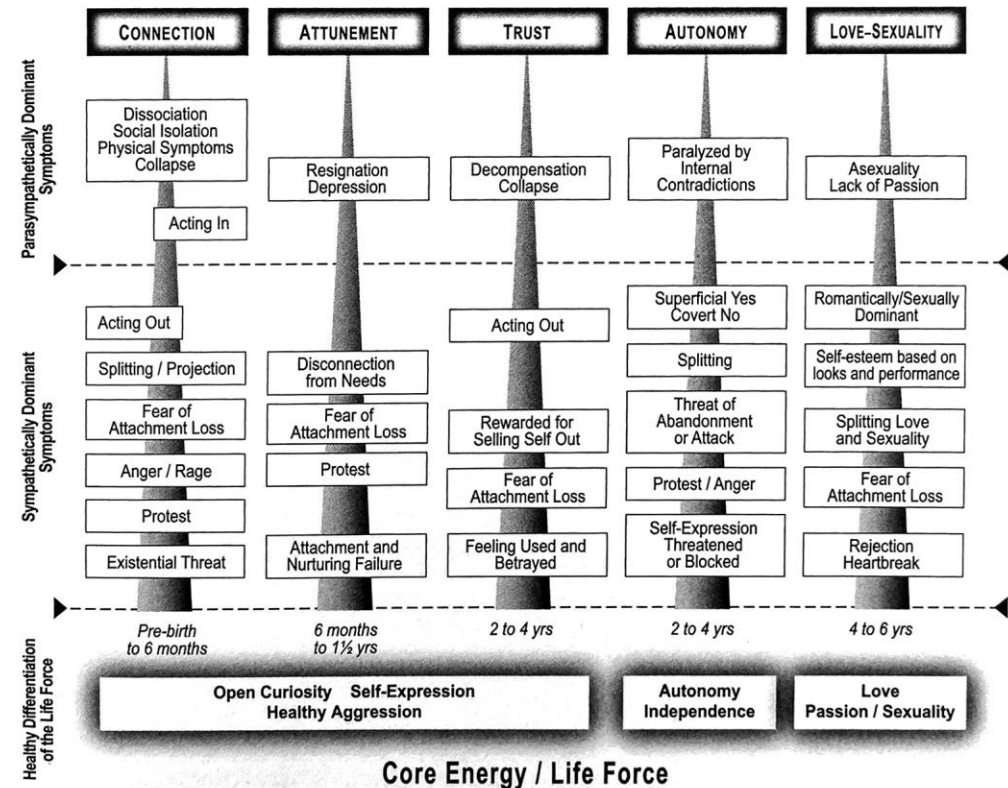


# NARM

Neuro-Affective  
Relational Model — NARM  
*Laurence Heller & Aline  
LaPierre*

## The Diminishment of Aliveness in the Five Adaptive Survival Styles

Figure 6.1 presents an outline of the diminishment and distortion of aliveness through each of the five adaptive survival styles. This outline should be read from the bottom up.



**FIGURE 6.1:** Distortions of the Life Force in Each of the Five Adaptive Survival Styles





# Q & A



# Science & Art for Developmental Trauma Treatment w/ Energy Psychology



# The Science of EP & Trauma/Stress

- NO evidence-based studies on EP modalities and developmental trauma (why this lab was not given APA CE credits)
- Huge complexities defy reductionistic methodology
- Developmental trauma therapy is a complex integration of multiple skill sets & knowledge...so...I am EXTRAPOLATING the results to apply:
- Multiple studies show efficacy for single incidence PTSD, short term therapy with combat vets, pertinent anxiety & stress issues
- When client abreacts (PTSD anxiety reaction) EFT has been shown to be effective
- When the client exhibits signs of stress (charge, shallow or stopped breathing, deer in the headlights, crying, agitated, etc.): EFT effective
- Therefore: Extrapolated support that EFT with the stressful, anxiety activating moments in therapy reduces stress and anxiety in lasting (ie: healing) ways by increasing emotional regulation.



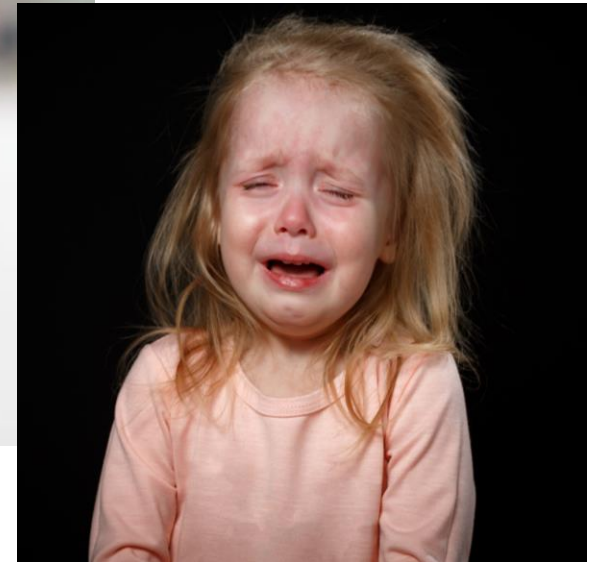
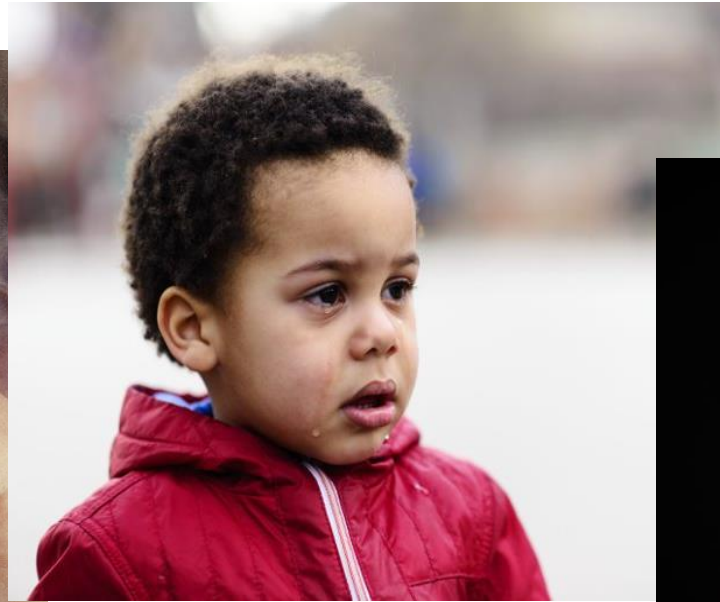
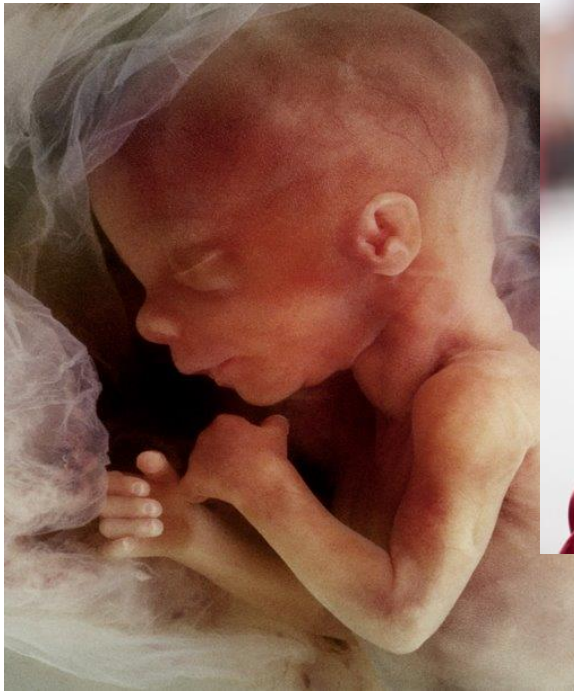
# Scientific Studies on cPTSD

There is indirect evidence, primarily based on reductions in depression and anxiety symptoms (**but not cPTSD or DTD symptoms specifically**), of efficacy for varied approaches to trauma-focused cognitive behavior therapy (CBT) in randomized controlled trials with adults and children with histories of developmentally adverse traumatic childhood experiences (e.g., abuse, violence).

<https://link.springer.com/article/10.1007/s40501-020-00236-6>

*“No talk therapy can affect it because it involves a vegetative, primitive nervous system that was only adequate to register pain and terror during womb life. This is a nervous system impervious to words; so insights leave it absolutely indifferent. That is why new experiences do not change the neurotic.”*

—A. Janov





# Incorporating Specific Energy Psychology Methods

Some contributions EP methods can make to regression therapy:

- Calm abreactions quickly
- Create more energetic balance through exercises to rebalance disruptions/neurological disorganization
- Help decrease resistance by altering response set/shifting psychoenergetic states
- Decrease resistance through tapping
- Decrease psychoenergetic charge with lasting effects
- Reverse the psychoenergetic belief patterns from self-sabotaging to supporting well-being.

# Energy Psychology Basic Regression/Retrieval Tools\*

- Thymus Thump
- High Heart Tapping
- Energy Exercises for Neurological Disorganization
- Global Reversal
- Over Energy Correction
- Muscle Testing for original occurrence
- Parts Tapping
- Zip Up
- Psychoenergetic Belief Reversal Work
- Imagistic Tools

# Integrated Energy Therapy for Trauma Treatment & Resolution (IETTTR): Regression Work

- Therapeutic Regression/Soul Retrieval/Search & Rescue & Repair
- Three ways I use this in therapy:
  - 1) Processing Current Issues
  - 2) Sudden Abreactions
  - 3) Immersive Regression

# Imaginal Realms

*“Imagination is the key to survival...Imagination is **absolutely critical to the quality of our lives**...Imagination gives us the opportunity to envision new possibilities — it is an essential launchpad for making our hopes come true.”*

— Bessel van der Kolk

## I believe/experience/hypothesize:

- Imaginal Work is holographic; it involves all the senses, including the felt sense; its effects are real and lasting.
- It allows us to time travel both backwards & forwards.
- It is the conscious pathway to transformation.

# Regression/Integration Therapy

- Working in the Imaginal Realms
  - Access
  - The “Accuracy” of the Imaginal Realm
  - Time Traveling
- The 5 “R’s”
  - Ready
  - Rescue
  - Release
  - Rest
  - Reintegrate





# Tapping with Parts: Suggestions

- Safety first
- Ready & willing to proceed
- “Surrogate” tapping
  - Adult tapping for/with the part
  - Imaginal tapping for/with the part



# Progressing Current Issues

- “Tony”
- EP tools used:
  - Muscle Testing for Originating Event
  - Tapping on the charge experienced
  - Emotional Regulation tools, if needed
  - Also: energetically “holding the space”
- Evidences: Clearing “Originating Event” clears “trajectory”

# Sudden Abreaction/Memory Resurfacing

- “Jane”
- Energy Psychology Tools Used:
  - Thymus Thump
  - High Heart Tapping
  - Tapping
  - “I’m safer than I feel.”
  - Grounding/diverting the energy
  - Therapist Self-Care (you’ve been startled & high energetic & co-regulation “demands” necessitated by the abreaction/breakthrough experience.

# Immersive Regression

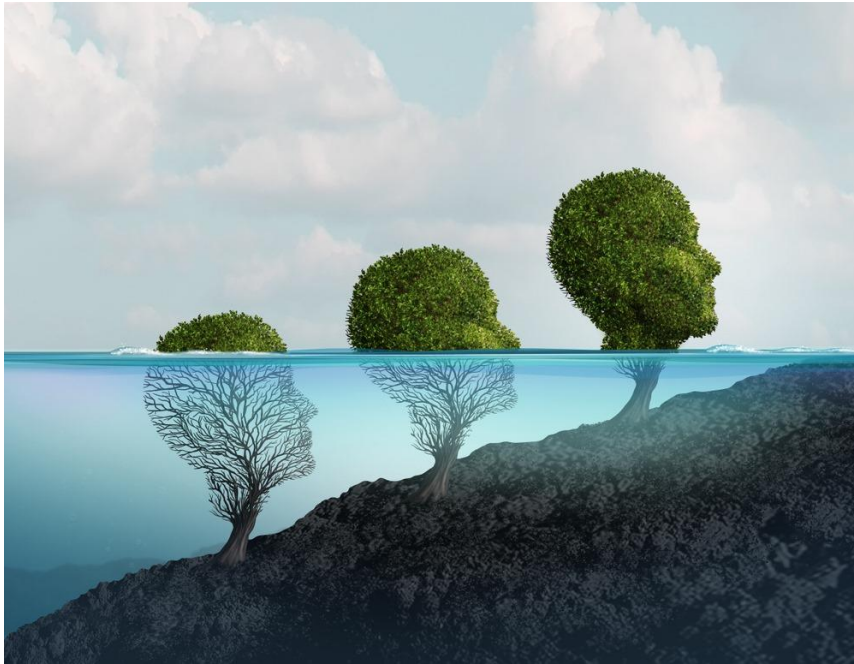
- “Doris”
- “Terry”
- Energy Psychology Tools Used:
  - Thymus Thump, High Heart Tapping, TAT, TAB, Orienting
  - Muscle Testing
- Therapist Self-Care:
  - Stay present, yet energetically protected: Tapping, boundary work, Thymus Thump, beauty gazing, container, co-regulation (breathing, relaxation, reassurance, discharging the charge)

# Imaginal Trauma Method: Search, Rescue & Repair

- Access to Child part through abreaction, muscle testing, intuition, sensation/emotion
- Introductions to part (time/moment)
- Creation of Protective Barrier, if wanted
- Tapping to reduce fear
- When child part is ready to leave...choices
- Creation of healing sanctuary



# Phases of Recovery, Judith Lewis Herman



- Phase 1:  
Safety & Stabilization
- Phase 2:  
Remembering &  
Mourning/Trauma Healing
- Phase 3:  
Reconnection & Integration

# Aligned/Adjunctive Somatic/Energetic Trauma Treatment Therapies

- Somatic Experiencing: Peter Levine
- Neurofeedback
- Safe & Sound Protocol: Stephen Porges
- EMDR: Francine Shapiro
- NARM: Laurence Heller & Aline LePierre

# Aligned/Adjunctive Energy Therapies

- Trauma-Informed Yoga
- Massage
- Energy work: Polarity therapy, Jin Shin, Cranial Sacral work, chiropractic/naturopathic support, Reiki,
- Holistic orientations: organic eating, improving gut health, exercise
- Being in nature (forest & water bathing, especially)
- Homeopathy

# Entangled Beings: Therapist & Client

A long way from adequately understanding the complex interactions that take place in psychotherapy. Questions of alignment, boundaries, entanglement, resonance and phases are beginning to be pursued in areas considered parapsychology and quantum physics.

The therapeutic relationship is not about 2 discreet, separate entities interacting. It is more than empathy, more than skill.

Studies suggest that between the activity of mirror neurons and more quantum functions, such as entanglement & morphic fields, we co-create a field within our therapeutic environment and with each client.

ACEP ethics state that a practitioner is responsible for attending to their own energy states. When thought of in relation to actual time with clients, ...



# EP for Self-Care Before Sessions



Photo by [Deniz Altindas](#) on [Unsplash](#)

- Grounding
- Meditation
- Tapping
- Energy Clearing
- Aromatherapy
- Energetic Shielding
- Higher Vibrational Support
- Being in Nature



# EP for Your Self-Care During Sessions

- Grounding
- Thymus Thump
- Soothing Inner “Parts”
- Deep breathing
- Energetic shields
- Beauty
- Calling on Assistance
- *Tapping, tapping, tapping!*



Church, D. & House, D. (2018). Borrowing Benefits: Group Treatment with Clinical. Emotional Freedom Techniques is associated with simultaneous reductions in posttraumatic stress disorder, anxiety and depression symptoms

# EP for Self-Care Post Sessions

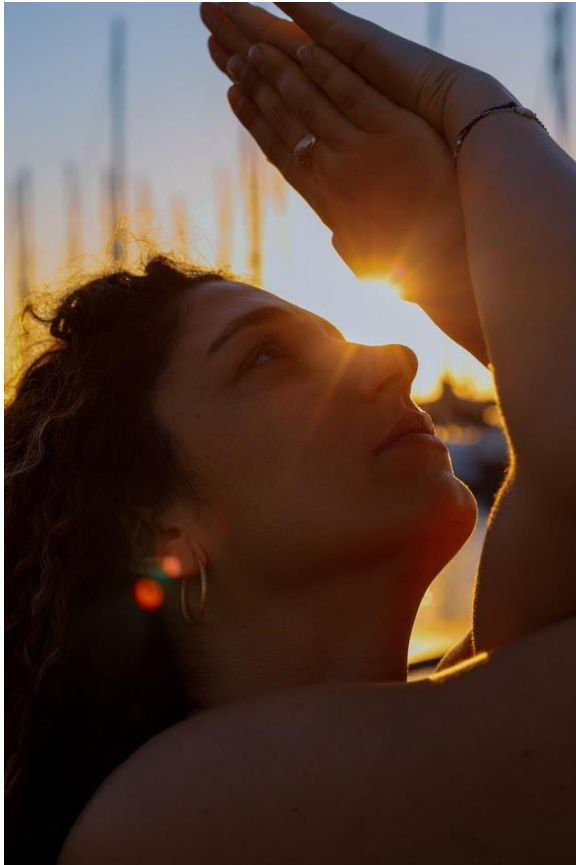


Photo by [Mor Shani](#) on [Unsplash](#)

- Tapping
- “Sending” energy (disruptive EMF’s) out: (sensitive clients NEED space cleared, too)
- Movement: bouncing, walking, sunshine, deep breathing
- Processing to help navigate and prepare
  - What’s triggered by interactions with clients
  - What’s activated from resonance
- Further training/consultation/therapy when triggered by a client
- Increased self care to prevent burn out and fatigue



# Q & A





*Compassion feels the gravity (of love) deeply while releasing the feeling with radiance. Compassion does not collapse under the weight of circumstances. It shines a loving light into them.*

*Love and joy are the ingredients of compassion, restoring wholeness in our being an embodying piece as a way of life.*

*It is through establishing this ongoing state of compassion and ever increasing numbers that we will create coherence in the human sphere of consciousness on this planet – the noosphere.*

— Marshall Lefferts, *Cosmometry: Exploring the HoloFractal Nature of the Cosmos*



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*Thank you!*

*\* NOTE: keep scrolling for resources*



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# Childhood Neglect

The Absence of Responsive Parent Relationships

## Science Helps to Differentiate Four Types of Unresponsive Care

	OCCASIONAL INATTENTION	CHRONIC UNDER-STIMULATION	SEVERE NEGLECT IN A FAMILY CONTEXT	SEVERE NEGLECT IN AN INSTITUTIONAL SETTING
Features	Intermittent, diminished attention in an otherwise responsive environment	Ongoing, diminished level of child-focused responsiveness and developmental enrichment	Significant, ongoing absence of serve and return interaction, often associated with failure to provide for basic needs	“Warehouse-like” conditions with many children, few caregivers, and no individualized adult-child relationships that are reliably responsive
Effects	Can be growth-promoting under caring conditions	Often leads to developmental delays and may be caused by a variety of factors	Wide range of adverse impacts, from significant developmental impairments to immediate threat to health or survival	Basic survival needs may be met, but lack of individualized adult responsiveness can lead to severe impairments in cognitive, physical, and psychosocial development
Action	No intervention needed	Interventions that address the needs of caregivers combined with access to high-quality early care and education for children can be effective	Intervention to assure caregiver responsiveness and address the developmental needs of the child required as soon as possible	Intervention and removal to a stable, caring, and socially responsive environment required as soon as possible

<https://developingchild.harvard.edu/resources/inbrief-the-science-of-neglect/>



*“We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say emphatically, that the function of our entire metabolism is dependent on light.”*

—Fritz-Albert Popp

## 3 Threat Responses

Defensive, Protective, Closed  
Intense + Demanding

## Summary 6 Autonomic States



## 3 Relaxed States

Resourced, Responsive, Open  
Mellow + Restorative

### Communication for Survival

**Looks Like:** Us Against Them or It  
Verbal Strategies for Competition + War

**Feels Like:** *In This Together*

**Healthy:** Tuned for Communication, Competitive  
Depending on the "Team", Responsible

**Stuck:** Driven by \$, Relationship + Power Issues, Status  
Greed, Compulsive Competition, Workaholism, Codependence

### Social N. S.



Fine Tunes  
Human

### Interactive

*"Cooperative Attunement"*

Verbal Communication, Thinking, Creativity  
Problem Solving, Cooperation, Socializing

**Feels Like:** *Securely Connected,*

Cooperative, Inspiration in Relationships, Creative  
Clear, Big, Thinking, Competent to Take Things On  
Inclusive, Welcome, Supported, Understood, Hopeful

### Fight or Flight

**Looks Like:** Defensive Orienting, Hypervigilance  
Save Yourself, Compulsive Competition

**Feels Like:** *Scared, Angry*

**Healthy:** Determined to Survive Competing for Survival,  
**Stuck:** Panic, Anxious, Unprotected, Alone,  
Unbidden Defensiveness, Hypervigilance  
Rigid All or Nothing Reactions

### Sympathetic N. S.



Activates  
Mammalian

### Active: Tend + Befriend *"Happy Puppy"*

Exploratory Orienting, Grooming Behavior  
Emotional Awareness, Bonding

**Feels Like:** *Safe to Express or Explore*

Included-Part of the Herd, Loving  
Glad, Sad, Flexible, Curious, Playful, Trusting,  
Sensual, Intimate, Appreciative of Life and Others

### Freeze, Hide, Dissociate *"The Trauma Cave"*

**Looks Like:** Bracing, Shut Down  
Dissociation, Dorsal Dive, Apnea

**Feels Like:** *Numb, Depressed, Disconnected*

**Healthy:** Hidden, Mercifully Dissociated  
**Stuck:** Frozen, Braced, Hopeless, Helpless  
Hard to Think, Desperate, Ashamed, Needy  
Fuzzy, Foggy, Spinning

### Parasympathetic N. S.



Down Regulates  
Reptilian

### Vegetative: Rest, Digest + Recover

Well Regulated Digestion, Sleep, Temperature  
Immune Function, Wound Healing + Recovery

**Feels Like:** *Safe to Rest*

At Ease, Calm, Meditative  
Able to Let Go, Sleep, Recover

graphic downloadable from  
[www.clearingtrauma.com](http://www.clearingtrauma.com)

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# Calming Energy Adjuncts

- Tac Audio Scan (EMDR)
- Aromatherapy: Lavender, Palo Santo, Vetiver, Bergamot, Geranium, Sandalwood, Spruce, Hyssop, Marjoram, Mandarin, and more.
- Soft Music
- Binaural beats
- Energy Exercises: Over Energy Correction, Spleen Hold, High Heart Tapping, Thymus Thump
- Beauty
- Reiki (distance); Crystals

# NeuroAffective Relational Model – Laurence Heller, Aline LaPierre

Core Need	Well-Being Capacities to:	Core Difficulties
Connection	Be in touch with our body & emotions, and in connection with others	Disconnected from physical & emotional self, difficulty relating to others
Attunement	Attune to our needs & emotions, to recognize, reach out for, and take in physical and emotional nourishment	Knowing what we need; feeling our needs do not deserve to be met
Trust	For healthy dependence and interdependence	Feeling we cannot depend on anyone but ourselves; feeling we have to always be in control
Autonomy	Set appropriate boundaries, say no & set limits, speak our mind without guilt or fear	Feeling burdened and pressures, difficulty setting limits and saying no directly
Love-Sexuality	Live with open heart, integrate loving relationship with a vital sexuality	Difficulty integrating heart and sexuality, self-esteem based on looks and performance

*Adapted from L. Heller & A. LaPierre, Healing Developmental Trauma*





# Auto-Regulation to Co-Regulation & Self-Regulation

- **Auto-regulation:** Abused & neglected infants & children do this without a safe adult for co-regulation. It helps them to survive but isolates. Without the first level of coping: social engagement, the system self-refers, reinforcing separation.
- **Co-regulation:** Healthy adult parenting to infant, child & in all close relationships, including primary relationship
- **Self-Regulation:** The ability to regulate charge using conscious skills (EP, heartfulness, mindfulness, etc.) with or without another; choicefulness

# Increase Effectiveness Energetically

*“Tapping on the client (or TAB) will increase effectiveness when therapist has developed healing capacities energetically.” — W. A. Tiller*

- Bi-lateral stimulation on legs
- Communicate from inner self to regressed energies