

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

Download her presentation here: <https://www.hollytimberlake.com/acep2021>

**Holly Timberlake, PhD. DCEP** is a preeminent holistic psychotherapist and coach from Northeast Ohio. She practices and teaches internationally, helping clients effect deep emotional healing, creating the internal environments to expand their consciousness, vitality and intentionality. Holly helps people transform their lives from surviving to thriving, from being weighted by the past to transcending the past.

Her **INTEGRATED**, holistic practice combines: Energy Psychology and medicine methods (EFT and more), EMDR, Holographic/shamanic journeying, Gestalt, cultural and gendered awareness modalities, Dreamwork, and Trauma informed modalities.

Dr. Timberlake is also the creator of the **Touchstone Guide**, a gentle well-being assessment for groups, pairs, or individuals. The Guide is a creative way to explore yourself and make a plan for moving towards emotional, physical, and energetic health & vibrancy.



Holly is excited about creating new ways to support peoples' empowerment and effectiveness in self-healing and growth. If you'd like to learn more about the **Radiant Hearts Circle Membership program**, or to get her **Sacred Pause** newsletter, please visit [www.HollyTimberlake.com](http://www.HollyTimberlake.com).

She recently created a workshop and a wing of her training called "The Resilient Therapist," based on incorporating EP tools, and began a training program: **Integrated & Energy Therapy for Trauma Treatment and Resolution (IETTTR)** to train others in the ways she does deep trauma work with individuals. Her website is currently being upgraded to reflect the changes and additions to her professional activities.

Holly is avidly interested in nature, beauty, deep and meaningful relationships, cosmology, Unified Field Theory, and archeo-astronomy—all that's expanded! She is an independent researcher and writer with a grand vision of contributing to an expanded psychological theory consistent with a Oneness or higher dimensional orientation to life. She finds much satisfaction in creative outlets: dancing, playing piano (poorly), painting and other visual arts creations, and writing poetry.

She lives in the paradise of a creek-created gorge near her adult children and grandchildren, whose presence on this planet, at this time "with her," fills her with immense joy and profound gratitude. She delights in being a part of their lives and in being present, herself, at this transformative moment in the life of this planet.



**Holly Timberlake, Ph.D.**

*Licensed Psychologist, Diplomate in Energy Psychology & Coach*

[www.HollyTimberlake.com](http://www.HollyTimberlake.com) / [Holly@HollyTimberlake.com](mailto:Holly@HollyTimberlake.com)



# Energy Psychology Tools to assist in Regression Therapy

## Thymus Thump (Gary Craig)

With either hand in a soft fist, pound lightly to vigorously on the center of the sternum (center of the upper chest). The thymus gland lies directly underneath the sternum and is activated by the percussion. Do this until the wave of reactivity recedes, until some resilience is regained. May take a minute to several. It increases emotional strength and resilience, brings people out of panic attacks.

## High Heart Tapping (variation on a theme used by many)

Place your palms crossed on top of each other on your high heart, with fingers touching at base of collarbones. Bi-laterally tap while applying soft pressure with your palms. Continue as long as wanted. It produces a warm, soothing, calm to your nervous system.

## Global Reversal (adapted from David Gruder)

*With all my faults, weaknesses, and limitations, I deeply and completely love and accept myself.*

*With all my gifts, strengths, and ability to love, I deeply and completely love and accept myself.*

Repeat each statement 3 times while tapping above and below lips or doing High Heart Tapping. It helps to say it more slowly and intentionally and do Waterfall breathing.

## Zip Up—from Donna Eden

Place both of your hands open palmed, facing your body at, or just in front of, your first chakra. Taking a complete inbreath, pull your hands upwards to your mouth. Hold that breath just a moment, then breathe out (drop the breath out) through your mouth as you glide your hands back to the first chakra. Repeat two more times.

At the end of the third zip up, bring the fingers of one hand to one side of your mouth as if you have a key, are putting it in the lock (at the edge of your mouth) and turning it to lock it, pull that key out.

## Over-Energy Correction (Pause Lock Correction)

(Can be done either seated or laying down, also standing but it can be challenging to keep your balance)

- ∞ Place left foot over the right one.
- ∞ Put both hands in front of you, back to back.
- ∞ Cross the right hand over the left, then interlace your fingers.
- ∞ Fold clenched hands inward to rest on the chest.
- ∞ Focus on your breathing (with eyes closed) and continue until there is a release experienced, either as a sigh, sudden feeling of relaxation, or deep yawning returns. At night, I've discovered this can take up to 20 minutes. It can be stressful on the wrists, especially. IF this happens, give yourself a break and then do it again. Also, you can prop up your arms with pillows if doing it laying down, and this will relieve some of the pressure on your arms.