Total Therapeutic Process

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I've worked in the holistic health field over 18 years and have learned many things to help people. Over the years, my "tool kit" has continued to grow encompassing various ways to work with the body, mind and emotions. Inevitably I've faced the question of which of the many techniques to use, and when and how. More knowledge has at times led to a quandary of which of many things to do.

Then along came The Professional Health Provider system introduced by Dr. Bruce Dewe and Joan Dewe. PHP allows the priority of what, when and how, and includes qualities that provide for a total therapeutic system that is nonintrusive, self-empowering, self-integrating and complete. The specifics that enable that to happen are:

1. Permission and acceptance of the therapeutic work to be done

2. Pre and post checks for monitoring and anchoring

3. Prioritization

4. Emotional clearing or diffusion

5. Access to times, levels and dimensions

6. Goal determination

7. Home reinforcement

A system that includes all these aspects enables us to give a client a tailor fit session that his or her system needs at that moment in time or for some specific goal. Let's look at these aspects one by one considering their significance in a therapeutic system.

1. Permission and acceptance

Many times a person comes in with a specific problem which they find quite annoying, yet they are unwilling on some level to part with it. Many "problems" serve us in some way. Using a kinesioslogy check with such statements as

"This system is 100 per cent willing to accept the change that will come from this session."

"All parts of this system release the need for this problem."

gives us a clear go ahead.

If the answer is no to either of these questions, then willingness to change must be addressed first. This is the primary foundation. Think of all the work that's been done on people when they were actually resisting the change and how much more they would have benefited if they had cleared that issue first.

2. Pre and post checks for monitoring and anchoring.

These are significant for both client and facilitator. For the client, pre and post checks create a personal connection with the change that occurs, an experience of where they've been and where they've moved to. For the therapist, it is the evidence of the effect-iveness of the work that is being done.

With kinesiology, I use pre and post checks of imaging with auditory, visual and kinesthetic qualities included, TFH 14 muscle check, and EduK 8 dimensions.

3. Prioritization - key strategic releases

Many therapists speak of personal healing as peeling the layers of the onion. I enjoyed the vision of one of my clients who felt it was more like an artichoke with the well awaited reward of the heart being in the middle beneath all those layers.

Our body has its own natural sense of order for self healing. It knows which layers on top need to be released before those underneath can fully free themselves.

We can often see the factors underlying a clients dilemma, but they are neither ready to see or change this till we've helped them remove the upper layers that block their vision and abilities. By assisting them in removal of layer by layer, we empower them to move with their own understanding at their own pace.

4. Emotional clearing or diffusion

When Bruce Dewe introduced emotional clearing with each step of a balance in PHP-II, I felt it took my work both as client and facilitator to another level. Being new to the notion of continually finding emotional charge to clear it at each step of a balance, both my partner and I would continually forget. As we'd suddenly remember and access the emotion related to the balance, points of balance would become more tender or release more quickly and inside there would be a sense of accessing and clearing a deeper level.

The bodymind stores the emotional charge within the energy block and it is an essential aspect to be cleared. Bruce found that continual emotional clearing created more lasting change.

5. Accessing times, levels and dimensions

In kinesiology we often see the brain as a biocomputer. Certain programs are cleared and released more easily and completely when we enter the program more specifically where it is locked in. This can be assisted by accessing times, levels and dimensions.

We may clear for the present time and when we ask the system if there are other times to be cleared related to the current issue, the answer is most always yes. Our difficult behaviors in the present come from the roots of the past and these must be also cleared to truly clear an issue. Sometimes the system will even request to clear a time in the future due to the way we have projected into our visions and experiences.

Accessing levels and dimensions is a similar notion to accessing time. Sometimes an issue needs to be cleared at several levels or dimensions to complete the process. At the end of a PHP balance, we confirm that, "This system 100% accepts this change for all times, levels and dimensions."

6. Goal Determination - Accessing the Pertinent Program

We often wonder how the same person can be a great athlete and a terrible student. In a sense that a person's circuitry for being an athlete is unblocked and integrated, and their circuitry for being a student is blocked and not fully functioning. If we balance that person for an athletic activity, we would find that prechecks were actually very strong. If we state a goal related to academics, we might find the prechecks off in all dimensions. The goal statement creates the ground for the balance. It enables us to help a person for a specific need.

7. Home Reinforcement

When we give the clients things they can do at home to reinforce the new balance, we empower them to help themselves. Ultimately, we want to see less and less of them as they become healthier and more able to help themselves maintain balance.

Bringing these many aspects together into a wholistic system creates what I call "total therapeutic process". The concepts and methods can be integrated with any type of therapeutic work. Many of these aspects are included in systems such as One Brain and Advanced EduK. In PHP, these aspects are brought together in a way that works quite beautifully and includes EduK, One Brain, and other system tools as submodes. Currently I use a combination of PHP, Polarity Therapy and CranioSacral Therapy. The core operational system uniting them is the basic PHP format and finger moding for priority. Both kinesiology checks and cranial rhythm monitoring are used to set priorities and clear emotional charge. It is a wonderful adventure working with people to facilitate positive change using a "total therapeutic process" which is self empowering, non-intrusive, and deeply healing.

Bibliography

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