

A New "Instant" Energy Therapy

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Introduction

As the various 'new' Energy Therapies have developed we have seen a movement towards shorter more rapid versions of them. For instance, the original tapping method of BSFF developed into a faster non-tapping version of instant BSFF, and EFT developed into short form tapping and the standard tapping sequence was reduced by omitting the 9-Gamet part.

TAT alone developed into a more complex procedure as the number of steps increased from the original four. Here is an instant energy technique based on the earlier TAT procedure.

The iTAT Procedure©

This is not the place to teach the original TAT procedure and that is not my intention. This piece assumes that the reader is familiar with basic TAT. Anyone who is not familiar with that technique should go to the TAT website (www.TATLife.net) and see the instructions there.

The current TAT procedure has 8 or 9 steps, and the very latest form includes three alternatives for each of the two steps. Not all these steps are necessary in all cases and some can be dropped in many cases. What steps may be dropped can be decided using muscle testing, if the practitioners has a reliable muscle test.

Recently, a three step TAT Procedure has been suggested and it is from these three steps that iTAT has been developed in UK. The three steps are :

1) Everything that contributed to my identification and resonance with this problem. 2) Everything that contributed to my identification and resonance with this problem happened and is over. I no longer identify or resonate with those things 3) I now resonate and identify with(whatever is desired)

iTAT uses these three statements, but fundamentally differs from the original TAT therapy in the way they are used. In the original TAT the problem is first identified in the mind of the client - it is not necessary to vocalise it in detail. Then the TAT pose is held until the client feels some change or until the practitioner decides the step is complete. The process then moves on to the next step. Between steps the client is asked to recall what happened during the previously completed step.

Care must be taken that the client does not stay in the TAT pose from more than about 20 minutes in each session, unless the practitioner has a reliable muscle test that suggest longer will be safe.

In iTAT the client identifies with the problem in the same way and holds a same pose, but relies on the subconscious to instantly make the change. The subconscious mind works at great speed - almost instantaneously - and is willing to act on our intention. If an object is thrown towards our face the subconscious reaction is to close our eyes and flinch. This happens almost instantaneously - we do not have to consider if the object will hit us or do damage if it did. Our conscious reasoning mind is not involved - the subconscious acts for us.

This is the process involved in iTAT. It is the intent that matters. The client and practitioner both have the same intent. In step one it is to recall the problem and all its component parts, in step two to release those root causes and in step three to install some desired goal to replace them.

After discussing the problem sufficiently to bring it into the client's subconscious mind (it need not be put into words and the practitioners need not know what it is), the client is asked to hold the pose, but only for an instant. The practitioner then moves onto the second step, and again only holds the pose for an instant.

Before the third step the desired aim is discussed and then evoked with the third step with the pose only being held instantaneously as before. It is usual to evaluate the depth and intensity of the problem before the procedure and after it, usually using a SUDS or VOC scale, to judge how much change there has been. If the client still has some parts of the problem causing them distress the procedure can be repeated as often as necessary to completely clear all elements of the problem to the client's satisfaction.

Conclusions

This new procedure is not intended as a stand-alone procedure, but simply as another tool for the box of an Energy Therapist which can be used at will alongside other procedures when the case calls for it.

It is a copyright procedure, but it is offered free of charge to all to be used and modified as will. The only stipulation is that it is used for good.

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