



To Help You Help Others

Energy Psychology & NLP

Included in the most popular group of EP Techniques are processes such as Thought Field Therapy, Emotional Freedom Technique, Be Set Free Fast, Tapas Acupressure Technique, Stress Release, Frontal/Occipital Holding, and many other such therapies. You can easily learn more about these online.

Each of these purposefully evokes one of the human energy systems—such as the meridian system, the chakra system or the aura system.

NLP offers the ways and means to quickly identify and shift a limiting belief, viewpoint, or confining sense of self. When an individual is unable to perceive a situation or circumstance in a healthy manner, it is usually due to a fixated point of view and/or a highly charged emotional state attached to that point of view.

EP tools are incredibly helpful in reducing the negative emotional charge on any viewpoint, belief, or sense of self. When the negative emotional charge is released, awareness, mindfulness, and presence to the problem or issue is greatly increased, thus accelerating the process of change and transformation the NLP approach has identified as desired goal or outcome.

Here are two simple tools you can use when you are caught in the throes of some emotional state (often accompanying a limiting belief or perception) you wish to step out of, but find yourself unable to do so.

The directions are given to you as a coach working with clients. However, you can easily use these two techniques on yourself. for your own self-care routine..

A. Frontal Occipital Holding Technique

This technique is an easy self-help method for calming the mind and the body. The person simply focuses on the concern and where they are feeling it in their body. One of the benefits of this method is its easy availability for clients to use at any time when they are stressed; to have them in their own tool box for self-care.

1. Have the client put their hands gently on their forehead (the frontal lobe of the brain/thinking function) and on the back of the head on the bony ridge (the occipital lobe of the brain/feeling function) just above the neck.





2. Before they begin, have them spend a moment to identify where they feel these feelings of concern in their body. Have them point to the places they feel it and tell you.
3. Have the client then feel their feelings and wallow in them, staying focused on the place in their body where they feel them. They can generate this feeling by running the current scenario or past scenarios or future ones they fear. But they need to keep running the movies, the sound tracks, and the feelings they generate while feeling it all in their body.
4. The goal here is amplify the negative feelings. It seems counter-intuitive since you are focusing on what you want to get rid of. But, this is essential to the process. The hands on the head act like a circuit breaker, disrupting the current neurological wiring holding the negative emotions in place. In this way, a more healthy and appropriate response can arise.
5. While wallowing in the negative feeling or belief, some people feel their pulse through their palms, although this is not necessary to the success of the technique. They may feel these pulses and hold the posture until they feel the pulses go from disjointed to being in sync.
6. Generally have your client hold their head for 1-5 minutes in the Frontal-Occipital holding position, or until they feel calmer. It is fine to interrupt the client if they don't automatically stop after a period of time.
7. When the time is completed, ask them to place their attention in their body where they previously felt the negative feelings. They should report a shift, or difficulty in finding the negative feelings at all. If they do not experience a difference, ask them to do the Frontal-Occipital holding for a few more minutes.



B. Stress Release Technique

1. In Stress Release, have your client place their hand on the forehead only.
2. Again, they are to feel their feelings and wallow in them, trying to continually generate the same feeling in their body. (See #4 above.)
3. Suggest they tell their conscious and unconscious mind to let go of all the stress generated in the situation or circumstance they're re-experiencing.
4. You can suggest that they imagine the stress flowing out of their body, out of the bottom of their feet or out of the top of their head. “

Flowing out of every cell of your body, letting go of all of the stress that can be released in this moment.”

Energy Psychology Tools



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You can use this method regularly in self-care. Having your hand on your forehead is more socially acceptable in any situation. Calming the thinking brain can be helpful for decreasing stress and anxiety. Clients find they are able to tune into their body, pay more attention to their breathing, let go of stress more easily, and more likely to find a moment to relax.

