

Radiant Energies Balance (REB)sm: A Flexible, Comprehensive and Transformative Energy Psychology and People's Radical Release Therapy

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Abstract

The following article contains a general explanation of the new energy psychology psychotherapy process known as Radiant Energies Balance (REB)sm. The author talks about her use of REBsm in her holistic mental health counseling practice and describes a typical REBsm therapy session format. REBsm has a wide range of therapeutic potential ranging from the treatment of trauma and other mental health issues to use as a complimentary treatment modality for chronic illness and physical injury.

A few years ago I became involved as a contributing developer of Radiant Energies Balance (REB)sm, a new energy psychology psychotherapy conceived by Phillip Warren, a Canadian Professor Emeritus (Psychology and Music). REBsm is an exciting new heart centered energy psychotherapy process because it offers a gentle and deeply comprehensive method of working with victims of trauma, as well as other significant life dilemmas. In my practice I have found that people who have experienced mental, emotional or physical trauma as well as traumatic illness and personal loss can recover from most, if not all, of their life altering symptoms. This autonomic nervous system balance and release process helps to reestablish a normal heart rate and rhythm, a normal blood pressure, normal sleep and waking patterns, and it creates a vehicle for healing self doubt and shattered self worth by providing a means to balance the mind, body and emotions with spirit. Somatic symptoms like stomach aches, breathing problems, lower back pain, night sweats, and digestion problems are significantly less troublesome or completely gone after treatment with the REBsm process. The REBsm approach incorporates methodologies from several Energy/Information Psychology systems such as Eden's Energy Medicine, HeartMath, EMDR, Brain Gym, Integrative States Therapy, Focusing, NLP, One Brain, and Reiki as well as main stream practices for treating trauma.

REBsm is gradually gaining friends within the professional community. Phillip Warren has spread the word by introducing the REBsm protocol to the professional community at various national and international conferences: 2001 Conference of Canadian Alliance of Life Skills Coaches and Associations (CALSCA), 2002 convention of the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), 2002 Eastern Canada Association for Comprehensive Energy Psychology (ACEP) Convention and the 2003 Joint Conference of North American Association for Specialized Kinesiology. Other national level presentations and training sessions are scheduled for 2004. Professor Warren and I will be presenting at The Winter Brain Meeting in Palm Springs, California, the Southeastern Association for Comprehensive Energy Psychology (ACEP) Conference in Atlanta, Georgia and the American Association of Energy Kinesiology Conference in Baltimore, Maryland.

I have found that patients with chronic illness like cancer, diabetes, HIV/aides, chronic fatigue and fibromyalgia can benefit greatly from the REBsm process. Treatment allows clients to overcome medical treatment anxiety, and helps to ameliorate fear based living. It provides a very complete means of improving negative thought processes that in turn increases the speed of and possibilities

for healing and recovery. Underlying causes of disease are addressed with all energy work, and REB is no exception. However, what makes REBsm a unique and extraordinary energy modality is that it balances the autonomic nervous system and the emotions while the client is verbally, emotionally, spiritually and physically interacting with the perceived negativity. The negative thoughts and issues that support the disease process no longer carry the impact that they did before treatment. Once balanced and functioning at a higher level, the body is better able to make corrections that create an opportunity for the client to regain the highest quality of life possible.

I have found the REBsm to be of great help to college athletes who are struggling with the high stress of an overloaded schedule, demanding physical activity or athletic injury. REBsm helps to reduce the emotional consequence created by sitting out when injuries do occur and it helps to speed up the rehabilitation process by keeping the body balanced and decreasing injury related difficulties like depression and anxiety. REBsm is able to enhance athletic achievement by reducing performance anxiety, enhancing performance abilities and improving the self concept and other psychological dynamics that allow the athlete to focus on game methodology and skill development.

Spiritual issues are natural targets for REBsm process because it uses the body's radiant circuits to stimulate balance and health. The radiant circuits are like "hyper links" to the energy system since they automatically go to wherever correction is needed. They are also known as the circuits of joy and include four special "dual citizen" meridians: the triple warmer and spleen plus the central and governing. The circuits of joy bring a spiritual quality to the recovery process by stimulating a peaceful and contented quality that is generated from within, especially when augmented with the HeartMath "core heart feelings" induction. After sessions my clients often talk of feeling lighter, more grounded, and more relaxed. Others say that they have discovered a deep feeling of inner strength, or a deep hopefulness that previously did not exist. Some say they have discovered they are smiling more and engaging in happy conversations with strangers in unexpected places like supermarket check out lines. Others discover that their intimate relationship is better because barriers have been replaced by increased positive communication and a feeling of sincerity. In general the quality of life improves due to greater emotional and mental health and increased physical comfort that includes improved sleep patterns.

The basic REBsm posture is a self - help technique that can be used by anyone at any time, no matter where they are because it looks like a natural body position. Anyone can learn to use this posture with some basic training that occurs within the therapeutic relationship. Phillip Warren states, "My aim is to have ALL people and ALL 'helping professionals' free to use these powerful methods whenever and wherever needed without restrictions. And to increase the effectiveness of the healing profession's 'standard operating procedures.' I strongly feel it's very important to provide all people with an elegant and relatively simple and rapid method to enhance the flexibility, responsiveness and sensitivity of the autonomic nervous system which will improve general well being as well as produce an overall balance to the energy/information system."

REBsm can be categorized as a brief therapy. In my experience I have found that individuals who have been in and out of counseling for years often find emotional relief after the first session. Therapy that once took two years to complete can be completed in six months or less. The duration of therapy depends on the amount of time that has passed since the trauma occurred and the issues that have developed surrounding the traumatic event. Panic attacks are ameliorated. Social Phobias are lessened. Re- traumatizing flash backs are a thing of the past. Underlying negativity is transformed. Positive perceptions are birthed. Coping skills are gained.

Each REBsm session lasts 60 - 90 minutes portioned out into three segments. The first segment is used to determine the mental state of the client and to talk about the intent of the day's work. The second segment is the REBsm treatment session, that might include some talk therapy. The third segment and closure activity is usually some kind of imagery or meditation activity that concentrates on the development of well-being by using the clients desired outcome as the focal point. For example, if the client wishes to leave the session with a feeling of personal freedom, the closure work focuses on developing feelings that represent freedom to the client. Clients working on acute and post traumatic stress issues can expect to spend two or more hours in each session while the central issue is being addressed. Once the core issue is desensitized the sessions can return to a normal 60 - 90 minute format. Some clients choose only to desensitize the trauma, while others want to work out related feelings and issues that have complicated their lives since the trauma occurred. All clients who choose this process, and who approach the treatment sessions with an intent toward wellness, find relief from their stress related symptoms and obtain a higher quality of life.

RMW, a married female client with teenaged children, has written a brief statement concerning her feelings about the REBsm process. She works as a professional writer as well as a housewife and mother. RMW is diagnosed with hypothyroid disease and celiac disease and has a long history with bouts of chronic fatigue. When I met her she was chronically exhausted and very open to positive change in her life. She writes, "...after another viral/bacterial incident I concluded that if I had a stronger immune system, I could avoid these (chronic) bouts of bad health and low energy.....I do not totally understand radiant energies balance. All I know is that when my body is in a depressive state due to low thyroid, and after-effects of a medication or the virus itself, it works wonderfully well. After several sessions my energy is restored, I don't feel depressed and I have energy and good health again. I feel very fortunate to have found this alternative to anti-depressant drugs and I wish that more people suffering from the after-effects of powerful medications could find this natural and 'healthy' road to health."

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