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**with Janet Nestor, M.A., L.P.C. and Master REB$^{sm}$ Practitioner**

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# A CASE DESCRIPTION OF THE USE OF THE RADIANT ENERGIES BALANCE (REB)$^{sm}$ PROTOCOL

While attending an energy psychology conference in the spring of 2001, I had an epiphany: I discovered that Donna Eden's Radiant Circuits were the most efficient way to work with the body's energy system. With my colleague, Janet Nestor, I spent the next 3 years researching, developing and refining the Radiant Energies Balance$^{sm}$ protocol (the official website, <www.rebprotocol.net> , probes a wide range of clinical, neurological, philosophical, and empirical issues). The protocol can be used as both a sophisticated professional therapeutic system incorporating main stream and cutting edge therapeutic methods as well as an easy to use self help technique. It's one of the most user friendly approaches in the field of energy psychotherapy.

Engaging the body's energy system accesses some of the most efficient adjunctive therapeutic modalities available since the energetic approaches both resolve psychoenergetic imbalances on their own and also they serve as powerful catalysts for other interventions. The REB$^{sm}$ protocol is one of the simplest, most flexible and efficient approaches to tapping into body's energy system. It can easily be incorporated into many more traditional approaches, especially cognitive/imagery methods.

More information on the Radiant Energies Balance (REB)$^{sm}$ protocol is available at the website <www.rebprotocol.net> and from Phillip W. Warren

The following case description of the use of the Radiant Energies Balance (REB)$^{sm}$ protocol by Janet Nestor will provide you with some idea of the potential of using this energy-information approach in psychotherapy. Therapists can increase the impact and effectiveness of their sessions using the REB$^{sm}$ protocol.

I consider Janet Nestor a master practitioner of REB$^{sm}$. She is a member of the Center for Family Wellness, Winston-Salem NC, USA. Phone: 336-760-9355. Email: spiritway@earthlink.net.
Website is: www.transcendandrenew.com. The 2003 November descriptive summary or REB$^{sm}$ is available at: www.transcendandrenew.com/Radient%Energy%Balance.htm.

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Janet's Email post of 2003 January 14:

Hi Phillip

I had a wonderful experience today [Jan. 14] that I want to share with you. I have a young 21 year old man that I see for therapy. He is diagnosed with Aspergers, schizophrenia, OCD, Social Phobia, GAD and depression. What a lot this man deals with. I have been so concerned with energy work since he is on so many medicines, and there is concern for dosage issues as his energy body begins to heal. We decided together to use REB$^{sm}$ last week and today we did. The results were off the charts. When he came in he was in a panic, shaking, and folding in on himself with fear and worry. We chose motivation as the topic of work because he is so locked down with all of his issues and he views this as a motivation issue. So I went with his interpretation of his issue because I did not feel it was all that important what we called the problem since we both knew the issues very clearly. His SUDs went from a 9 to a 6. Does not seem like a lot, but it

was a tremendous change for him. He was relaxed, mind was clear, his shaking and folding in was all gone. He was able to look me in the eye and say he felt better and that he had hope....this young man can't look directly at anyone out of fear. But he did today and he was able to say thank you.
It was AMAZING.

He was able for a period of maybe 30 minutes to feel hope, feel calm and relaxed and free of paralyzing fear. If he never has another moment like this, we had success.

So now I know that the depth of this process is far beyond what I thought of as its scope. Just wanted you to know and to feel some satisfaction knowing what you have accomplished by putting this process together.

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Janet's Email post of 2003 Jan. 16

I don't know what will happen with this young man but just these few minutes of peace of mind is a major win for him....

This young man is very high functioning with pretty advanced communication skills. He writes stories and poetry. However he is remarkably socially phobic. The sadness of this situation is that he loves people and wants to be out there among the masses; he just can't do it. I think we stumbled onto something with the REB$^{sm}$ and I hope that he can stay stable long enough to get some good benefits. He was just placed on a new drug protocol so this is a good time to begin. I have to call his psychiatrist and let her know what I am doing and I might try to get her to look at this process too. She is very open to alternative practices; she is an Indian (the country) woman and has a lot of holistic ideas.

Janet
--- Janet Nestor, master practitioner/developer of the REB$^{sm}$ protocol

## Glossary

Aspergers = an autistic like disorder defined as a developmental disorder that incudes impaired social functioning and communication difficulties often with repetitive behaviors.
OCD = Obsessive Compulsive Disorder
GAD = General Anxiety Disorder
SUDs = Subjective Units of Distress
REB$^{sm}$ = Radiant Energies Balance$^{sm}$ protocol