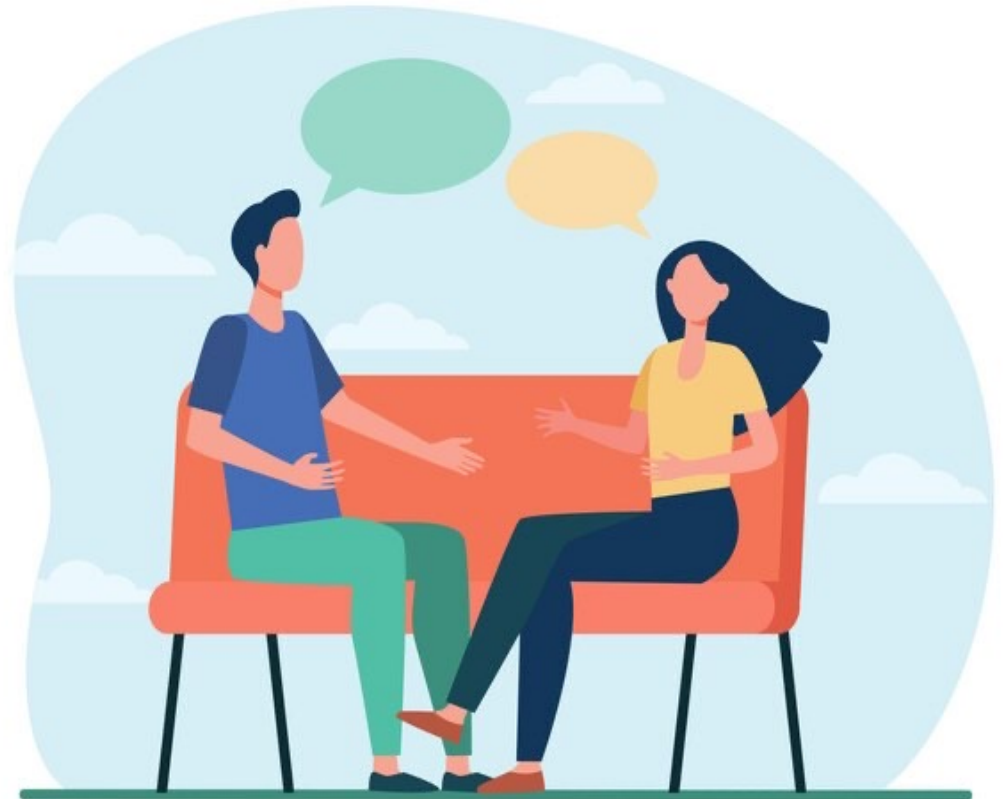


BEYOND TALK THERAPY

Bob Schmidt, LPC

12 pages of handouts are available
on my website:

www.BobSchmidtLPC.com




- There is nothing wrong with talk therapy. There are many excellent and effective cognitive approaches.
- However, when you offer your clients a variety of techniques they can practice when they leave your office, you **EMPOWER THEM!**

And as a result

- Clients progress more rapidly.
- Clients take responsibility for their healing.
- Client learns a skill they can use for a lifetime.
- Your sessions are more stimulating.



TECHNIQUES AND ACTIVITIES THAT EMPOWER YOUR CLIENTS

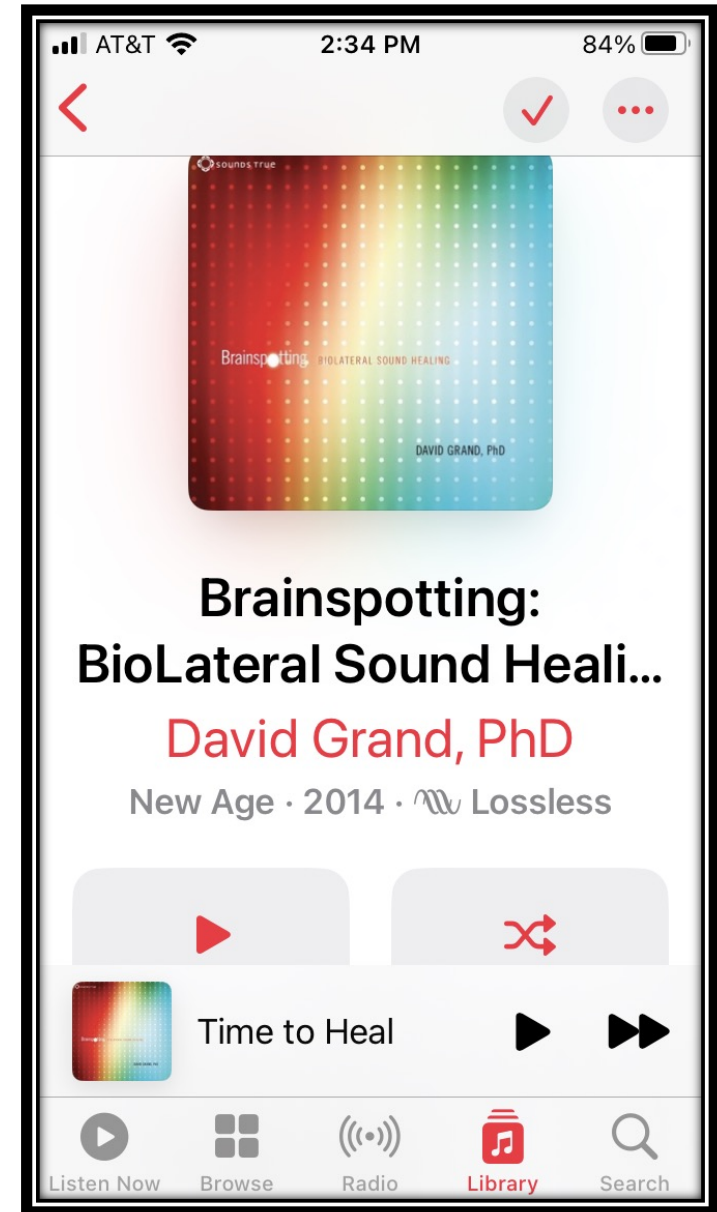
TECHNIQUE	WHAT IT TREATS	DESCRIPTION	TIME	ITEMS NEEDED
BioLateral Sound Healing David Grand, Ph.D 	Stress, anxiety, and depression	Client sits in a quiet place and listens to BioLateral Sound with ear buds. The music or nature sounds move gently from left to right.	15 to 20 min.	Smart phone with music app, or a CD player. Need ear buds
Individually Designed Playlists	Stress, anxiety, and depression	Client has music of their own choice playing in the background	No set time	Smart phone with music app, or a CD player
Tap and Breathe (short version)	Anger management Panic Attacks Fears & Phobias Gratitude	Client taps on 9 acupuncture meridians and says what they are feeling	5 to 20	Both hands
Tapping / EFT (long version)	Stress, anxiety, depression, and trauma	Client taps on 9 acupuncture meridians and follows a specifically designed dialog	10 to 45	Both hands

TECHNIQUE	WHAT IT TREATS	DESCRIPTION	TIME	ITEMS NEEDED
Fingertip Squeeze A form of Tapping	Stress Helps keep focus	Client gently squeezes each fingertip in a gentle rhythmic manner.	No set time	Both hands
Guided Meditations (free or purchased)	Stress and anxiety	Client listens to guided meditation of their choice	10 to 20	Smart phone, tablet, or CD player
Safe Havening	Stress and anxiety	Client follows a pattern of self-soothing arm and hand movements	5	Hands, arms, and face
16 Second Meditation	Stress and anxiety	Client follows a routine of breathing and counting to 4.	16 sec.	Nothing

BioLateral Sound Healing

David Grand, Ph.D.

- Using **ear buds**, the music or nature sounds gently move from left to right.
- The sounds calm the amygdala and entire limbic system.
- Easiest way to find BioLateral Sound is on a music app.



INDIVIDUALLY DESIGNED PLAYLISTS

- **Smart phones with a music app are an excellent way to make a playlist.**
- ***FOR ANXIETY & STRESS:*** Select songs that are soothing and relaxing.
- ***FOR DEPRESSION:*** Select songs that are upbeat and bring back positive memories.



TAP AND BREATHE (short version)



• #1 The Karate Chop

- Using 2 or 3 fingers,
- tap on the bottom of one hand with the other hand.

Now, say out loud whatever you are feeling:

Ex: *“I’m angry as hell!” “I hate my boss!”*

“The MRI machine terrifies me!” “I’m so stupid!”

“I can’t stand this damn traffic!”

Tap & Breathe continued

Continue saying the negative, angry, or fearful thoughts you have as you tap on each area.



2) Beginning of the Eyebrow



3) Side of the Eye



4) Under the Eye

Tap & Breathe continued . . .

Continue saying the thoughts & feelings you have as you tap on each area. You may swear or say anything that you are thinking.



5) Under the Nose



6) Under the Lips



7) Collarbone

Tap & Breathe last slide

Continue Tapping & saying your thoughts & feelings.



8) Under the Arm



9) Top of the Head

After Tapping on #9 stop. Now take a deep breath and exhale slowly. Keep Tapping until you feel calmer.

You can also tap on gratitude to feel good!

TAPPING / Emotional Freedom Technique (long version)

Step 1. Rate the intensity of the emotion from (0 to 10)

Step 2. While tapping on the Karate Chop position, the client says the “**Set up Statement**” designed by the therapist and the client, three times. *For example:*

- *Even though I'm sad, and it feels like a weight on my chest, I deeply and completely love and accept myself.*
- *Even though I am worried about my job, and it feels like I can't breathe, I am a good person and I'm doing the best that I can.*



Set up Statement

1. Even though
2. What's bothering you & where you feel it
3. Balancing statement

Step 3: Tap on the remaining **8 meridians** and say out loud what is bothering you.

Step 4: Stop and take a deep breath.

Step 5: Rate the intensity again.

Continue tapping until the intensity is a **3 or lower**.



FINGERTIP SQUEEZE

Gently squeeze each fingertip on one hand.
Then squeeze the fingertips other hand.
Try to keep the same pace and rhythm.



GUIDED MEDITATIONS

• 1. Free guided meditations such as:

- * Mindfulness Coach
- * Smiling Mind
- * Ten Percent Happier
- * Healthy Minds
- * UCLA Mindful
- * Simple Habit
- * Insight Timer

2. Paid meditation apps such as:

- * Buddhify \$5 mo.
- * Insight Timer \$10 mo.
- * Gaia cost?
- * Aura Health \$12 mo.
- * Headspace \$13 mo.
- * Calm \$15

3. YOU can design and record custom meditations for your clients on your phone or their phone.

To send them to clients, keep it under 5 minutes.

SELF HAVENING from the term “safe haven.”

Originally created by a physician at a hospital in the UK as a calming tool for his doctors during COVID.

Step 1: Begin with your hands on your shoulders, and slowly bring your hands down to your elbows. As you do it, count out loud 1,1,1,1. Then bring your hands down again and count 2,2,2,2. Continue doing this until you reach 10.



Slowly move your hands down and count: 1, 1, 1, 1 - 2, 2, 2, 2, - 3, 3, 3, 3 Until you reach 10.

← START

STOP →



Step 2: After the 10th time, slowly rub hands palm to palm. Stop at end of fingers.



Left hand outside

Right hand outside



Self Havening continued . . .

Next, a gentle face massage:

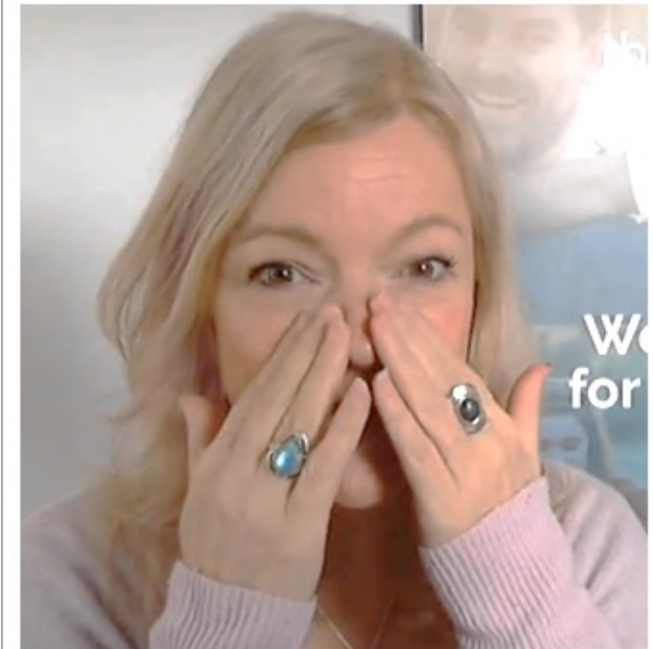
Step 3. Place your fingers on your forehead. Bring your hands down over your temples and stop at the bottom of your jaw. Do this 4 times.

Count: 1, 1, 1, 1 - 2, 2, 2, 2 - 3, 3, 3, 3,
- 4, 4, 4, 4

Step 4. Place your fingers under your eyes and bring your hands down your face and stop at the bottom of your jaw. Do this 4 times.

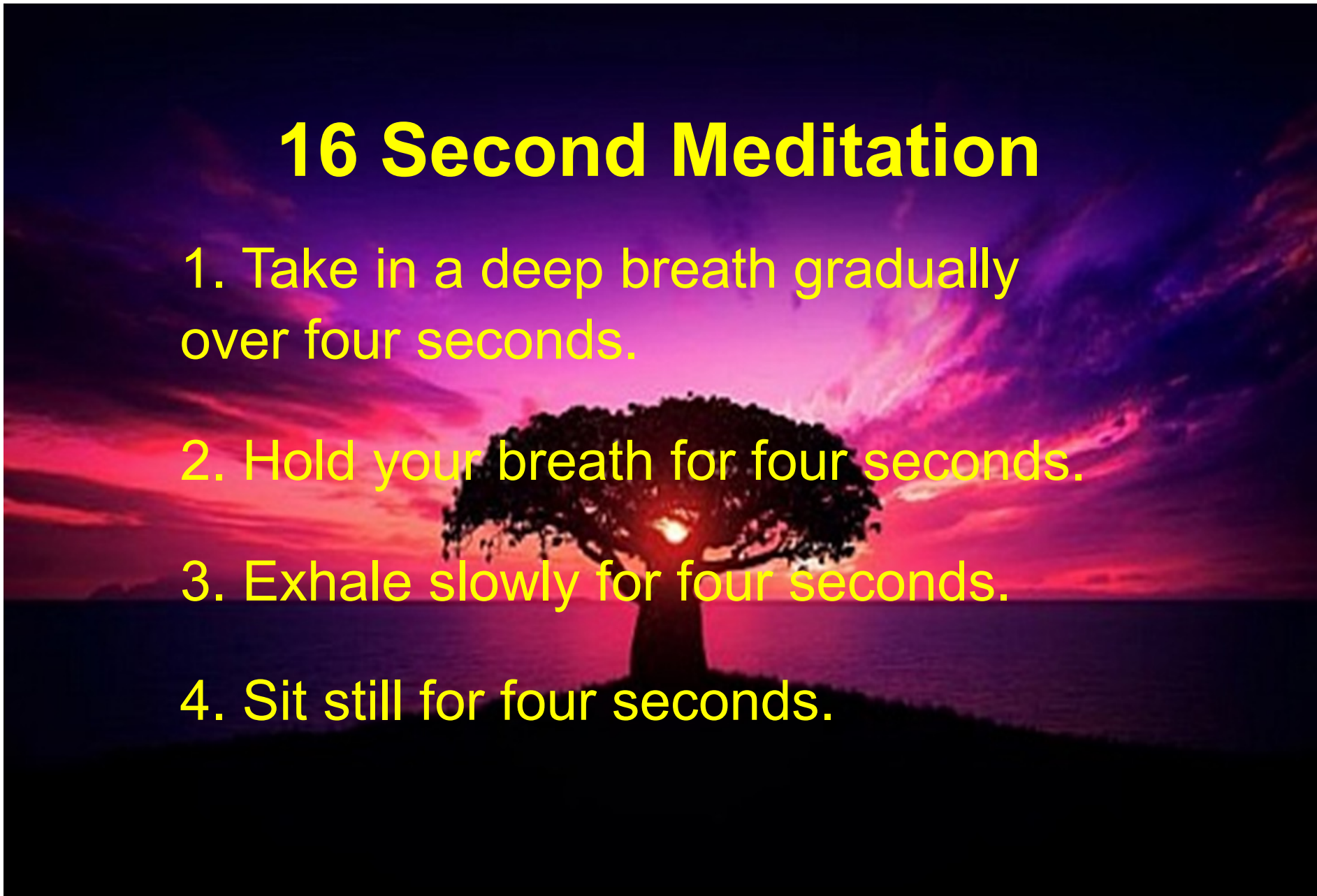
Count: 1, 1, 1, 1 - 2, 2, 2, 2 - 3, 3, 3, 3,
- 4, 4, 4, 4

Step 5. Take a deep breath, exhale slowly



16 Second Meditation

1. Take in a deep breath gradually over four seconds.
2. Hold your breath for four seconds.
3. Exhale slowly for four seconds.
4. Sit still for four seconds.



For handouts that you can use
with your clients,

Go to my website:

BobSchmidtLPC.com

Click on: “*Handouts*”

Select: “*CCA Conference
Handouts 2023*”

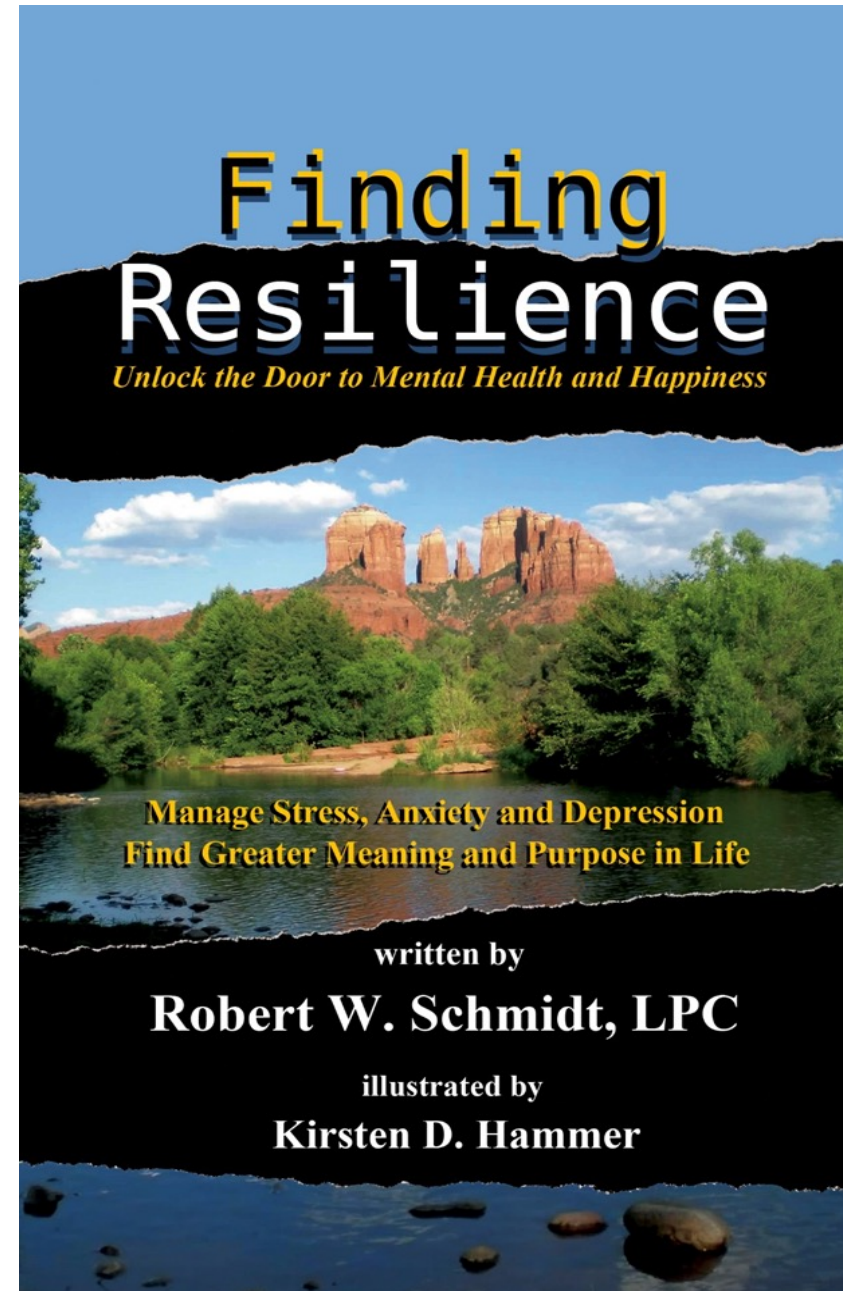
BioLateral Sound Healing

Tap & Breathe

Tapping (long version)

Self Havening

16 Second Meditation



For more
information
and details
about these
techniques.

Available on
Amazon.com