

Stress Bytes Newsletter

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"WHEN STRESS BITES, BITE BACK!"

THE NEWSLETTER OF ANNETTE VAILLANCOURT, PH.D.
LICENSED CLINICAL PROFESSIONAL COUNSELOR.

Wow! A New Tool for the Toolbox

I'm excited to talk to you about a new treatment option I'm learning, but I'm also hesitant because I'm new to it and it's still in its infancy. As a Ph.D. therapist, trained in the scientist-practitioner model, which holds high standards for scientific validity in treatment options, yet still acknowledges that what works in the lab doesn't always work in the real world, I'm constantly searching for new tools for my therapy "toolbox." Because of this training, I was initially skeptical about this technique until I tried it on myself and my clients. People who know me well know that I'm not prone to hyperbole or exaggeration when it comes to most things, so when I say, "wow!" that's unusual. This earns a Wow!

Basically, I'm a pragmatist as a therapist, looking for whatever works to help a particular client with their unique needs and concerns. Consequently, I've been on a search all my life for healing techniques. That search has taken me from

traditional training in psychology to the exploration of the mind/body connection and various healing modalities used throughout time and in different cultures. Where possible, I try out a new technique on myself first—to learn it from the client's perspective, and then be able to speak firsthand about its effects or benefits.

For example, I've explored a variety of body/energy therapies, such as yoga, massage, Reiki, dance, acupuncture, craniosacral therapy, and holotropic breathwork. I've tried chanting, drumming, affirmations, shamanic journeying, meditation, dreamwork, labyrinths, and EMDR (Eye Movement Desensitization and Reprocessing). I've been in encounter groups in the 1970's and support groups in the 1990's. In short, if I think something might help myself or my clients, I give it a try.

This technique is what I'd refer to as an energy therapy that blends East

and West and mind/body techniques. It's called Emotional Freedom Technique or EFT, for short. It's like acupuncture without needles. While gently tapping on various points, called meridian points, around your body and saying a setup affirmation aloud, intense emotional states can be reduced dramatically and quickly, sometimes in a matter of minutes.

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"She was on vacation for three weeks, but burned up on re-entry."

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EFT has been around roughly 15 years and has many case studies by individual practitioners claiming its benefits on many issues and concerns. (See www.emofree.com to learn more about it.) Lest this is starting to sound like “snake oil,” some controlled experiments are being published in reputable journals comparing the effects of this treatment to others. Of course, much more needs to be done. Still, all new discoveries start out this way, with anecdotal evidence and case studies, then science catches on and does more rigorous experimental studies.

The general idea underlying acupuncture, acupressure and EFT is that health is due to an unobstructed flow of energy throughout the body. Any blockage of that flow or deficiency or stagnation in the quality of that energy is believed to produce illness. Each of these modalities is a way to unblock that flow of energy so healthy functioning can return. Further, EFT asserts that thoughts, including memories of past painful or traumatic situations, can cause a disruption of the body’s energy system, thus producing emotional pain, and contributing at times to physical pain and illnesses. By focusing on the distressing thought or memory while tapping on the meridian points, the energy system can be realigned, thus restoring a more integrated, natural state of ease and health. Furthermore, the benefits appear to be lasting. An oversimplified description of EFT is that it’s like an eraser for emotional pain. Of course, most of the concerns that bring people to therapy are complex and have many aspects to them, so this is no “magic wand,” but it appears to be able to help someone address their issues and concerns with a minimum of emotional pain.

For example, on the training videos, I watched a 54 y/o man with an intense fear of water overcome his lifelong fear in about 20 minutes using this technique. Not only did he agree after some tapping to get into a swimming pool, but with a few more rounds of tapping he was soon joyfully bobbing and dunking himself underwater and eyeing the deep end of the pool with curiosity, wondering what it would be like to go into water where he couldn’t touch the bottom. Even the trainers were amazed.

I have used EFT with clients to reduce the intensity of anger, panic, grief, worry, self-judgment, food cravings, writer’s block, and suicidal thoughts. I have stopped panic attacks dead in their tracks and gone from the onset of a panic attack to dancing and singing with joy in under 10 minutes! I’m also going to be using this technique with sales teams for Peak Performance issues. Do I want to learn more about this? You bet! I’m off to Albuquerque, NM for 5 days of intense training at the beginning of February. See you when I get back!



“No matter how intense things get, you manage to keep a cool head. What’s your secret?”

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WHAT OTHERS ARE SAYING ABOUT EFT

“Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ... as it is for me. ”

Eric Robins, MD

“My doorman told me that after suffering from weekly and sometimes daily migraines since childhood, he hadn't had a single migraine since the EFT treatment, which was between 5 and 6 years ago. He still doesn't understand what went on in my office, but is thrilled with his relief.”

Dr. Carol Look, LCSW, DCH

“I have a real phobia about driving in heavy traffic areas, especially with ramps that are elevated. I tried the tapping and drove on an expressway, with ease and comfort, that normally I would have avoided like the plague. That convinced me!”

Pat Pietri

“EFT has been for me, the single most effective technique I've used in my 45 years of practice as a psychiatrist.”

Curtis Steele, MD

“The EFT is working just great for me, it is night 13 of falling asleep without the pain of the Invisible Chronic Illness (fibromyalgia) and this is a phenomenal record for me. Since 1991, the onset of this illness, I have not had two pain free nights in a row. You are very much appreciated and a great big "Thank you.”

Janet Cole

POSSIBLE EFT LIMITATIONS

I'm not saying here that EFT is perfect. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will and it represents a Doorway to your new Healing High-Rise.

Also, you will find that EFT is usually quite gentle and you can often achieve substantial relief with little or no pain. This is not true for everyone, however. Some people's issue are so intense that the mere mention of them causes emotional or physical pain. Although truly serious instances of this (sometimes called abreactions) are most likely to occur in seriously emotionally challenged people (best estimate is less than 3% of the population), newcomers to EFT are advised to exercise common sense in this regard and not go where they aren't qualified.—taken from

www.EmoFree.com

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The Stress Doctor is IN!!!

“ARGUE FOR YOUR LIMITATIONS AND SURE ENOUGH, THEY'RE YOURS.”
RICHARD BACH

“KNOW FROM WHENCE YOU CAME. IF YOU KNOW WHENCE YOU CAME, THERE ARE ABSOLUTELY NO LIMITATIONS TO WHERE YOU CAN GO.”
JAMES BALDWIN

“HEALING IS A MATTER OF TIME, BUT IT IS SOMETIMES ALSO A MATTER OF OPPORTUNITY.”
HIPPOCRATES

“WITH THE GIFT OF LISTENING COMES THE GIFT OF HEALING.”
CATHERINE DE HUECK



“I’m afraid you caught me at a bad time... somewhere between college and retirement!”

ANNETTE VAILLANCOURT, PH.D.

LICENSED CLINICAL PROFESSIONAL COUNSELOR

- 15 years experience gently helping individuals, couples and groups resolve personal problems, manage stress, and reach their full potential.
- Specializing in Women’s Issues and Stress Management

Call **(618) 549-5935** to set up an appointment

Visit our website at www.GotStressGetHelp.com

FOUNDATIONS OF EFT

EFT was introduced in 1995 by Gary Craig, a Stanford Engineering graduate in lifelong pursuit of personal well-being.

“I have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results. EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner.”

Gary Craig is neither a psychologist nor a licensed therapist. He is an ordained minister through the Universal Church of God in Southern California, which is non-denominational and embraces all religions. He is a dedicated student of A Course in Miracles, and approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT or its Practitioners.

“I’ve been doing energy healing work since 1991 and my jaw still drops at the results. I’ve lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn’t perfect, of course. We don’t get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will.” - Gary Craig