

# Seminar Update



Winter 2008

Here are 3 reasons to attend an upcoming training on [Quick REMAP](#)

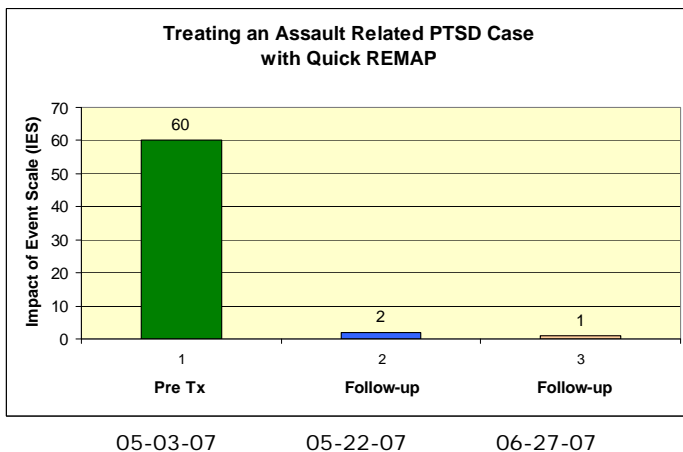
Quick REMAP Rapid Emotional Relief-**Professional**  
January 26 & 27

Quick REMAP Rapid Emotional Relief-**Self-Help**  
February 23 & 24

- 1) Changes in psychological inventories after Quick REMAP treatment,
- 2) Changes in physiological measures after Quick REMAP treatment and
- 3) Compelling reports by clinicians who are producing spectacular results (even with challenging cases).

Quick REMAP is producing measurable changes in the mind and body as measured by psychological inventories (including one for PTSD) and physical measures of change in heart activity that correspond to a deactivation of the sympathetic nervous system and calming the fight or flight reflex.

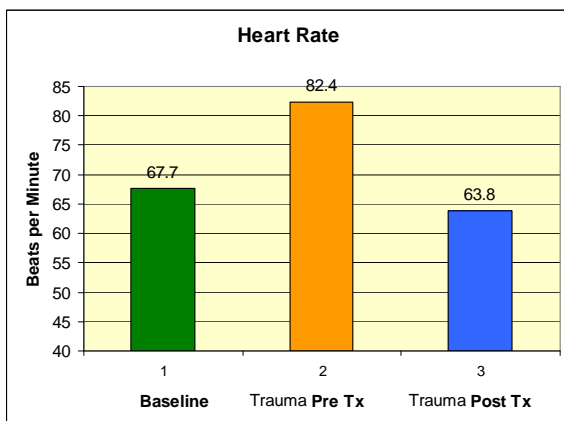
Quick REMAP is  
Very Simple  
Very Fast and  
Highly Effective



The Impact of Event Scale (IES-r) revised version, is used to measure traumatic events.

On this scale, research has shown a score of 33 to be the best clinical cutoff for a probable diagnosis of PTSD.

This graph shows the result of one Quick REMAP treatment session.



This graph shows changes in heart activity when the same PTSD client thought of a relaxing walk in the park (baseline), her assault trauma (pre treatment) and her assault trauma again (after only one treatment).

After Quick REMAP, her heart rate is even calmer when thinking about the trauma than thinking about a walk in the park.

### Report from a recent Quick REMAP Professional Seminar Participant:

"I have to tell you with great excitement, that I used the Quick REMAP (4-point) protocol with my most skeptical, "recalcitrant", cynical, and perhaps deeply suffering client in the week following the training weekend. She is also perhaps one of the most difficult dissociated clients I have ever worked with, in that she is so concretely defended in her intellect, yet her body has sensory "language" that tries to tell a story of horrific childhood and teenage abuse that her mind will not accept.

None of the techniques I have learned in a sensory-motor seminar in affect regulation have been effective with her.

We come to a repetitive impasse with EMDR; her symptoms do not abate, and in fact, she often has trouble driving to my office, losing her way, not remembering where my building is, unable to memorize or recognize landmarks, etc., wandering streets in her car until she happens upon the correct street.

This is just a mild example of how dysfunctional her life has become. She is a successful artist whose career has come to a dead halt, who suffers daily nausea, and night terrors with clenched jaws.

I asked her if she were game to try a new sensory process and see where it takes us, and she said 'Sure!' She collaborated willingly until we came to the positive self-affirmation at which point her cynical "part" chimed in with a harsh and bitter laugh, and a mechanical voice forcing--almost biting out the words 'I completely and profoundly accept myself and love myself.' Then she added 'Yah, sure! That's for sure.'

I ignored the cynicism, continued modeling soft self-acceptance, and moved on to other points, and gradually her voice modulated. I wondered throughout the process, "is this a bad choice?" "WHY did I pick the toughest nut to crack, thus chancing failure?"

On we went. Despite MY doubts. Then onto a second round.

And what did she report on the SUDS (Subjective Units of Distress Scale) right away, to my first question? '4 or maybe a 5...'

Steve, I could not believe my ears. I remembered your words, about 'if I don't get a 4 or 5 (point reduction on the Subjective Units of Distress Scale) right away, I should go to the Quick REMAP 8-point protocol...', and I remember thinking no way would I ever get such results so quickly with a client. Then she said, 'I can't explain it, but I didn't know I've been carrying this weight almost all my life, and now it has lifted. I feel so much better.' We went around the (eye) circle, and the weighty points were clear. Her body sensations were cleared out. She was in a state of incredulity as was I, which I tried to subdue, and we both shared ecstasy, I can tell you that.

I have no words to thank you and to tell you how important it is to spread and share this work.

With gratitude for all your hard work and ingenuity,"

*Alexa Bresnan, LICSW, Psychotherapist Massachusetts*

### More Professional Testimonials

<b>Quick REMAP Professional Seminar</b> (module 1)	Jan.	26 & 27	Dallas
<a href="#">Online Brochure</a>			
<a href="#">Mail-out Brochure</a> , PDF			
<b>Quick REMAP Self-Help Seminar</b>	Feb.	23 & 24	Dallas
<a href="#">Online Brochure</a>			
(open to the public and professionals)			
<b>Full REMAP process Professional Training</b> (module 2)	March	29 & 30	Dallas
<a href="#">Online Brochure</a>			
<b>Quick REMAP Professional Seminar</b> (module 1)	April	25 & 26	Cleveland
<b>Quick REMAP</b> (module 1) & <b>Full REMAP</b> (module 2)	June	TBA	Germany