



Center for Leading-Edge Therapy

Steve B. Reed, L.P.C., L.M.S.W., L.M.F.T.

**375 Municipal Drive, Suite 230
Richardson, Texas 75080 USA
www.psychotherapy-center.com**

After Being Presented Twice at
Ohio State University Medical
School, *the REMAP process*
training is scheduled in Dallas.

Treating the Amygdala-
Based Issues:

**PTSD, Phobias &
Panic Attacks**

Dallas—Aug. 12th & 13th

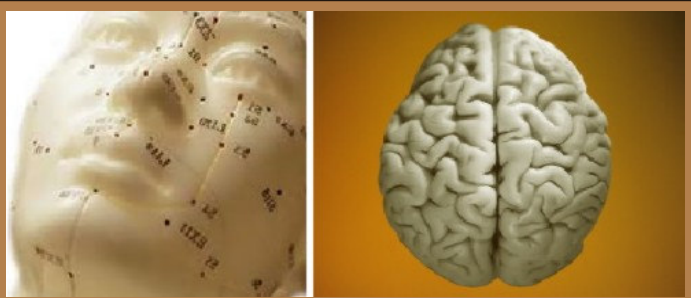
Clearing Beliefs & Blocks to
Treatment Effectiveness:

Self-Esteem - Relationships

Dallas—Sept. 23rd & 24th

*For the latest seminar information
send your e-mail address to
steverreed@psychotherapy-center.com*

PTSD, Phobias, Panic Attacks



Treating the Amygdala-Based Issues

Steve B. Reed, LPC, LMSW, LMFT presents
Professional Training in:

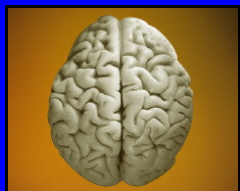
the
REMAP
— process —

Dallas

Aug. 12/13

Sept. 23/24

**Psychotherapy
for the
Limbic System**



Treating the Amygdala-Based Issues: PTSD, Panic Attacks & Phobias

Why Traditional Therapies Don't Work

Dr. Bessel van der Kolk has collaborated on neuroimaging studies that show that the brain's executive functions become impaired when traumatized people attempt to focus on their trauma. "The imprint of the trauma doesn't sit in the verbal, understanding, part of the brain, but in much deeper regions—amygdala, hippocampus, hypothalamus, brain stem—which are only marginally affected by thinking and cognition. These studies showed that people process their trauma from the bottom up—body to mind—not top down."

"To do effective therapy, we need to do things that change the way people regulate these core functions, which probably can't be done by words and language alone."

In regard to the acupressure-based psychotherapies—"What we are exploring are the sort of techniques that help the limbic system to start to calm itself down so that the frontal lobe can start working again."

Bessel van der Kolk, MD is a leading expert in the field of psychological trauma. Dr. van der Kolk is the medical director of the HIR Trauma Center in Boston, a professor of Psychiatry at Boston University and the author of "Psychological Trauma".

Trauma is "locked in the body, and it's in the body that it must be accessed and healed. PTSD is fundamentally a highly activated, incomplete biological response to threat, frozen in time."

Peter Levine, developer of Somatic Experiencing therapy

"Safe, successful trauma therapy must maintain stress hormone levels low enough to keep the hippocampus functioning." "Being in the throes of hyperarousal and flashback indicates that the hippocampus isn't available to distinguish past from present, danger from safety."

Babette Rothschild is the author of "The Body Remembers: The psychophysiology of Trauma & Trauma Treatment"

What Can Reach and Calm the Limbic System

- Research at UC Irvine, Brigham and Women's Hospital and Harvard Medical School are showing that specific acupuncture points have specific effects in specific areas of the brain.
- Bruce Rosen, MD of Harvard has shown through fMRI studies that activating acupuncture points calms the amygdala, the hippocampal complex and the anterior cingulate cortex—the specific areas of the brain involved in mood, pain and cravings.
- Research in the Journal of Clinical Psychology, Sept. 2003 showed an acupressure-based psychotherapy to produce significant improvements with people suffering from small animal phobias. Improvements on a behavioral test and on 3 self-report measures were produced after only one 30 minute treatment. This study has also recently been replicated.
- Research by Joaquin Andrade, MD in South America involving 5000 anxiety patients showed that 76% who were treated with an acupressure-based psychotherapy became symptom free as compared to only 51% who received cognitive-behavioral therapy plus medication. The results were corroborated by brain imaging and neurotransmitter profiles. They further found that activating specific acupressure points enhanced serotonin secretion and norepinephrin came down to normal values. QEEG brain mapping showed a pattern of wave normalization throughout the brain. They concluded that acupressure-based psychotherapy "reconditions disturbed emotional responses to thoughts, memories and events."
- Early experiments with an acupressure-based psychotherapy (the REMAP process) utilizing Heart Rate Variability (HRV) analysis are showing significant positive changes in the activity of the heart and a calming of the sympathetic nervous system (fight or flight response) for individuals being treated for anxiety related disorders (PTSD & phobias).



"During sensory stimulation of acupressure points, we speculate that serotonin decreases the inhibitory signal from the prefrontal cortex to the intercalated neurons and allows for GABA release, thus inhibiting the outflow from the central nucleus of the amygdala, and the patient experiences a decrease in distress."

Ronald Ruden, MD, PhD former Harvard professor and author of "The Craving Brain"

Treating the Amygdala-Based Issues: PTSD, Panic Attacks & Phobias

REMAP module 2 training



20 Seminar Benefits

- Learn an effective model for treating trauma
- Help your clients rapidly ease traumatic memories
- Enable your clients to become free of phobias and panic attacks
- Help your clients to make faster progress
- Succeed with cases that you were not able to help before
- Dramatically reduce the likelihood of abreactions
- Enjoy seeing your clients improve—often in the first treatment session
- When your clients see the results, they will refer their friends
- Feel greater satisfaction from the work you do
- Get excited about your work again
- Help your client reduce signs of stress in the sympathetic nervous system within minutes
- You will be able to implement the REMAP process with your very next client
- Supercharge Systematic Desensitization & Exposure therapies
- Improve results with cognitive interventions after the emotional intensity is eased with REMAP
- It's effective with clients that are not very verbal or introspective
- Be able to cut through psychological defenses
- You will be able to help your client to uncover hidden layers that need treatment and get to the root of an issue more quickly
- Learn the most rapid means of helping your client to self-soothe
- Alleviate feelings of anger, rage, frustration, guilt and grief
- This is an opportunity to study with the method developer

What is the REMAP process

The REMAP process:

- ◆ Is an acupressure-enhanced, psycho-sensory form of therapy that integrates features of cognitive therapy, exposure therapy and systematic desensitization
- ◆ Utilizes patterns of eye movements to help access and tune into the problem
- ◆ Works with all 361 traditional acupoints—without having to memorize any of them
- ◆ Provides a method of isolating the exact acupressure meridians and the exact acupoints involved in the emotional disruption
- ◆ Provides the most comprehensive and exact way to work with psychological blocks & self-sabotage—often treating multiple blocks along a meridian
- ◆ By working deep into the meridian system and utilizing the visual field, we can:
 - Discover hidden aspects of the problem
 - Ease layers of emotions
 - Find related issues their subconscious has associated with the presenting problem
 - Provide a more complete treatment
- ◆ REMAP provides an opportunity to process the cognitive features of the issue while facilitating thorough desensitization of emotional pain
- ◆ The REMAP process honors and follows the lead of the patient's subconscious mind which guides the entire process

About the Presenter, Steve B. Reed, LPC, LMSW, LMFT:

Steve is the developer of *the REMAP process* and is an innovator and leading expert in the area of acupressure-based psychotherapy. He has presented on the REMAP process at several International Energy Psychology Conferences, at the Academy of Bio-Energetic and Integrative Medicine's International Cancer Symposium Practicum, and at state and local conferences. He has twice presented the REMAP process training at Ohio State University Medical School. The training has been given in the United States, Canada and Central America. Steve is in private practice in the Dallas, Texas area. He holds three mental health licenses in Texas: Licensed Professional Counselor, Licensed Master Social Worker and Licensed Marriage & Family Therapist.

Who's Getting Excited About Acupressure Based Psychotherapy

Bessel van der Kolk, MD
Director of the HIR Trauma Center in Boston

Nathaniel Branden, PhD
Renowned expert in Self-Esteem & author of the "Six Pillars of Self-Esteem"

Charles Figley, PhD
Director, Florida State University Traumatology Institute

Ronald Ruden, MD, PhD
Former Professor at Harvard University & author of "The Craving Brain"

Hisako Koizumi, MD
Department of Psychiatry
Ohio State University Medical School



The REMAP process is at the intersection of contemporary psychology and complimentary alternative medicine. It is the leading-edge of a remarkable new paradigm of treatment that is transforming the practice of psychotherapy and demonstrating measurable changes in neurochemistry, brainwaves and HRV.

REMAP Rave Reviews



The REMAP process is “an elegant synthesis of potent tools that helps facilitate working with the subconscious at the depth necessary to do more than simply relieve symptoms of stress.

- REMAP makes it easy to find and address the root of an issue.
- Intention, eye movement, and access to the full acupuncture system are used to help attune the client.
- Identifying and systematically working each point along the meridian that holds the most intensity, helps to surface related issues.
- Thus, as a result of the REMAP process, in addition to a reduction in stress levels and the clearing of a specific trauma, the client can come away with a new sense of the context in which life events have occurred that were perplexing prior to treatment.”

When Steve teaches the REMAP process, he is modeling for trainees that it is safe to * let the client lead you *stay in intimate connection with the client and * move through intense moments with grace.

Judith Poole, Psychotherapist and Author

What a great Workshop! It is a rare and welcomed change to attend a weekend workshop and be able to use the newly learned material first thing Monday morning.

Jane Lehr Eckert, Ph.D., Psychologist

Steve Reed's REMAP process seems to be one of the ultimate therapies and by far the best workshop that I have taken in 35 years.

Tom Goddard, LCSW

This presentation was very well prepared, profoundly effective and an absolute must for anyone who wants to be on the cutting-edge of the psychiatric, psychological, social work and human healing community.

Myron H. Koch, M.D. Psychiatrist

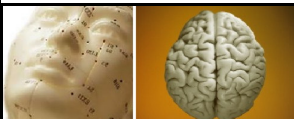
Ever since the day after we all took the REMAP Course, I've been using it with my patients, with great results!! Every single patient that has agreed to try REMAP has improved.

Karina Schloesser, Psychotherapist

Steve Reed is an outstanding teacher and his visual aids are the best in the business. The REMAP process is not only a comprehensive meridian-based methodology, but the most 'user friendly approach' I have used to date.

David Santoro, Ph.D., Psychologist

Professor Emeritus, Cleveland State University



How to Register

Two Ways to REGISTER:

- By phone with your credit card—Call 972-997-9955
- By Mail with your check—Complete the information below

Name _____

Address _____

Telephone _____

Email _____

Make your check payable to Steve B. Reed and mail to:
Steve B. Reed
375 Municipal Dr., Suite 230,
Richardson, TX 75080

Treating the Amygdala-Based Issues:

PTSD, Panic Attacks & Phobias REMAP module 2

Date: August 12 & 13 (Sat. & Sun.)

Early Bird by 6-30, Regular by 7-31, Late Registration after 8-1

Clearing Beliefs & Blocks to Treatment Effectiveness:

Self-Esteem - Relationships - Financial Well-being REMAP module 3

Date: September 23 & 24 (Sat. & Sun.)

Early Bird by 7-31, Regular by 8-31, Late Registration after 9-1

For Both Seminars:

Times: 9 A.M. to 5 P.M. all days

Location: 375 Municipal Drive, Suite 230, Richardson, TX 75080 (Dallas Area)

Continuing Education: 14 CE hours for (LPC, LMSW, LMFT)

Tuition: \$340. early bird

\$360. regular registration

\$375. late registration

Lodging, Ground Transportation, Map: visit the web site @
www.psychotherapy-center.com/accommodations.html

Register for both seminars and save \$80. off the second training.