



BRIEF ENERGY CORRECTION – IS IT ANOTHER MERIDIAN- BASED INTERVENTION ?

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VIDEOS
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Robin Bilazarian, LCSW, DCSW, DCEP

With passion and humor, brief therapy expert, author and lecturer Robin Bilazarian, DCEP (Diplomate in Energy Psychology) and International Certified Master EFT Trainer of knowledge and her 20-year experience integrating EFT into mainstream mental health. EFT is a comprehensive mind-body treatment that rapidly desensitizes unwanted thoughts, feelings, and memories.

EMOTIONAL FREEDOM
TECHNIQUES AKA
TAPPING

VIDEOS AT ROBINEFT.NET



NOTHING, JUST NOTHING

LIVE PAIN DEMO WAS
PAINFUL FOR ME.



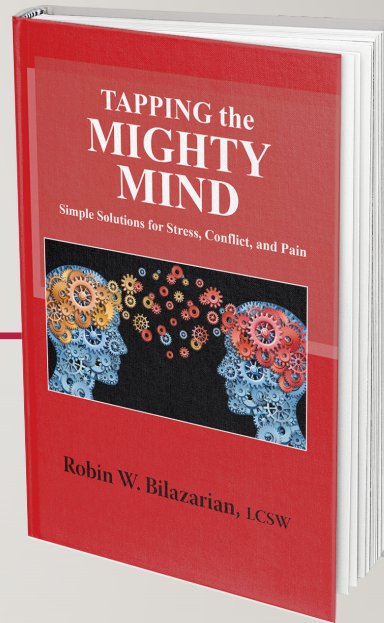
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BRIEF ENERGY CORRECTION (BEC)

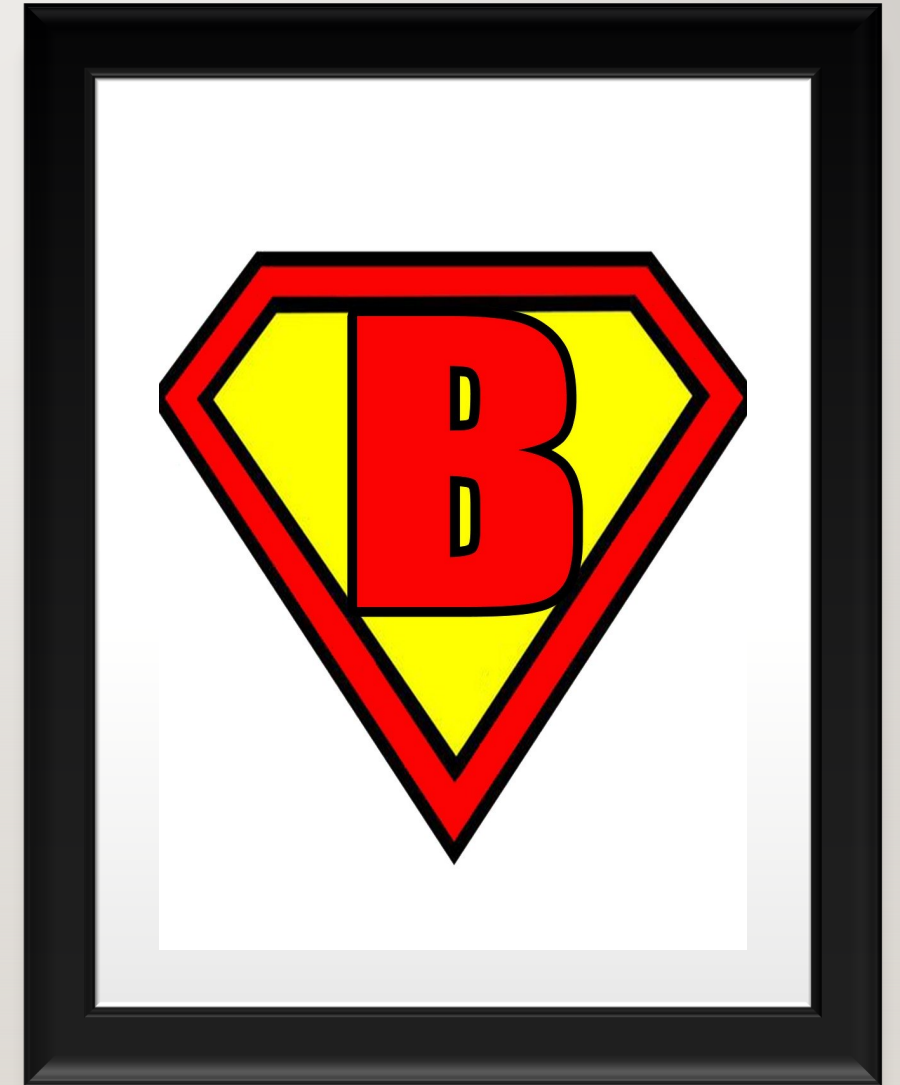
- *Tapping the Mighty Mind-Simple Solutions for Stress, Conflict, and Pain*, to rebalance. Pages 183-184





BRIEF ENERGY CORRECTION

- That pain demo dropped 4, 2nd time dropped 2 more. Another pain demo, had 2 equal volunteers. Did 2nd volunteer from her seat. 5→0.
- Trauma nightmares – Gone (0) and bed linens not disheveled/destroyed 10→0
- Pain of a MD - RA pain of 10 Gone (0) 10→0
- OCD thoughts (Covid-19, bad luck clothes, excessive germs) – mitigated * average 8→2 (and stayed away)



HIGHLY INTERACTIVE, LEARN THIS AND RESEARCH

(OPTIONAL, BUT THANK YOU, THANK YOU, THANK YOU) XOXOXO

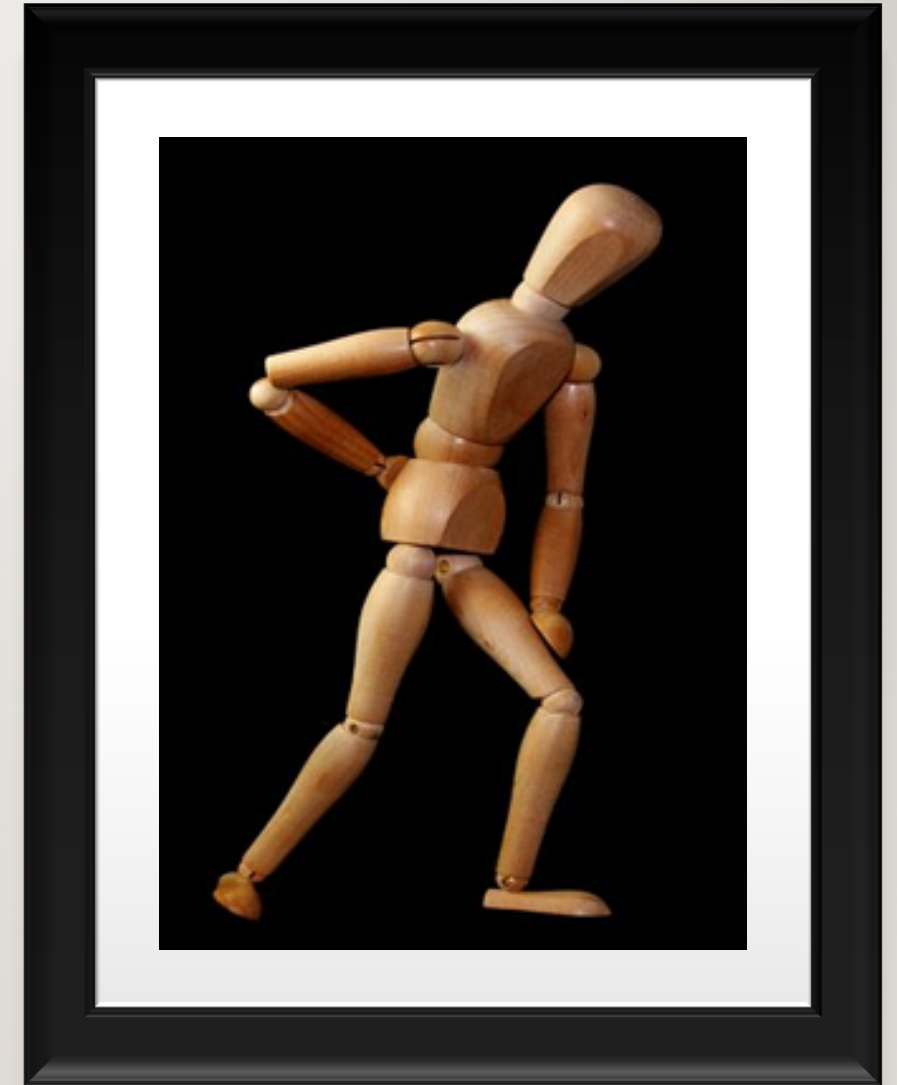
- Research study today (preliminary) * my second research study ever. since grad in 1978.
- Help from ACEP John Freedom, chair Research Committee
- Will submit to: The International Journal of Healing and Caring (Dr. Dan Benor, editor)
- Contact me – choose only **ONE** (details to follow)
 - <http://springenergyevent.com/pain>
 - <http://springenergyevent.com/upset>
 - Email: RobinEFT1@gmail.com
 - Text: 856-231-0833



PAIN

NOTATION 10→7→5→2 OR 10—7—5--2

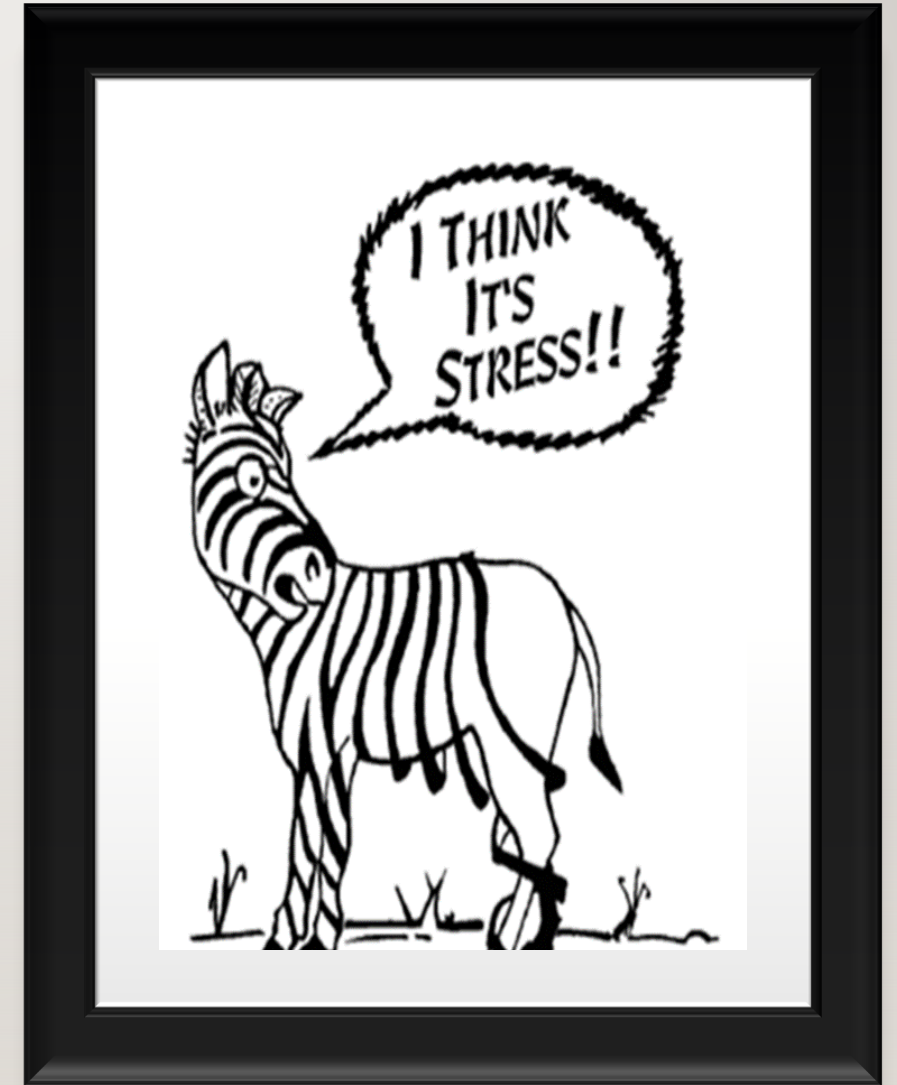
- **This is only pain management, not medical treatment. Make sure the client is connected to medical care. Do not use if the pain is needed to diagnose the problem. Pain appropriately slows you down and directs where to look.**
- What is pain?
- How long you have it?
- Typical range or pain?
- Pain NOW?
- BEC for 30 second (5 seconds repeated 3-6 times) Rate pain, 10 is the worst!
RP = “My Pain”



A SMALL UPSET (BECAUSE WE ARE LEARNING)

NOTATION $5 \rightarrow 3 \rightarrow 2 \rightarrow 1$ OR $5-3-2-1$.

- Write 1 to 10 words about what it is
- Rate the SUDS 0 to 10, where 10 is the worst possible.
- BEC (5 seconds) 3 to 6 times.



YOUR VIRTUAL DATA, PLEASE.



Your Title -- PAIN or Upset

- **A=Age**
- **M, F or other for Gender**
- **What type of pain? Or upset?**
- **How long have you had it? Ex. 4 years**
- **(TP)=Typical pain range ex TP =(4 to 8)**
- **What happened? EX. 6 →3→2→ 1**
or 6—3—2—1

How to get it to me - Pick ONE

<http://springenergyevent.com/pain>

<http://springenergyevent.com/upset>

Email: RobinEFT1@gmail.com

Text: (856)231-0833

Please also note if there was no change.

BEC IN THE COVID-19 ERA - NO FACE ACUPOINTS

- Cover Belly Button
- Extended hand so fingers cover both sides of the collar bone
- Top of head (instead of under nose to possibly cover the governing meridian.)
- Flat hand across top of chest (to possibly cover the central/conception meridian)
- Tailbone





WHAT IS THIS BRIEF ENERGY CORRECTION?



- Used to rebalance when got nowhere evidenced by only a 0 or 1 point drop with TFT/EFT
- Balances:
- Neurological disorganization – maybe why helpful with Obsessive Thoughts
- Switching and Polarity
- Scattered Energy and don't we all feel scattered sometimes???
- Above all, do not harm. Contact me for additional debriefing, if this left you upset.



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