Dave Dodge, L.C.S.W.

***Helping People Get Better Faster***

 128 Radio Circle Mt. Kisco, N.Y. 10549

 dave@acceleratedhealingsolutions.com **(914) 242-3484**

 [www.AcceleratedHealingSolutions.com](http://www.AcceleratedHealingSolutions.com) www.BrainspottingSpecialist.com

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bilateral Stimulation transcript

Hi. Welcome. This is Dave again, and with this audio we're going to be talking about bilateral stimulation, which sounds a little complicated but actually it's not. Just to give a little history about it, it's a core element of EMDR therapy. EMDR is eye movement desensitization and reprocessing. Again, kind of a complicated phrase there but EMDR is a very effective way of releasing traumatic memories and feelings actually, and bilateral stimulation is a big part of that reasoning. I believe it was discovered about 30 years ago. I'm not sure if anybody was using it before that. I don't think so. I think that it's also been said that it's like rapid eye movement in your deepest part of your sleep, which also releases the trauma of the day if we get into that deeper part of the sleep.

The rapid eye movement, it's the left-right-left-right. That's what bilateral stimulation is. It's about connecting left brain with the right brain. Left-right-left-right. Back then, it was thought that it was only the eye movement that was doing this, they called it eye movement desensitization reprocessing. They've discovered since that it's not just the eye movement. You can actually tap left-right, different parts of your body, your legs or your arms, and we're going to get into that a little bit. I'm going to give you a little experience of different ways that you can use the bilateral stimulation. Actually, EMDR's been around for about 30 years. Just about 30 years, a little more than 30 years. At first, it was just thought that it was releasing trauma.

A number of years went by before people started realizing it's an incredible actually relaxation technique method. It's about any kind of bilateral stimulation. Actually, it has three purposes. It's got that trauma release thing that it was initially discovered. Then, it's got the incredible relaxation effect, which I'm going to show you in a few seconds also. It also has a positive enhancement quality, if you focus on the positive thing, a positive feeling, and do the tapping back and forth, left-right-left-right, then it's going to just enhance that and make you feel better even more. There's three different ways. It's the relaxation, it's the releasing of the trauma and it's enhancing the positive.

Just to get the information in there, it's not just they eye movement anymore. It's not just about you can the left-right thing, you can do it with the eye movements with somebody, or there's different methods and contraptions out there these days that you can actually ... I think there's an app that you can get that's got ... I'm not sure if it's called EMDR app, but anyway, a gentleman by the name of Mark Grant has an app that actually you can have the sound back and forth, left-right-left-right, if you wear the headphones. It also has a little light that's going left-right-left-right. You can do the visuale with the light. You can do the sounds, the audio, with sound going back and forth, and you

can do the tactile. You can touch yourself, tap yourself, back and forth.

It's also interesting because when you're jogging, or when you're swimming, or taking a walk or something like that, you're activating this bilateral stimulation, so part of that exercise that you're getting, yes, it's the exercise and the movement and making all the body parts go and get activated kind of thing, but it's also that bilateral stimulation that's also helping to release stress. Okay, what I want to do is I want to show you. I'm going to show you two. Nah, we'll do three. Okay. In order to relax, there's this thing called the butterfly hug. You hug yourself so your right hand is on your left bicep, and your left hand is on your right bicep. Now, what you're going to do is you're going to start just tapping at your own rate. Okay?

You don't have to do it fast. You don't have to do it slow. It's about whatever's comfortable for you. I want you to do this, actually, for a little bit. Usually, you can pick it up pretty quick that it's going to help you relax, depending on how stressed out you are right now or how anxious you are right now. Sometimes, if you're very anxious it's going to take a while, but most of the time, there's immediate feeling of relaxation. Just keep doing that, okay? While I'm talking, just keep doing that, and you'll see that you're going to relax pretty much immediately. You're going to get more and more relaxed pretty much immediately. I'm going to let you do that for a few seconds just to get the effect.

While you're doing that, I want you to know that there's something you can do before and after. It's called SUDS, subjective units of disturbance scale. It's a zero to 10 scale, so before you even start doing this, zero to 10 how anxious are you, how stressed are you, and then after you do it for a few minutes, or you can tell as you're going through it what number you're on now. As a matter of fact, what number are you on? You've been doing it for a couple minutes now, so can you feel a sense of relief, a sense of relaxation, a sense of letting go? If so, you can keep doing it until the cows come home, until you get as relaxed as you want to get. If you're not getting the relaxation effect right now, then I'm going to say that you just need to spend more time doing it, because you're probably pretty wound in your brain and in your body kind of thing. You're on hyper-alert if you're not getting the relaxation yet.

The more you do it, the more you will get that relaxation, okay? It's almost instant, immediate reaction. What I want you to know also that on my website, www.AcceleratedHealingSolutions.Com, I have four bilateral stimulation nature sounds that I have for sale, and you can try them before you buy them. You can listen to them and see if you like them before you buy them. One is the sound of the ocean, which is a favorite. A lot of people like that one. There's a babbling brook sound bilateral stimulation. There's a rushing river and there's cricket sounds. Those Crazy Crickets is what they call them. Check it out and see if those are going to be any good for you. Okay?

All right. I'm going to imagine that you have gotten the effect that I wanted to give you today, was that initial relaxation. We're not going to have time to get you as relaxed as you want to get, but you can continue this after we're done here and you can just do it. It's not just about the butterfly hug. You can tap left-right on your legs, on your thighs. If you're at work, and you're worried about people looking at you, you can tap your feet back and forth left-right-left-right under the desk, or

where nobody's going to see you. If you're in a meeting, you can do the same, and you're going to be able to keep your cool at the same time, which is pretty nice actually.

The second thing I want to show you in relation to the bilateral stimulation is this positive enhancement effect that you get. I want you to think of something that you like. Something that makes you feel good, an experience that you had, or thinking of your spouse, maybe, or boyfriend/girlfriend. Sometimes, that's not always the right one to choose. Or, a pet of some kind, or an experience that you had that was really nice. Just let yourself focus on that. Try to get where's the feeling in your body, and as you're feeling that, what number do you have? That SUDS thing, zero to 10. Zero to 10. 10 feeling the best. How good is that feeling? Then, when you get that number, I want you to just start tapping again anyway that you choose that you want to do that.

You can do the butterfly hug. You can tap on your legs, do anything you want to do. I want you to just focus on that good feeling. If that good feeling is a six or seven, you're going to notice over time that it's going to go up a bit. Depending on what it is, it could go up faster. Depending on what it is, you could already be at an eight/nine. It doesn't matter. Whatever positive thing you're focusing on, just keep tapping, and it'll make you feel better, which is something that you can do if you're in a funk or you're in a mood, or whatever. You can just focus on something positive and start doing the tapping, and it's going to get you out of that mood pretty quick. It's about focusing on the positive, as they say, and the more you focus on the positive, the better you're going to feel, the more confident, the lighter, the happier, all that kind of stuff.

That's certainly what we want to shoot for, okay? All right, again, you can practice this on your own. It's very simple. You're just going to be doing the bilateral tapping, the alternate left-right tapping, focusing on something positive. The third way that you use this, and I don't want to get too crazy here, but it's about releasing some kind of negative memory. Negative feelings, negative memory. On that SUDS scale, that zero to 10, I want you to choose something that annoys you, frustrates you. Maybe a fellow employee at work, or somebody cut you off going to work today, or whatever it might be. Something that just annoys you, just frustrates you.

Nothing more than a four or a five on that scale when you think about it initially, because there's a possibility even if it's a four or five now, that once you start the tapping, it may go up. We don't want it to go up too high, number one, because of the time element, and number two, the most important, we don't want you to get too intense with anything right now. We're going to have some more instructional books that I'm going to be putting out in a month or two. I shouldn't say a month or two on the recording, because it could be already out at that point by the time you listen to this. Anyway, I am going to be writing a number of instructional books on how to use these different methods that I'm talking about on my website. That's www. AcceleratedHealingSolutions.Com. How to deal with stress, how to relieve stress, how to release stress.

Now, if you have that thing that you're thinking about that's like a four or a five on that SUDS scale, I want you to think about where that annoyance or that frustration is in your body. Again, if you're not connected to much to the body awareness and the emotions in the body, then you're probably going to feel it in the head for sure. That's okay, too. Get that number. What's the number? Where is it in your body? Then, I want you to just start tapping. You're going to be thinking about that

negativity, that small negativity. We don't want anything big at all. I don't want you to work on this by yourself with any kind of bigger, traumatic stuff because some traumatic memories and feelings are going to come up that are going to surprise you, and we don't want to do that to you. A little bit at a time here, so I want you to just keep thinking about that annoyance or that frustration.

Keep tapping. We're going to do this for a few minutes. The object is obviously ... Well, it may not be so obvious, but the object is to release that, is to have that number go all the way down to zero. That could take a while depending on what it is, and we're not going to stay on the line here for everybody to be able to go down. I just want to show you the number is going to go down. Even if it goes up briefly, spikes a little bit, it's going to go down. Even if it stays up there for a while, it's going to be like a fever that eventually it's going to break and then it's going to come down. If it gets too intense, I want you to stop. Actually, if it gets too intense, I want you to stop and I want you to think about the most relaxed part of your body at that point, and then I want you to focus on that part until you calm down again.

This is not about taking on too much at all. It's just about showing you how it works. Keep tapping. We've been doing this for a couple minutes now. Again, usually in a session, I wouldn't be talking so much. I'm going to shut up for a few seconds, okay? I want you to experience the release. Here we go. All right, by now, you should have gone down maybe one, maybe two points. That's enough to show you that it works. You may not believe it yet. You may not believe that it's that easy, but you can release all your negative stuff. All your negative thoughts and feelings, you can release by doing this. It does take time, commitment and discipline, but yes, you can do that. I'm here to testify because I used to actually be a rage-aholic. I used to hate myself, used to have a lot of problems, and now I'm pretty calm, collected and feeling pretty good about myself.

Yes, it took some time. Yes, it's not all this one method that I did it with, but I did do EMDR for quite a bit in the beginning. That was the first method that I learned actually. Then, it was the first method I brought into my practice. Okay, so by now you should've experienced a little bit of all three different ways of using the bilateral stimulation, so I'm going to assume that's true. If you have any questions, problems, whatever, you can get in touch with me by email. That's going to be Dave@AcceleratedHealingSolutions.Com. You can email me anytime, ask questions if you'd like. What I'd like you to do is just practice some of this stuff, especially the relaxation part because it's very important to get relaxed. That's the most important thing in the beginning is to be able to relax our mind and body so we can do the rest of the work. All right, good talking to you and practice your stuff here, and I'll talk to you later. Bye bye.