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Acupressure for the Emotions with George Pratt, Ph.D.

The Neuro Center

Tuesday, April 4, 2000 8:00 PM EDT

[By George Pratt, Ph.D.](#)

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Moderator: Welcome to the Neuro Center. Our guest today is George J. Pratt, Ph.D., a clinical and consulting psychologist on staff at Scripps Memorial Hospital in La Jolla, Calif. He is also on the faculty of the University of California at San Diego and the author of both *A Clinical Hypnosis Primer* and the book which we're discussing today, *Instant Emotional Healing: Acupressure for the Emotions*.

Dr. Pratt: Thanks for having me.

Moderator: If you don't mind, sir, I'd like to begin with you telling us a little bit about yourself and your work.

Dr. Pratt: I've been a licensed clinical psychologist for the past 25 years in a private practice in La Jolla, California. I see a number of patients that have medical problems, and I help work on the psychological component of those medical problems as well as depression and anxiety conditions.

Moderator: I'd like to play devils advocate for a second here..There are those in the medical community who object to any talk of non-standard medical treatment. How do you respond to them and prove that you have a valid approach?

Dr. Pratt: Very good question. I am a traditionally trained psychologist, and have a great deal of experience with clinical hypnosis, eye movement desensitization and reprocessing (EMDR) and a wide variety of conventional psychological treatments. Dr. Peter Lambrou, the co-author of the book, and I were both skeptical ourselves when we first started investigating energy psychology in the early 90's and we thought perhaps this could be the result of a placebo effect. However, I used it for myself for a distress that I'd had for quite a number of years.



I had a near-death experience when I was six years of age, and after spending a great deal of time in the hospital recovering, I'd had an unpleasant association to being in a hospital as an adult. I had tried a variety of psychological tools to help alleviate the discomfort, many with some positive effects. However, I could never eliminate the core of that anxiety until I used the "thought energy therapy method" on myself. And, as a result, that nugget of distress was resolved promptly. Now, since that time, Dr. Lambrou and I have done nearly 19,000 treatments, with over 6,000 patients in the last several years. From a clinical standpoint, the most compelling data that we have is the improvements in our patients lives.

Let's talk a little about research. There needs to be a great deal more research into these energy psychology methods. Our method that we identify as Emotional Self-Management, or ESM, like other energy psychology methods, is derived from clinical kinesiology, that relates to the interaction of thought with the body. Dr. Daniel Monti's study at Jefferson Medical College found that cognitive and unconscious processes can be identified using muscle testing. (September, 1999 Perceptual and Motor Skills). Dr. Zang-Hee Cho of the University of California, Irvine, demonstrated by functional MRI that acupuncture sites stimulated in the little toe activated the visual cortex. This demonstrated the connection between the acupuncture system and the brain. Dr. Cho's research is included in the Proceedings of the National Academy of Sciences, Spring 1998. Dr. Lambrou's and my research related to a clinical measure of treatment and effect in a small claustrophobia study. Muscle tension, as measured by electromyography, psychological measures, and behavioral changes moved in the direction of normal, post-treatment. Galvanic skin conductivity also moved in the direction of normal. Additionally, a second small pilot study regarding anger with the magnetoencephalograph (MEG) demonstrated a shift in brain wave patterns from pre- to post-treatment. Our research is posted on our website, which is www.instantemotionalhealing.com

The roots of energy psychology method are really in cognitive therapy and the body's energy system loosely referred to as the "acupuncture system" which has been identified for several thousands of years. Essentially, we believe that emotional energy is trapped in specific locations in the body. It's much like a boulder that is stuck in a stream, and it affects the flow of water around it. Tapping at these sites unblocks and restores emotional balance, essentially dissolving that boulder in the stream. In our book, we identify and teach people how to treat themselves for 28 everyday problems without a therapist. We do not instruct them on treating truly clinical conditions. This method, which is virtually instant, takes minutes to resolve many issues. This method is not a panacea, in some circumstances, it is still necessary to explore the roots of a problem or to teach patients problem-solving or interpersonal skills, etc. We still use all of our conventional psychotherapeutic techniques in the office. However, in treating many everyday problems, readers may affect themselves in a very rapid fashion to improve self-control and emotional balance.



Many times, people experience a paradigm problem in that this seems too easy to be true, or that it is impossible in some way. This issue really reflects an inability to see outside our box of prejudices, and it limits us in our perception. The Wright Brothers had been flying for six years when Scientific American wrote that they were a fraud and hoax. This method of energy psychology (ESM) is a very useful, portable, inexpensive tool, that allows individuals to have improved emotional comfort, literally at their fingertips.

Moderator: We talk a lot about physical fitness on WebMD - but almost never about emotional fitness. What can you tell us about it?

Dr. Pratt: Errol Korn, M.D., Dr. Lambrou, and I wrote a book on that topic and it's called *Hyper-Performance*. It is essentially on emotional fitness. And we now have even more rapid and effective tools to achieve many of the goals set forth in that book.

Moderator: Tell us a bit about the rapid relaxer...

Dr. Pratt: The rapid relaxer method involves first thinking about a distress, and then rating the intensity on a zero to ten scale. (Ten is the most distressing, while zero is no distress.) The individual taps continuously throughout this process at a point between the fourth and fifth finger (the ring and pinky finger) 3/4 of an inch back of the knuckles towards the wrist. Tap rapidly, think about the distress, then close your eyes, open your eyes, hold your head steady, and look down away from you, in a straight line towards the floor, up the wall, and across the ceiling to the point nearly above you, and continue tapping. Then close your eyes, open your eyes, look down to the right, look down to the left, rotate your eyes 360 degrees in one direction and then 360 degrees in the other direction, and then hum a few notes of a tune, count to five, and hum again. Then, close your eyes, open your eyes, while holding your head stationary, continue the eye roll down away from you again, along the floor, the wall, and across the ceiling to a point above you. Most frequently, individuals report approximately a 50% reduction in distress following the rapid relaxer. This is a temporary reduction and usually lasts between 30 to 60 minutes. It can be repeated to reduce the distress to a negligible level.

Now, if a full treatment with the method is undertaken, issues of the past such as traumas, or even phobias can usually be resolved permanently in a single treatment. Ongoing issues, such as frustration with the boss at work, will need retreatment and that will usually be achieved in a matter of minutes.

Moderator: So, this is more than a psychosomatic response?

Dr. Pratt: Yes. It's very exciting to utilize these reliable methods for a wide variety of emotionally based concerns. I received a thank you letter today from a woman that had been re-diagnosed with breast cancer, and, in the middle of a panic attack her husband called to have



her seen. When I saw her, she moved from a 10 on panic to a zero within minutes. Her husband had described her as being unwilling to undertake any further cancer treatment and, as she felt calmer, she was able to discuss treatment options in a constructive fashion.

In the book, we identify treatment sequences for stress, fear, loneliness, anxiety, phobias, guilt, anger, love-pain, grief, compulsive urges, embarrassment, jealousy, frustration, procrastination, rage, regret, and rejection.

ESM is a method that has evolved from the work of previous innovators such as Dr. George Goodhart, Dr. John Diamond, and Dr. Roger Callahan. With Emotional Self-Management, not only is it possible to eliminate negative emotions that create distress, but it's possible to rapidly install positive thoughts. Also, we have a method to strengthen positive imagery of the intended goal behavior.

I just finished working with a kidnap victim who had been held hostage for three weeks before escaping. In the matter of one visit, it was possible to neutralize the majority of the posttraumatic symptoms of that experience that included profound anxiety, hypervigilance, etc. Although I continued to see her for some traditional counseling, the significant change that took place before my eyes is an experience I will never forget.

When we assist people in rapidly releasing guilt, love-pain, barriers and blocks to happiness and business performance, it's very satisfying to Dr. Lambrou and me that these people now have tools that they can utilize over the course of their lives to help eliminate emotional distress. We also use these same techniques of installing positive cognitions and increasing positive imagery with a number of Olympic medalists.

Moderator: Well, Dr. Pratt - it's certainly been a pleasure having you by today.

Moderator: Do you have any closing thoughts?

Dr. Pratt: Thank you for inviting me today. This practical mind-body method empowers individuals, allows us to master our emotions and, hopefully, act more constructively toward others.

Moderator: Your guest today has been George J. Pratt, Ph.D., a clinical and consulting psychologist on staff at Scripps Memorial Hospital in La Jolla, Calif. He is also on the faculty of the University of California at San Diego and the author of both *A Clinical Hypnosis Primer* and the book which we're discussing today, *Instant Emotional Healing: Acupressure for the Emotions*. He has a website of his own at www.instantemotionalhealing.com

Dr. Pratt: Thanks. It's been a pleasure.