

Workshop/Vortrag Steve B. Reed

Quick REMAP for PTSD, Panic Attacks and Phobias - The Synergy of Evidence-Based Acupoints, Mindfulness and Psychology

Quick REMAP is the starting point for learning the REMAP methods. It offers new tools for the treatment of emotional distress ranging from PTSD, panic attacks and generalized anxiety to anger and daily stress. Quick REMAP leverages evidence-based interventions and innovative approaches to bring rapid relief to emotional suffering. This workshop will provide a useful introduction to Quick REMAP and an opportunity to work with one of the Quick REMAP protocols. www.remap.net

REMAP: Innovations in Counter Conditioning the Emotional Midbrain

REMAP (Reed Eye Movement Acupressure Psychotherapy) has a central focus of calming the emotional midbrain and soothing the sympathetic nervous system in order to counter condition subcortical conditioned responses. Through innovative applications of acupressure, mindfulness, breath regulation and activation of regions within the visual field, REMAP works from body to brain in order to desensitize emotional distress. Through this mechanism, the REMAP methods help to retrain the limbic system to make associations of relaxation and comfort with memories that were previously coded as painful.

A secondary focus of REMAP is to address the contribution of the thinking brain (cortex) to emotional suffering and to provide both familiar and new interventions that help.

REMAP teaches the therapist how to track the client shifting between emotional midbrain and thinking brain. By doing this, the therapist can choose a treatment intervention that targets the region of the brain that is most involved in activating or exacerbating the distress. REMAP also trains the practitioner to assess how detached or emotionally flooded the client is from moment to moment and to help them move toward an optimum balance point where treatment will be most effective.

This presentation will highlight the development of the three REMAP methods: the full REMAP process, Quick REMAP and the REMAP Visual Field Treatment. It will underscore the role of innovation vs. invention in the advancement of healing and will illustrate the usefulness of the REMAP methods in the treatment of PTSD, anxiety and stress.

Teilnahmevoraussetzungen: keine

Zur Person:

Steve B. Reed -- REMAP Developer, MS, LPC, LMSW, LMFT is the developer of *the REMAP process* and is an innovator and leading expert in the area of mind-body psychotherapy. He has presented on the REMAP process at several international conferences and at national, state and local conferences in the United States. He has twice presented the Full REMAP process training at Ohio State University Medical School. REMAP training has been given in the United States, Canada, Central America and Europe. 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.

Steve began studying psychotherapy over 40 years ago. He has been helping people as a social worker and psychotherapist since 1973. Much of his work is focused on anxiety disorders (PTSD, panic attacks, generalized anxiety disorder, social anxiety, phobias), anger issues, grief, depression, self-esteem, love addiction and relationship issues. His mission has always been to help relieve needless emotional suffering and to encourage people to move toward health and thriving in all areas of life. Steve founded the REMAP Institute as a means of reaching and relieving emotional suffering on a larger scale through disseminating the REMAP methods (Quick REMAP, the full REMAP process and the REMAP Visual Field Treatment) and by training caring therapists worldwide.