

**Questions and Answers:
Telephone therapy with the Process Healing Method**

Treatment choices

Treatment success

Treatment mechanics

Treatment

Privacy questions

Handling treatment issues

Spiritual issues

Treatment choices

Would it be good to have a four-hour session to attack the issue?

I prefer hour-long sessions. With much processing, the patient can become very tired. Even when patients travel to see me, I would see them 2 or 2 ½ hours in the morning and the same in the afternoon.

What if we work 5 sessions and I experience no change?

We would discuss whether it is fitting to continue or not. Most patients who experience no change are seeking help with chronic pain or physical issues.

Is Process Healing over the telephone as effective as done face-to-face?

Sometimes, it may be more effective over the telephone, in others cases, less effective. I get patients over the telephone who have more difficult issues.

Is each telephone session one-hour in duration?

Each session is one hour. The first session is 1 1/2 hour in length with a one-hour charge.

I live in another country, would it still be possible to do this over the phone?

Yes. We will have to decide who will pay the telephone bill.

What's the longest number of telephone sessions you have needed to cure a difficult problem?

I have been working with one patient for over two years and continuing. Patients who have a complex disorders and a severe personality syndrome can be extremely difficult to treat. Usually they are very bright and have a horrendous childhood with many traumas.

Do you permit the patient to record the session?

Yes. I feel comfortable with the patient taping the session. I am a little more observant of what I say but that won't hurt the treatment session. If they or anyone else listens to the tape, they may get some therapeutic benefit.

Treatment success

What is your success rate with Process Healing?

In Latin America, they are getting an average of about 84% success with all anxiety cases. (See research or the complete report) I may get a little higher because I have all the interventions that are not yet public. Some cases are complex, which I haven't solved. I believe that all issues are treatable, even the very difficult issues. It is just a matter of finding the key and solving the problem.

Will I experience change in the first session?

I try to have all patients experience change in the first session. Most all patients experience change with the test issue, like a phobia. Occasionally the issues are treated in the first session and they come back months later when they find another issue. A few don't notice any change but do after the second session. Change is not always experienced after every session.

However, I have tried TFT over the phone, and it has failed. Does this mean Process Healing will fail?

No. With Process Healing, rapport is obtained with all aspects of your personality, which simplifies therapy. With TFT and other therapies, some of these aspects become barriers. Also, the subconscious learns to treat barriers automatically, which simplifies treatment.

I have tried other therapies. Why would your therapy work?

The chance for Process Healing to be successful is probably higher than all other therapies because it is very respectful. Showing respect removes many barriers. In addition, it is possible to treat many other behavioral, emotional and spiritual conditions that block other therapies.

Why do you think it doesn't work for some people?

I believe Process Healing will work for all people. However, symptoms in people with psychosis, extreme personality disorders, physical damage to the brain or "spiritual" barriers are difficult to treat. Barriers caused by novel, complex memory or neurological structures require more or less problem-solving.

If it doesn't work in the first session, do I get the session free?

It depends on whether you continue in therapy. Because I am not successful in getting change in the first session does not remove the fact that I laid the groundwork for success in a later session. If you decide to not continue, then the first session is free.

If I do therapy with you, can I stop my medications?

No. I don't advise patients to stop their medications. I try to treat all symptoms that are present while the patient is taking medication. When those symptoms are treated, gone, I work with the doctor or psychiatrist to gradually lower the medication. During this process, the patient and I watch the symptoms and try to treat them all.

How many telephone sessions would it take to completely remove or cure the problem?

I'd guess that it would take between 3 and 10 sessions. A better estimate would be possible after the first session. Still, there may be some unusual memory structure, neural distortion or "spiritual" aspects that could present significant and difficult barriers and require much problem-solving. Usually, these problems are not present.

Do you guarantee results with Process Healing?

No, I don't guarantee success because I am not successful with all patients. I guarantee that I will problem-solve and will probably get results. If the issue is extremely complex, a physical problem or involves a motivational cause, the patient and I will reassess progress in the fifth session.

Treatment mechanics

Do patients get bored when you talk to their fingers?

I try to get around boredom by encouraging the patient's participation in the treatment process and ask them to watch the process to learn what I say so they can do what I do after they leave my office. Even with this, some patients get bored.

How do you get answers out of the subconscious mind, like is it the first answer that comes into my head?

Sometimes, when I ask, "Can I talk to your subconscious?" The patient hears a distinct "Yes" in his or her head. Other times there is no response. I prefer to get contact with the subconscious after explaining the development of the personality and then using finger responses – "Yes," "No," "I don't know" and "I don't want to tell you," to communicate with parts and the subconscious.

What if the subconscious doesn't respond and I don't have any finger movements?

This has always worked. I assume the subconscious can hear what I am saying and use the same problem-solving strategies without having the luxury of finger responses. Eventually, the finger responses start working correctly.

Do you ever muscle testing with a surrogate when you are treating?

I have not done Process Healing with a surrogate. However, sometime I ask my subconscious about the process in the patient or to double check the response given by my patient's subconscious. I have done remote treatments that appear to have worked.

Will I have "homework" to do between sessions?

Sometimes I give homework. An example is to list all the issues (beliefs or emotions) that you want to treat in the next session.

Treatment

How did you discover the Process Healing Method?

I was trained in behavior modification, hypnosis, Neurolinguistic Programming and Eye movement Desensitization and Reprocessing and, then, my patients taught me.

Will I feel anything when the subconscious is treating some issue?

The experience of the treatment process ranges from none to varied. Usually, the patient feels some sensation in the brain. Other times, patients feel confusion, muscle, joint, or organ sensations. These physical experiences are usually a symptom of the memory being treated.

Will I have to reexperience the trauma when it is treated?

As a general rule, you will not have to reexperience the trauma. I had one patient who had the entire trauma in their conscious memory and I had to treat her trauma with EFT because the trauma flooded her and seemingly the subconscious couldn't communicate. Another patient had to experience the trauma as directed by the subconscious to learn from the content and emotions of the trauma. Occasionally, parts wake up and flood the conscious experience.

How do you treat some issue I don't even remember?

I assume that when you describe issue, but don't remember the cause of the issue, the subconscious is able to access the cause of the issue and engage in problem-solving and treating the issue.

Do you talk out issues like other mental health professionals?

With some patients who really need to talk, I talk. But I offer my opinion that a lot of talk does not necessarily cause change and that I like to treat an issue first and then talk about it when it is not emotionally sensitive. Talking after the issue is treated helps identify other aspects of the issue that needs attention.

What if I feel worse afterwards? What can I do?

You can ask your subconscious to treat your painful feelings. You can telephone me if it is extremely scary or painful. I get few telephone calls for this reason.

What happens if I freak out while I am on the telephone with you?

If you were aware of fragile parts or emotions, I would hope that you decide to either not engage in telephone therapy or to forewarn me so I can be especially sensitive to this possibility. We could decide to have a support person with you or even do the therapy while you are in your therapist's office.

Privacy questions

What if I don't remember my childhood? Do I have to?

No. Your subconscious has access to your childhood experiences. We will access your trauma experiences through the beliefs, emotions or other symptoms that you bring to my attention

What if I don't like working with a man? (Big issue for some women)

If you don't like working with a man and you want to work with me, we can treat that as an issue so you feel more comfortable working with me. Otherwise, you would have to find a woman therapist.

What if I don't want to tell you what's going on?

You simply think of the issue or symptom and the subconscious and I can problem-solve and try to treat the issue.

Is your telephone tapped?

I never know for sure. Because I work with some patients who have had some connection with government agencies or crime, there is a possibility that someone may bug my room or tap my telephone to find out what I am doing in therapy.

Handling treatment issues

How do you treat depression?

I have had good success treating depression. I have a protocol to treat depression that works well.

How about simple job stress?

I have treated job stress. Often earlier trauma or beliefs that are not healthy may cause or contribute to job stress. Other times it involves learning to handle unhealthy coworkers.

Can you treat Posttraumatic Stress Disorder?

Process Healing is very effective treating PTSD. PTSD usually involves dissociation and amnesia and Process Healing easily handles both of these issues and all the other symptoms of PTSD.

Does it work with all phobias?

I assume that it will work with all phobias. Some phobias may be very complex and need problem-solving.

Can you treat public speaking, flying and spider phobias?

These phobias can be treated by Process Healing.

Can you treat agoraphobia?

I have treated several patients who have had agoraphobia. However agoraphobia can be complex and may require some serious problem-solving.

My problem is a form of Obsessive-Compulsive Disorder. Have you ever been able to cure this problem?

OCD is difficult to treat though I have had some experience and may have an easier time of it. No guarantees. The problem is that if there are parts involved, then only the ones that are active are treated. Other parts wake up later. With a hair-pulling obsession, after I finally solved the problem, parts awakened to give symptoms at 2 weeks, 6 weeks, 3

months, and 6 months later. The more pervasive the OCD symptoms are in a person's behavior, the more difficult it is to treat it.

Have you ever treated psychotic behavior?

I have never completely treated psychosis, though I have had major impact on psychotic patients. With enough sessions, I believe that a psychotic process can be completely treated. I treat them as a person with parts. Psychotic patients learn to create parts easily and therefore there are 100's of parts. Treatment involves steady treatment of parts and unusual learned processes or memories. I have not learned how to treat all trauma parts with one intervention.

Can you treat physical issues?

When the pain of the physical issues is caused by memory, then it is possible to treat the memory and reduce pain. If it is a structural problem, then Process Healing may not have any effect on the issue, for example, the cause of the feeling experience of thought broadcasting and thought intrusions.

Can you treat inflammation problems?

I don't have much experience treating inflammation problems, but I am told that these problems are treated effectively in Latin America.

Have you ever worked with Mind Control or torture abuse survivors?

Yes. These patients can take months or years to fully treat. I have fully treated about eight survivors and believe I have had success with most of these patients. I have had some who didn't like the way I worked and sought treatment from another local therapist who is an expert in this area.

Spiritual issues

Do you believe in spirits?

Yes. However, I have a behavioral or scientific way to understand the source and function of spirits, a model or analogy that allows me to usually treat them easily. Patients feel comfortable with my explanation of spirits.

How often do you treat spirits?

Over half of my patients had spirits or generational influence that had to be treated. I believe that it is completely normal. I don't look for these phenomena but treat them when they are identified as a problem by the subconscious.

How do you talk about spiritual entities?

I hypothesize that a personal field that receives information and gives instructions to our physical body runs our behavior and body functions. Spiritual entities or souls are the personal fields of people who are deceased. Souls who have enormous trauma when alive can be problematic as souls by associating to a living person's personal field. Then some qualities of the soul affect the behavior and emotions of the person.

Are some issues caused by spirits?

Spirits can cause depression, suicidal thoughts, auditory and visual intrusions and support unwanted issues. Spirits can cause barriers for treating parts and other memories. Spirits can motivate unwanted behavior, and interfere with the work of the subconscious and, occasionally, run the body.

Will I feel anything when a spiritual thing leaves?

Sometimes a patient feels a swoosh up all or part of their body, an energy shift in their heart or nothing.

How do you work with spiritual issues?

Because spirits or souls have run a body when the body was alive, the same behaviors are available when speaking to the soul. I believe the subconscious is an intermediary between souls and the therapist. Souls, even very nasty souls, can be treated with respect and are often easier to treatment than some of the patient's issues.

What if my Karma is part of the problem?

There are many ways the parents DNA and personal fields of the parent and past generations can affect a patient. I have been able to treat these kinds of problems or barriers. I have more to learn in this area.

I have this growling voice in my thoughts that no therapist has touched. Can you handle this?

I have has some experience with both behavioral and spiritual intrusions like this and would problem-solve until I found the key to treat the voice.

Is it dangerous working with spirits?

All people and souls deserve love and respect. I believe that by being gentle, normalizing spirits and treating them with respect, there is little or no danger. All spirits want happiness.