

# Outline

## The Biology and Language of Pain

The value of pain

Types of pain

Acute versus chronic pain

Neuromuscular skeletal pain

Other types of pain

## The Limbic System and Pain

The role of the amygdala in pain

How breakthroughs in neuroscience guide treatment

## Autonomic Nervous System and pain

Calming fight and flight (sympathetic nervous system) to quell pain

Ways to move out of the sympathetic nervous system

EFT/Tapping and Porges' Polyvagal Theory

## Typical Pain Treatments

Medicine, acupuncture, physical therapy, electric stimulation

## Emotional Freedom Technique and Tapping

### Getting started in EFT/Tapping

How to use this for physical and emotional pain

- Quelling the perception of pain
- Capturing focusing language
- Metaphors to heal
- Tell the Story Technique
- Movie Technique
- Erasing Limited Beliefs
- Personal Peace Procedure
- Chasing the pain

## Pain Release Steps –

### 5 Non-medication Techniques

### Simple, self-applied EFT/Tapping for pain

- 1.) One acupoint
- 2.) Rebalance energy reversals
- 3.) The entire EFT/Tapping sequence with pain reduction as a byproduct/side effect
- 4.) The Brief Energy Correction – new pain research by presenter

## More Pain releases by adding language that affects the amygdala

- 1.) Language from NLP – the Sub modalities
- 2.) Metaphors
- 3.) Listening to the message of pain and defusing it

## Assessing and Treating the Emotional Strangleholds of Pain

Somatization, truth or consequences, maybe it's real

Thought, emotion, physical reactions, & behavior – all entwined reactions

Past pain-related traumatic events

Anger pain connection

Secondary gain and overidentification as a pain client

Empathic pain & compassion fatigue

## Psychotherapy and Pain

The Mind-Body Sweep – letting go of the physicality of stress and turmoil

Big "T" and little "t" events and the feeling of pain

Decreased social connection and pain

Childhood triggers

Pain, grief and trauma connections

## Adding Gratitude and Forgiveness

The neuroscience of a gratitude practice to release pain and increase endorphins

Interrupt the negativity and confirmation biases

Four "feel-good" hormones and neurotransmitters

## Non-medication Pain Management

Medical care – Pain management

Opioid epidemic

## Prevention

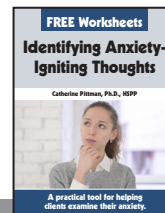
Drug relapse prevention to address physical and emotional pain

Learning Objectives can be viewed at [pesi.com/webcast/84371](http://pesi.com/webcast/84371)

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# Emotional Freedom Techniques (EFT) & Tapping

*Evidence-Based Clinical Practice to Release Physical and Emotional Pain*

## Live Interactive Webinar

Wednesday, February 10, 2021

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*Evidence-Based Clinical Practice to Release Physical and Emotional Pain*

Featuring **Robin Bilazarian**,  
LCSW, DCSW, DCEP, EFT(i) International Master EFT Trainer

- 5 non-medication ways to release chronic pain based in a self-applied, cognitive somatic, acupressure-based modality
- Self-applied techniques that empower your client
- Engagement of the parasympathetic nervous system

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# Emotional Freedom Techniques (EFT) & Tapping

## Evidence-Based Clinical Practice to Release Physical and Emotional Pain

Clients who experience chronic pain want **relief** from their suffering as soon as possible. And with many ineffective, possibly dangerous interventions out there, it's easy to feel overwhelmed. It's hard to know where to start and your client is looking for a quick fix.

Join **Robin Bilazarian, LCSW, DCSW, DCEP, EFT(i) International Master EFT Trainer** in this highly experiential workshop filled with dozens of interventions to **help clients release pain through safe, non-medication interventions.**

Drawing on 25 years of clinical experience using Emotional Freedom Techniques (EFT)/Tapping, Robin masterfully shares her expertise in this workshop designed for both new and seasoned clinicians who want to enhance clinical outcomes by integrating tapping into existing treatment modalities.

You'll learn:

- 5 non-medication ways to release chronic pain based in a self-applied, cognitive somatic, acupressure-based modality.
- Self-applied techniques that empower your client
- Engagement of the parasympathetic nervous system

Don't miss out on helping your clients manage their pain. Register today!

### Target Audience:

Counselors • Social Workers • Psychotherapists • Marriage & Family Therapists  
Nurses • Psychologists • Addictions Counselors • Occupational Therapists  
Case Managers • Other Mental Health Professionals

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(Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
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# Meet Your Speaker

**Robin Bilazarian, LCSW, DCSW, DCEP (Diplomate in Energy Psychology), AAMET, and International Certified Master EFT Trainer,** is a brief therapy expert, author and speaker who uses passion and humor to share a wealth of knowledge and her 20 years of experience integrating EFT into mainstream mental health treatment. She is the author of the Amazon best-seller *Tapping the Mighty Mind: Simple Solutions for Stress, Conflict, and Pain*. Her passion is to bring these rapid, thorough and gentle meridian and cognitive-based techniques into mainstream clinical mental health treatment.

EFT is a well-researched, comprehensive, mind-body treatment that rapidly desensitizes unwanted thoughts, emotions and connected physical reactions. EFT goes beyond supportive counseling and is actual treatment. It's surprising how quickly turmoil dissipates; clients are usually better in one session – even if the issue is long standing.

Robin obtained her MSW degree from the University of Pennsylvania and the University of North Carolina/Chapel Hill and interned at Duke Medical Outpatient Psychiatry. Her more than 30 years of clinical practice includes employment in all levels of mental health treatment, including private practice and using EFT in a community mental health center and with medical staff.

Speaker Disclosures:  
Financial: Robin Bilazarian is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Robin Bilazarian has no relevant non-financial relationships to disclose.

To view the full bio, visit [www.pesi.com/webcast/84371](http://www.pesi.com/webcast/84371)

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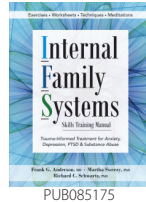
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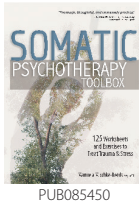
### Recommended Reading:



**Internal Family Systems Skills Training Manual**

Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

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**Somatic Psychotherapy Toolbox**  
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Manuela Mischke-Reeds, MA, MFT

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