

A Path with Heart

Integrating Effective Tools with Authenticity and Presence

17th Annual Energy Psychology Conference

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7-Step Protocol for Relieving Autoimmune Disorders Using Energy Psychology



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Anne Merkel, Ph.D., CNHP

- Conservative background – serious student & musician
- Introduction to “alternative modality” in grad school
- Studies in cognitive learning, languages, psycho- socio- linguistics, psychology, education, business: MS / Ph.D. – Indiana University
- Academic & Business & Entrepreneurial experience
- Autoimmune issues in late 30’s – CFS & Fibromyalgia
- Serious studies & applications of: Color therapy, Energy Remedies, Hands-on Energy, NET, AK, HT, Reiki, Energy/Entity Removal, EFT, TFH, Naturopathy, Energy Medicine: 1985-present
- Energy Psychology / Coaching practice: 1995-present



Presentation Outline

- Introduction of Autoimmune Disorders and potential causes.
- Discussion of benefits of Energy Psychology in treatment of these disorders.
- How to judge when not to "step over the line" as an Energy Psychology practitioner.
- Various tools that can be used effectively to support treatment.
- Seven-step protocol using Energy Psychology to clear specific issues related to most if not all autoimmune disorders... and client cases.
- Hands-on explanation & demonstration working with participants... if “right” audience present.
- Summary & Conclusions - Question and Answer section.



Presentation Objectives

- Participants will be able to IDENTIFY specifically how they may support sufferers of autoimmune disorders within the scope of an Energy Psychology practice.
- Participants will be able to DESCRIBE to an autoimmune disorder sufferer how emotional stress around the condition can be reduced via Energy Psychology techniques.
- Participants will be able to APPLY a seven-step protocol to support sufferers of autoimmune disorders to clear surface emotional stress impeding the healing process.



Over 85 million Americans currently suffer from diagnosed Autoimmune Disorders.

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“Autoimmunity - Autoimmune”

5-10% of any population, mostly women, can expect to suffer from AI

- *Noun:* a condition in which the body produces an immune response against its own tissue constituents
- *Adj:* of, relating to, or caused by antibodies or T cells that attack molecules, cells, or tissues of the organism producing them

Merriam-Webster’s Medical Dictionary, 2006

- White blood cells in the body’s immune system help protect against harmful substances such as: bacteria, viruses, toxins, cancer cells, blood and tissue from outside the body. These substances contain antigens against which the immune system produces antibodies that enable it to destroy these harmful substances.
- When you have an autoimmune disorder, your immune system does not distinguish between healthy tissue and antigens; as a result, the body sets off a reaction that destroys normal tissues.

MedlinePlus www.nlm.nih.gov/medlineplus



Common Autoimmune Disorders

(over 100 different diagnoses and still counting...)

- Addison's disease
- Celiac disease – sprue
- Chronic Fatigue (CFS)
- Crone's disease
- Dermatomyositis
- Fibromyalgia
- Graves' disease
- Hashimoto's thyroiditis
- Multiple sclerosis (MS)
- Myasthenia gravis
- Pernicious anemia
- Reactive arthritis
- Rheumatoid arthritis
- Sjogren syndrome
- Systemic lupus erythematosus
- Type I diabetes
- This list continues to grow as more diagnoses are being classified here... and so many cases remain undiagnosed!



Warnings to Practitioners:

- Can't be impatient with autoimmune sufferers
- Symptoms are REAL to client... and can be life-threatening!
- Get them “out of the box” & work with each unique case
- Many are depressed... a shared symptom of many conditions
- Foggy thinking & forgetful – maybe no follow-through
- If environment doesn't change, then your work with them may not help... can't change something within its same hurtful environment!
- Very often client's priority is not the same as the body's priority
- These cases are NOT “one minute miracles”!



Warnings (cont.)

- Know your meridians if you plan to talk about them
- Use only tested research around specific emotions per each meridian... there are many pieces of wrong information highlighted on well-known EFT sites... not everything on internet is true!... & not every “Master” practitioner really knows the basis for EFT!
- Be gentle with these clients... they need compassion & support!
- Keep your client in right brain or in the emotion... don't let them wander off in left brain or you won't get results!
- Don't over-tire your client or keep them near EMF's too long.
- This work takes compassion & often a strong stomach...



“BULLS”: Skin Issues

- “My inner world has shifted to a higher vibration through the help of you, Anne. I no longer feel unsafe at every waking & sleeping moment & in between. I wake up with enjoying what will unfold, & go to sleep with thanking my guides. Seriously, when working on the tapping, I am amazed how *deeeep* wounded issues can shift & be gone.”

— KK/ Holistic Cosmetologist, Tapping Enthusiast / Salinas, CA

Before:



After:





MCS / Multiple Chemical Sensitivity

“This week, I am attending a 5 day intensive morning yoga class I couldn’t attend earlier in the year because I didn’t have the strength to be able to walk up the 2+ flights of stairs. So this is another example of health changes for me.

Your stressing, ‘just tap... just tap... feel the feeling and tap without labeling’ is helpful.”

Gerry



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History & Background of AI

- **Anderson & Mackay**

Intolerant Bodies – A Short History of Autoimmunity –

John Hopkins University Press, 2014

- **Mark Leary, Ph.D.,**
Professor of Psychology & Neuroscience, Duke University

Understanding the Mysteries of Human Behavior – The Great Courses Publisher, 2012



“The phenomenon of autoimmunity recalls an older way of thinking about the fundamental nature of disease, a way of thinking that was commonplace in 1800 but marginal by 2000. Two centuries ago the occurrence of disease was ordinarily understood by both physicians and laymen as an individual, physiological, response to an individual’s unique bodily makeup and life course. Diet and exercise interacting with physical environment, life circumstances and constitutional endowment resulted in sickness or health.

As the body moved through time it was continuously self-regulating, adjusting and readjusting and thus always at risk. In this traditional and nonspecific way of thinking about disease there was little role for infection and infectious agents.

One might describe this way of thinking about the nature and origin of disease as holistic and physiological, as well as cumulative and biographical. The phenomenon of autoimmunity, with its implied juxtaposition of biological individuality and particular circumstance, reminds us of this older, integrative way of seeing the body in time and in terms of its cumulative interaction with itself and with its external – yet internalized – environment. “

Charles E. Rosenberg – Foreword for *Intolerant Bodies*

Natural Health, Energy Medicine, Naturopathy still think of the Whole person.



“Until late in the nineteenth century, most medical doctors – and most of their patients – regarded disease as a disturbance of an individual’s constitutional equilibrium, ensuing from imbalance in consumption and excretion, a mismatch in the interaction of body and environment. Hereditary disposition, or diathesis, might render an individual prone to one disorder or another, but whether this tendency actually was excited into disease depended on circumstances and habits.

The body was perpetually in a state of flux, sensitive to changes in diet, behavior, clothing, environment, climate, and so on. Thus disease, often expressed as fever, indicated some physiological disruption in the individual, and its cure required physiological regulation, through either stimulatory or depletive measures. But the development of germ theories in the nineteenth century dissolved much of this constitutional model. Increasingly, disease appeared to derive from external entities, from microbes cultivable in the new laboratories. Less the disturbance of a physiological process, disease came to assume a standard modular form, that is, to become “ontological”; concrete nemesis thus entered the world of etiology, or disease causation.”

Anderson & Mackay - page 3

[This sounds like Bruce Lipton and Candace Pert’s messages...]



“Research suggests that only about 10% of people’s happiness is due to their life circumstance and that about 50% of it is due to people’s genetic make-up, which you can’t do much about. Genes play an important role in people’s personalities, including how they tend to respond to what happens to them.

After we account for the 50% of happiness that’s due to genetic factors and the 10% that’s due to life circumstances, the remaining 40% is due to intentional behavior – what we do and how we think.” **Leary** - pg. 54-55

Nature = 50% + Nurture = 50% (10% + 40%)*

Correlations between Autoimmune Tendencies and:

-Highly Sensitive People:

Rue Haas, Carla Sodi

-Type A Personalities:

Mark Leary, Anne Merkel



Stress

-Stress can trigger autoimmune tendencies.-

Stress:

Less in “Immediate Return Environment”

More in “Delayed Return Environment”

Main Stressors:

1-Money

2-Personal Relationships

3-Jobs/work

4-Health

5-Daily Stressors



Type A Personalities

Is this type more susceptible to Autoimmune?

- Experience more stress – and are more likely to have health problems related to stress
- Are often engaged in a struggle to do more and more in less and less time... they create lives where they have too much to do... so, as a result they experience chronic stress from trying to do it all!
- Have a sense of time urgency which is stressful.
- Agitated by impediments & feel: anger, anxiety, sadness, stress, other negative emotions.
- The Stress can take its toll on health! **Leary** – pg. 63-4



Self Compassion - versus - Critical Voice

- How do you rate here?
- Self Compassion = Spleen energy & de-stresses
- Critical Voice triggers the Triple Warmer meridian for more stress hormones.
- Too much wear & tear on body via imbalanced hormone secretions, stress-induced negative emotions, etc. can lead up to chronic or degenerative physical dis-ease.



Body Practitioners Are Providing Good Techniques & Research



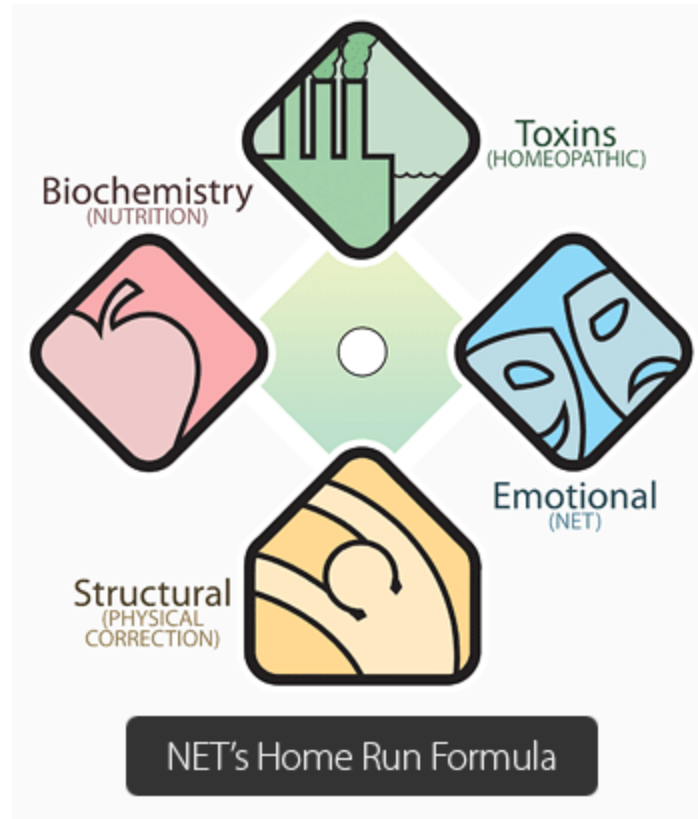
With thanks to Earl Cook for his research and long-standing support of TFH, Energy Kinesiology, & EFT.
www.etoouchforhealth.com

Neuro Emotional Technique
Drs. Scott & Deb Walker
www.NETMindBody.com



NET Discovery Protocol

Neuro Emotional Technique Home Run Technique



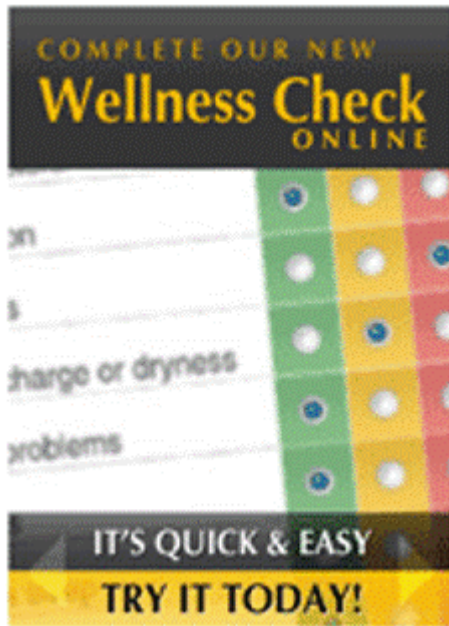
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NET Wellness Check

On-line questionnaire for meridian priorities




WELLNESS CHECK QUESTIONNAIRE

[PRINT REPORT](#)
[EMAIL REPORT](#)
[RESET & CLEAR](#)

Dear John Smith June 12th, 2012
 Thank you for taking the time to complete the Wellness Check Questionnaire. Please use the PRINT or EMAIL buttons above to provide your practitioner with a copy. Your practitioner may recommend that you retake this questionnaire in 30 days.

CATEGORY ACCESS POINTS

0	Earth Category: Spleen, Stomach, HCL , Pancreas & Hypoadrenals	<div style="background-color: #90EE90; padding: 5px; text-align: center;">0-4 Excellent</div> <div style="background-color: #FFD700; padding: 5px; text-align: center;">6-10 Moderate</div> <div style="background-color: #FF6347; padding: 5px; text-align: center;">12+ Needs Attention</div>
0	Metal Category: Lungs & Large Intestines	
0	Water Category: Kidneys & Bladder	
0	Wood Category: Liver & Gall Bladder	
0	Fire Category: Heart, Adrenal, Thyroid, Pituitary, Hypoadrenals & Vit B	
4	Pata Solvs Category: Parabowel p1, Parabowel p2 & ICV	
2	Flora Plus Category: Bowel Flora p3 & ICV	
2	Allergy Category: Allergy , SMP, ICV & Hypoadrenals	
18	ER 501 Category: Emotional Points, Hypoadrenals, ICV & Vit B	
0	Scars-Adhesions Category: Scars, Skin, Joint & Cat I	
8	Visceral Polarity Category: Brain , GV 26, CV 24, & Cat II	
22	EluImmune Category: Spleen, Thymus, & Spleen/Thymus Combination	
8	Pain Relief Category: Contact pain area & think of "feeling" of pain	



Step 1:
Use The Home Run Formula to check all Access Points within a problem Category (NET Vitals in bold).

Step 2:
Contact all practitioners with 511

SAMPLE WELLNESS CHECK REPORT

VIEW IT



EP Scope of Practice with Autoimmune

- Since Autoimmune is so rampant with a growing population, we must be clear about what EP can and cannot do for these people.
- The typical prognosis of a “Life Sentence” of suffering may not be necessary if EP is utilized... but there are no guarantees....
- Often AI patients/clients are stuck in:
 - “Victim” mentality,
 - Psychological reversal based on what an MD has said,
 - Fear of losing a sense of “Self” related to being sick.



EP Scope (cont.)

- There are aspects that EP can appropriately address:
 - Stress around condition & treatment
 - Emotional turmoil related to life & health changes
 - Victimhood issues / Guilt about being a burden
 - Hopelessness
 - Fear of future
 - Loss of quality of life, past life, job, \$\$, loved ones, etc.
 - Underlying emotional “potential causes” of the condition
 - Recurring negative cycles that trigger symptoms to return or to flare up



Potential Emotional Causes of Autoimmune

- Stress triggering genetic predisposition
- Inherited traumas – pre-conception
- In-the-womb emotional imprinting
- Pre-cognitive brain emotional & belief imprinting
- Life traumas – emotional reactions to anything
- Emotions: unworthiness, guilt, fear, loss, feeling like a burden, victimhood, self-hate, fear of God, hyper-vigilance from abuse, expecting the worst, feeling unsafe, burn-out, self-sabotage, hopeless...

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“Low Relationship Value”*

Cases of “Hurt Feelings”

- Rejection
- Feel others are avoiding them
- Being criticized / receiving criticism
- Betrayal
- Malicious Teasing
- Feeling unappreciated or taken for granted

In ancient times social rejection = a death sentence.

**Same neural transmitters & parts of brain involved
in physical pain & social distress! *Leary pg. 67-70**



7-Step Protocol

- This protocol has an unlimited number of steps based on each unique case... 7 is a good beginning
- Based on a strong Intake History, you can decide what is best, but usually the following order works
- The process here is “organic” and is expected to shift and change as you work with each client
- Everything you do with AI clients is related to their feelings... rather than words. You may need to adjust your EFT approaches... these people can be lost in verbosity, but they are stuck in their bodies... and can FEEL!



Protocol Step 1

Treating Autoimmune with Energy Psychology

- Focus on present pain or symptoms.
- Remove pain resistance so more can be cleared.
- Physical, emotional, traumatic causal, history, etc.
- Focus on: depression, hopelessness, foggy thinking, fatigue, physical symptoms, forgetfulness, moodiness, resistance to change, frustration at forced changed.
- Share some reminders: beware of EMF's, drink plenty of H2O, let go of gluten & dairy in diet,...

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Protocol Step 2

Treating Autoimmune with Energy Psychology

- Clear stress that triggers inherited pre-disposition.
- Focus on inherited pre-disposition to develop illness.
- Parents, grandparents, etc. stories.
- Old patterns.
- Recurring Negative Cycles.
- Inner Detective Work...



Protocol Step 3

Treating Autoimmune with Energy Psychology

- Focus on inner critical voice & negative learned beliefs.
- Clear old beliefs (personal & second-hand).
- Erase what they've been told that is blocking them.
- Lower volume on inner critical voice.
- Clear causes of most critical voice issues.



Protocol Step 4

Treating Autoimmune with Energy Psychology

- Focus on life traumas.
- Personal issues, negative experiences, crises.
- Trace traumas back to recurring negative cycles & inherited issues.
- Real & Perceived as own.
- Focus on trauma of change brought on by illness.



Protocol Step 5

Treating Autoimmune with Energy Psychology

- Focus on emotions around the illness.
- Emotions about the body breaking down.
- Pain about losing quality of life.
- Guilt, Victimhood, Self-loathing, Hopelessness, Helplessness, Anger, ...
- Identification as “AI Sufferer”, Persona of Illness.



Protocol Step 6

Treating Autoimmune with Energy Psychology

- Focus on fear around illness.
- Fear of Doctors, Medical Profession, Hospitals, Drugs, etc.
- Symptoms, Diagnosis, Description of Treatment, Actual Treatment, Reactions to Treatment, Prognosis,...
- Personalities around Treatment, Communication, Compassion?
- Fear of Returning Symptoms.



Protocol Step 7

Treating Autoimmune with Energy Psychology

- Focus on all that you don't know that requires other practitioners... and tailor to the specific case.
- Tap away unknown factors that may attribute to condition.
- Clear resistance to seeking other help, letting go of illness & all it means personally, fatigue & feeling like it is hopeless to move forward, etc.
- Each case has issues here... more physical symptoms, life or health changes, etc.



Group Demonstration

- Have you been diagnosed with an autoimmune disorder?
- Do you have chronic pain or recurring health issues?
- Are you in “remission” from an autoimmune issue?
- Do you fear that you may be a candidate for contracting an autoimmune condition?
- Do you want to PLAY with me here?



Q & A Session

- What are your questions?



Working Bibliography...

ACEP 2015 Partial Bibliography for Benefits of Energy Psychology in the Treatment of Autoimmune Disorders

By Anne Merkel – available at:

www.AnneMerkel.com/resources

--The books listed on the bibliography give extensive background for what I have presented in my session at the conference... and will be used in a book that will be published by the end of this summer. The data supports basic knowledge of any practitioner wishing to work with the autoimmune audience. While some of the sources refer to the mind-emotion / body connection, others focus on other potential causes of or attributing factors in autoimmune. It is my hypothesis that all suggested "scientifically proven causes" correlate dramatically with underlying emotional factors.

For More Information:

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