



# Bewildered by choice?

Many treatments once described as 'alternative' are now seen as 'complementary' and we're moving towards a more integrative medical system. The NHS and even insurance companies are increasingly recognising the effectiveness of therapies such as acupuncture, EMDR and homoeopathy. With the bewildering array of approaches on offer, here's a helpful tour of some of the most popular, contributed by Hoffman participants who are all experts in their field.

## EMDR - Shawn Katz

EMDR (Eye Movement Desensitisation and Reprocessing) is a powerful, evidence-based integrative treatment. It's recommended in NICE (National Institute for Health and Care Excellence) guidelines for the treatment of PTSD (Post-traumatic Stress Disorder). It can help reduce symptoms such as intrusive thoughts, images, feelings and

nightmares associated with trauma. It also produces shifts in attitudes and beliefs, often resulting in a more complete, accepting and resilient perspective about the past.

The Hoffman Process and EMDR are similar in that they both help you come to terms with your past and often result in you seeing your history from a different, more accepting perspective. However, the Process is not a trauma therapy. If you have unresolved traumas that you're aware of, you'll be advised to address these prior to the Process. Occasionally doing the Process may bring difficult past experiences into awareness, in which case some form of therapy, such as EMDR, after the course, may be a valuable way to integrate that material. Both EMDR and the Hoffman Process facilitate healing, and they can be integrated in a very complementary way.

[www.shawnkatz.com](http://www.shawnkatz.com)

## Five Element Acupuncture - Ged Ferguson

Acupuncture is a form of ancient Chinese medicine in which fine needles are inserted at specific points along energy meridians in the body. In Five Element Acupuncture these are seen as having a direct effect on five elements within the body. Each element has its corresponding season: Wood (Spring) Fire (Summer) Earth (Late Summer) Metal (Autumn) and Water (Winter). By observing the flow of each season Chinese medicine identifies correspondences between our physical bodies, behaviours, attitudes and emotions and their direct effect on our health.

Each element has a corresponding emotion, which can express itself positively or negatively. The Wood element, for example, corresponds to springtime. Spring reflects new beginnings and a bright outlook towards your future. If your vision of the future is impaired and you simply cannot see a way forward, you can become either angry and frustrated or apathetic or depressed. Five Element Acupuncture helps unblock energetic obstructions which allows the wood element to manifest itself unhindered bringing clarity, vision and 'get up and go'. Five Element Acupuncture is suitable for both adults and children and can help to balance emotions and mental outlook as well as offer effective treatment for a wide variety of physical conditions.

[www.gedfergusonacupuncture.com](http://www.gedfergusonacupuncture.com)

## Therapeutic Voicework - Chantal Fabrice

Voicework is part of the wider field of Sound Therapy. It allows a freedom of self-expression that supports communication and healing on every level, bringing the potential for lasting change.

The voice and throat can hold all manner of blockages which are then experienced throughout your body. Sound frequencies have the ability to go to the core of an issue very quickly. Using vocal exercises, breathwork and movement, this method enables you to release layers of suppressed emotions such as anger, grief and fear. Clearing this emotional pain helps create more space for joyful emotions, health, vitality and authenticity. It is like reprogramming yourself with a new song reflecting peace, positivity and harmony.

The voice is the most powerful instrument we have and we certainly made good use of that during the Process! After doing Hoffman I trained in using the voice specifically as a therapeutic tool and it's the most powerful healing journey I've been on.

[www.castlewoodtherapies.co.uk](http://www.castlewoodtherapies.co.uk)

## NLP - Robert Steinhouse

NLP (Neuro-Linguistic Programming) helps people by providing easy to use, tested techniques for personal change. It originated in the 1970s, studying the language patterns of two famous therapists. One was Fritz Perls the founder of Gestalt Therapy, the other was family therapist Virginia Satir.

NLP created a model based on their patterns of asking questions and produced 14 key performance-enhancing and therapeutic interventions - which they then mapped onto the linguistic models of Noam Chomsky.

For example there's an NLP process called 'Change Personal History', which helps you accept the past by identifying the original experience that created a negative, current trigger. You then use a technique to release the pain and change the response. Another process, called Integrating Conflicting Parts, can help resolve destructive contradictions in motivation. Anger, for example, can often be an attempt at self-protection, which when understood can then be achieved by other, gentler (but just as effective) means.

I was an NLP trainer long before I did the Process, but I still felt the Hoffman Process was truly life changing. I loved the professionalism and dedication. It felt safe and visceral - something I value highly in NLP. I felt my NLP skills really helped with the Process as I was used to 'personal change work' - I felt like a duck taking to water. I genuinely believe that NLP and Hoffman work well together.

[www.nlpschool.com](http://www.nlpschool.com)

## It's not all about medicine



## Myofascial Release - Sophie von Meister

Myofascial Release helps by decreasing pain, increasing movement and releasing trauma stored in the body. It's a safe and effective hands-on technique that involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore motion. Trauma, inflammatory responses, and/or surgical procedures create myofascial restrictions that can produce tremendous pressures on pain sensitive body structures that don't show up in many standard tests such as x-rays, myelograms, CAT scans, and electromyography.

The idea that trauma is an energy which needs to be moved through the body is common to both the Process and Myofascial Release. In the Process you move the energy by Cathartic Release and other physical movement whereas a Myofascial Release therapist uses a hands-on technique to allow the energy to flow once again.

In Myofascial Release there's a belief that without awareness there's no choice. If you don't realise that you're making decisions based on false information you cannot make important changes to your life. Each treatment delves deeper into the layers that make up your physical, mental and spiritual self. Once you get through the restrictions, pain and beliefs which hold you back you're able to go forward guided by more of your true self.

[www.sophiekdavis.com](http://www.sophiekdavis.com)

## Hypnotherapy - Kelly Buckley

Sometimes people associate hypnosis with stage shows, but in fact, the hypnotic state is something we all experience everyday of our lives. It's that state of focused attention when you're deeply absorbed in a good book or film, that someone can call your name several times before you realise they are talking to you. With training and practice you can intentionally enter this state and use it to make changes to your feelings, thoughts and behaviours, reducing your reliance on will power.

In the hypnotic state we allow the conscious mind, the part that thinks it is in charge, to quieten down and step aside, permitting access to the deeper part of you, called the unconscious mind. It's the part that beats your heart, that breathes you, that regulates your temperature and a lot more besides.

Most of our learnings come from when we were very young. As children, our minds are like sponges soaking in the entire environment in which we are immersed. As we get older we may realise consciously that there are alternative ways to respond that are different than those we experienced in our childhood. Yet we still find ourselves automatically behaving in the way we learned back then.

[www.kellyannebuckley.com](http://www.kellyannebuckley.com)

## EFT - Jacquie Campbell

EFT (Emotional Freedom Techniques) was discovered in 1980 by a clinical psychologist called Dr Roger Callaghan. Often referred to as 'tapping' because it involves tapping various acupressure points, EFT covers a wide range of issues from fears, addictions, cravings and phobias to post traumatic stress disorder.

It works on the principle that negative emotions cause a disruption in the body's energy system. By working on various meridian points, any disruptions are neutralised, thereby reducing or eliminating the negative emotion. It's as effective at treating war veterans as it is for releasing difficult childhood memories. As such, it complements the principles of the Process enabling you to have a future different to your past.

[www.positive-living.co.uk](http://www.positive-living.co.uk)

## Homoeopathy - Lynda Gannon

Like all holistic medicine, homoeopathy takes a broad view of the cause of illness and the way it manifests. Classical Homoeopathy sees symptoms as a manifestation of the body's efforts to restore overall balance. As a result, homoeopaths don't treat physical, emotional, mental or even spiritual disorders separately, but see them all as intimately connected expressions of imbalance leading to illness.

When a disease threatens to overwhelm your capacity for self-healing homoeopathy can provide support to ease symptoms, including weariness and pain. Following treatment you generally experience improved wellbeing, are more able to resist infection and have an improved sense of stability and purpose in life.

Through seeking to overcome my own issues, I experienced two life changing 'energy shifts'. The first was through the homoeopathic remedy Thuja Occidentalis (also known as the 'tree of life') which enabled me to stop pretending to be something I was not. The second was through Hoffman in 2003, which gave me the confidence to affirm that I was ok as I was. Its wonderful gift also provided me with the tools to direct my life in positive and fulfilling ways.

The similarities between Homoeopathy and the Hoffman Process are apparent in the way both treat the root of afflictions and do not, as Paracelsus puts it, 'try to remove winter by sweeping the snow from the door'. My own experiences, and those of many patients I've treated who've also done the Process, confirms that the two complement each other most successfully.

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