

Peggy Newton

From: Michael Newton [michaelnewton@suddenlink.net]
Sent: Thursday, November 28, 2013 7:52 AM
To: Paul@HolisticHealingCenter.com
Cc: peter.smith@westnet.com.au
Subject: Long distance PL and LBL by phone or skype

Dear Paul:

I woke up a 4 AM on Thanksgiving morning thinking of the correspondence you and I are having about Hila's request for responses concerning the idea of using phone or skype in PL and LBL. I should have been thinking about turkey! I know you are waiting for the last of the member comments before you state your own position and you asked to quote me on the issue in places. I thought I would copy Pete and let him know about my feelings that I want to express to you. I guess the more I think about this horrible idea of long distance PL and LBL the more upset I get. Since you would like to quote me in your response to members I wanted to give you some real meat on the bone rather than just saying it is unethical and dangerous—so here goes.

“ In response to Hila's question about long distance PL and LBL, Laura stated that energy interaction with clients knows no physical limitationsso distance does not matter. I would say that it does matter a great deal for the following reasons. The transfer of energy between client and facilitator is much more powerful in the same room because it is both strong and immediate. When a client has a negative emotional reaction to their memories and visualizations such as acute distress the facilitator can see at once the negative affect physically. Facial muscles tense, breathing becomes labored and the client may cry out in anguish. Our TNI facilitators must be in close proximity to properly evaluate in seconds what is occurring. Your impressions as a facilitator close by the client under such conditions are far more effective with direct observation rather than being on the phone or watching the client on a screen a long distance away. Client confidence is greatly enhanced by your presence in the same room because you can assess any situation more quickly and effectively and, if necessary, use a direct intervention. During intake, I always asked permission of my clients in advance to allow my hand to touch their forehead during the session. I explained this would be to evoke a command of benefit. Here the transfer of energy by direct contact could prove to be important in a non-sexual way because, combined with voice cadence, the action can promote a change in perspective in a soothing, healing manner while promoting self-confidence. Client confidence is greatly enhanced, especially during the delicate progression of information during an LBL, by your presence. During intervention, if the client is in crises, I would always place a bubble of positive, golden energy around them and would sometimes ask a client's guide for assistance in reaching them. This would be expressed verbally to the client. With your direct presence you create a psychologically safe environment. By these comments I am not suggesting dependence or control on the part of the facilitator but rather that direct, immediate physical observation allows your reassurance as the facilitator to be more effective—particularly when dealing with trauma. One of the

most effective ways to achieve this is not so much your reaction to the client's verbal responses as by your immediate observation of the non-verbal signs showing a lessening of distress where, at the right moment, you are able to initiate positive re-framing. To provide the client with nurturing and direct support in PL and LBL. To help the client help themselves best the facilitator must be in close physical proximity."

Michael