



## Rapid Emotional Relief Therapy

Steve B. Reed, L.P.C., L.M.S.W., L.M.F.T.

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Steve has presented his work twice at  
Ohio State University Medical School,  
*Now Quick REMAP Breaks New Ground  
in Rapid Emotional Relief.*

**Quick REMAP**  
**Professional Seminar**  
**Dallas**—Oct. 25th & 26th

**Quick REMAP**  
**Self-Help Seminar**  
**Tulsa**—Nov. 8th & 9th  
**Dallas**—Dec. 6th & 7th

**Quick REMAP Seminar**  
**Now Available on DVD**

**Quick REMAP--**  
**People are Amazed**

"The more I see, the more I am  
amazed, really amazed!"  
*Simon Lov, Therapist from the UK*

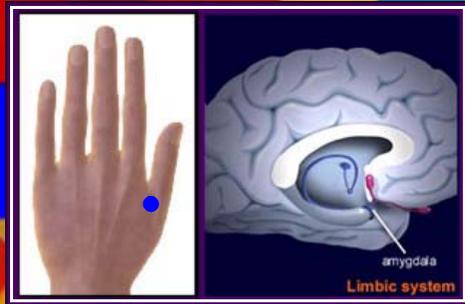
I'm actually a bit amazed at how  
well this system works! I have  
had lots of great results. Wow!"  
*Tracy Roe, LPC Texas*

"I'm awed at the process!" *Sue  
Campbell, MA, LCSW Arkansas*

"I'm really amazed about the  
results." *Jutta Bockhold,*

# Quick REMAP

Rapid Emotional Relief



Steve B. Reed, LPC, LMSW, LMFT presents  
**Professional Training:**

## Powerful Therapy for PTSD, Phobias & Panic Attacks

Quick REMAP incorporates interventions studied at Harvard Medical School and the Yale School of Medicine proven to calm the parts of the brain implicated in trauma and anxiety responses.



# Quick REMAP for PTSD, Panic Attacks & Phobias

## When Traditional Therapies Don't Work

Dr. Bessel van der Kolk has collaborated on neuroimaging studies that show that the brain's executive functions become impaired when traumatized people attempt to focus on their trauma. "The imprint of the trauma doesn't sit in the verbal, understanding, part of the brain, but in much deeper regions—amygdala, hippocampus, hypothalamus, brain stem—which are only marginally affected by thinking and cognition. These studies showed that people process their trauma from the bottom up—body to mind—not top down."

"To do effective therapy, we need to do things that change the way people regulate these core functions, which probably can't be done by words and language alone."

In regard to psychotherapy that incorporates a self-administered acupressure component—"What we are exploring are the sort of techniques that help the limbic system to start to calm itself down so that the frontal lobe can start working again."

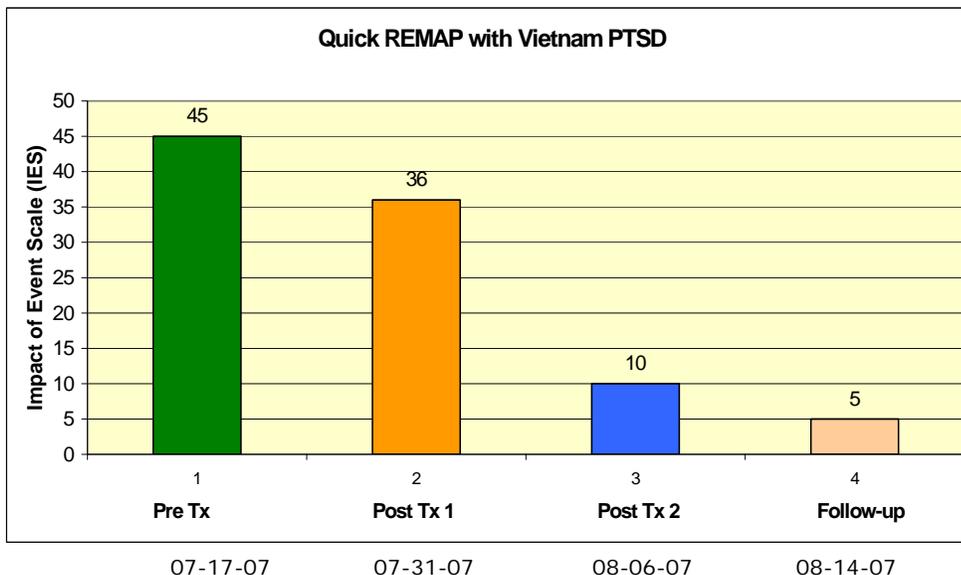
Bessel van der Kolk, MD is one of the leading experts in the field of psychological trauma. Dr. van der Kolk is the medical director of the HIR Trauma Center in Boston, a professor of Psychiatry at Boston University and the author of "Psychological Trauma".

## What Can Reach and Calm the Limbic System

- Research at UC Irvine, Brigham and Women's Hospital and Harvard Medical School are showing that specific acupuncture points have specific effects in specific areas of the brain.
- Bruce Rosen, MD of Harvard has shown through fMRI studies that activating two key acupuncture points calms the amygdala, the hippocampus and the anterior cingulate cortex—the specific areas of the brain involved in mood, pain and cravings.
- Several studies show that another acupressure point is able to calm EEG (brain wave) activity to levels similar to anesthetized patients.
- Research at the Yale School of Medicine shows that an ear acupressure point decreases acute anxiety, depression and stress on psychological indicators and lowers heart rate.
- Early experiments with the REMAP process utilizing Heart Rate Variability (HRV) analysis are showing significant positive changes in the activity of the heart and a calming of the sympathetic nervous system (fight or flight response) in PTSD clients.



"During sensory stimulation of acupressure points, we speculate that serotonin decreases the inhibitory signal from the prefrontal cortex to the intercalated neurons and allows for GABA release, thus inhibiting the outflow from the central nucleus of the amygdala, and the patient experiences a decrease in distress." *Ronald Ruden, MD, PhD former Harvard professor and author of "The Craving Brain"*



In the case example to the left, the Impact of Event Scale is used to measure trauma in a Vietnam veteran. On this scale, 33 is the best clinical cutoff for a diagnosis of PTSD.

# Quick REMAP Rapid Emotional Relief

## Professional Seminar REMAP module 1 training



### Seminar Benefits

#### Learn How to Help Your Clients:

- Quickly Overcome the Effects of Stressful Life Events
- Eliminate the Pain of Traumatic Incidents (including the causes of PTSD)
- Stop Panic Attacks
- Recover from Devastating Losses
- Find Freedom from Phobias
- Heal One Important Cause of Depression
- Release Repressed Anger, Rage and Frustration
- Calm the Mind and Soothe the Sympathetic Nervous System within Minutes
- Learn to Turn-off the "Fight or Flight" Reflex and
- Activate a Profound Relaxation Response

#### Quick REMAP can Help You:

- Succeed with cases that you were not able to help before
- Dramatically reduce the likelihood of abreactions
- Enjoy seeing your clients improve—often in the first treatment session
- Feel greater satisfaction from the work you do
- Supercharge Systematic Desensitization & Exposure Therapies
- Become effective with clients that are not very verbal or introspective
- Implement these simple tools with your very next client

### Whose Getting Excited About Acupressure-Enhanced Psychotherapy

**Bessel van der Kolk, MD**  
Director of the HIR Trauma Center in Boston

**Nathaniel Branden, PhD**  
Renowned expert in Self-Esteem & author of the "Six Pillars of Self-Esteem"

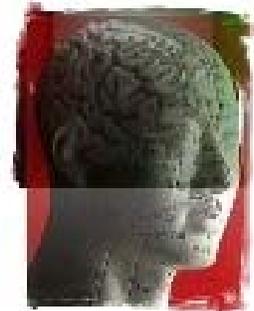
**Charles Figley, PhD**  
Director, Florida State University Traumatology Institute

**Ronald Ruden, MD, PhD**  
Former Professor at Harvard University & author of "The Craving Brain"

**Hisako Koizumi, MD**  
Department of Psychiatry  
Ohio State University Medical School

### What is Quick REMAP

Quick REMAP is the latest advance in the evolving science of rapid emotional relief. It is a SMART (Sensory-Motor Affect Regulation Therapy) Method. Quick REMAP's secret is in the powerful effect that evidence-based acupressure points have on the alarm center of the brain. The interventions that you will learn actually calm the part of the brain that remembers distress. By combining highly researched acupressure relief points with proven cognitive and behavioral interventions, you will be able to reach and calm the very mechanism responsible for acute stress responses. This enables the mind to learn a relaxation reaction when exposed to thoughts or reminders of stressful events instead of setting-off the "fight or flight" reflex.

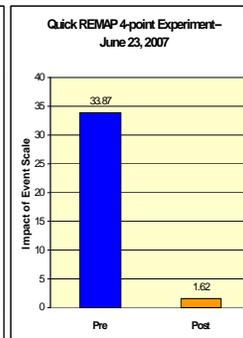
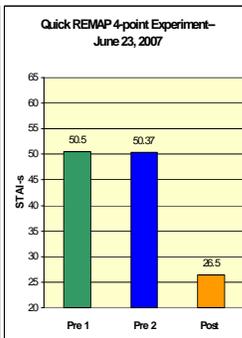
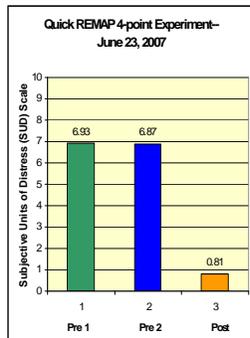


#### Quick REMAP Group Treatment Improvements

**SUD 88%**  
Subjective Units of Distress

**STAI-s 79%**  
State-Trait Anxiety Inventory

**IES-r 95%**  
Impact of Event Scale



Quick REMAP is at the leading-edge of a remarkable new paradigm of treatment that is transforming the practice of psychotherapy and demonstrating measurable physical changes in neurochemistry, brainwaves and heart activity.

### About the Presenter, Steve B. Reed, LPC, LMSW, LMFT:

Steve is the developer of *the REMAP process* and is an innovator and leading expert in the area of acupressure-enhanced psychotherapy. He has presented on the REMAP process at several international conferences, at the Academy of Bio-Energetic and Integrative Medicine's International Cancer Symposium Practicum, and at state and local conferences. He has twice presented the Full REMAP process training at Ohio State University Medical School. The training has been given in the United States, Canada, Central America and Europe. Steve is in private practice in the Dallas, Texas area. He holds three mental health licenses in Texas: Licensed Professional Counselor, Licensed Master Social Worker and Licensed Marriage & Family Therapist.

## Quick REMAP Rave Reviews



"You provide a terrific model for your practitioners to follow, and you do it so eloquently. I'm not a novice at therapy. Your methods seem to be head-over-heels above everything that I have been exposed to. You have an intellectual approach, and a pioneering spirit in your work, which truly raises the bar to new heights." *Ken Breen, Therapist New Jersey*

[Regarding the REMAP materials--demo DVDs, Quick REMAP Handbook, REMAP CDs, Charts]  
"The more I see, the more I am amazed, really amazed! It is such a wonderful tool. There is no exaggeration in saying that it's the next level up in psychology interventions. I really think it is. Well done!" *Simon Lov, Therapist from the UK*

"Steve, thank you! I have done a total of 3 REMAP sessions so far this week. One client went from flooded to calm, by using the first half of the protocol only. The other went from a 7-8 to a 0 using the full Quick REMAP treatment. The other client is the one I already told you about (another success).  
I'm actually a bit amazed at how well this system works! I have had lots of great results. Wow!" *Tracy Roe, LPC Texas*

"I used the 4-point protocol with a 9 year old, an 11 year old, and a 12 year old. It worked with all three!!!" *Deborah Stovall, LPC Texas*

"Your manual is GREAT! I really appreciate understanding what is going on" (how REMAP works).  
*Anne Coleman, MD Texas*

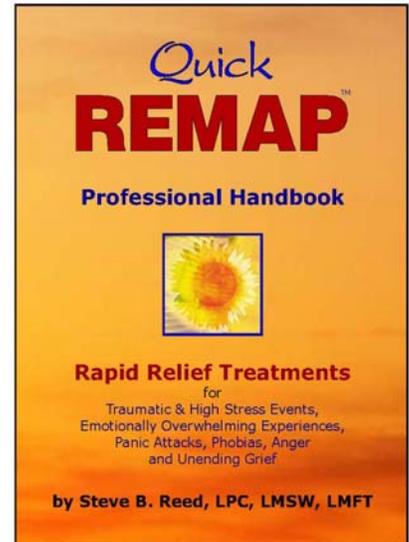
"I have been using the 4-point protocol since the conference and want to tell you how wonderful it is! I have one client who is a pretty difficult guy to work with. I usually manage to do some significant work one out of every 3 sessions, however he is a very bright man and quite curious so I was able to pick up on a traumatic memory he shared and got him to go along. He felt an immediate change and was really wowed when the negative emotion and negative cognition simply vanished.

"I have another client who wanted to heal the residual trauma of 2 abortions. Yesterday she told me that her whole life has felt different since her Quick REMAP session. Thank you for your excellent work." *Gloria Arenson, Psychotherapist California*

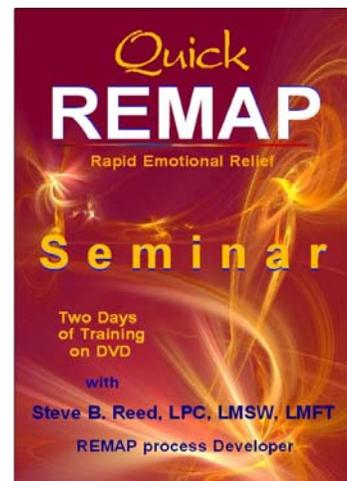
"I used the Quick REMAP (4-point) protocol with my most skeptical and deeply suffering client. (Afterward) she said, 'I can't explain it, but I didn't know I've been carrying this weight almost all my life, and now it has lifted. I feel so much better.' I have no words to thank you and to tell you how important it is to spread and share this work." *Alexa Bresnan, LICSW, Massachusetts*

## Can't Attend?

### Order the Quick REMAP Professional Handbook



### Order the Quick REMAP Seminar on DVD



### Order by Phone 972-997-9955

\$36.00	Professional Handbook
\$179.00	Quick REMAP Seminar (on DVD)
\$9.50	Shipping & Handling
_____	
\$224.50	Total

12 CE credits for Texas LPC, LMSW, & LMFTs by taking a post-test. An additional \$25 fee must be sent in with the test.

## Reduce Emotional Distress by 75% or More!

A test with a group of thirteen volunteers in April of 2007 produced a 75% reduction in distress and a 75% improvement in scores on their psychological inventories in one brief treatment!



## How to Register

### Two Ways to REGISTER:

- By phone with your credit card—Call 972-997-9955
- By Mail with your check—Complete the information below

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Make your check payable to Steve B. Reed and mail to:  
Steve B. Reed, 375 Municipal Dr., Suite 230, Richardson, TX 75080

Seminar Dates: October 25th & 26th (Saturday & Sunday)  
Times: 10 to 5:30 Both Days  
Location: 375 Municipal Dr., Suite 230, Richardson, TX 75080

Continuing Education:  
12 CE for TX (LPC, LMSW, LMFT)

- Tuition:
- \$350. late registration (Oct. 16 & after)
  - \$325. regular registration (before 10-16)
  - \$295. early bird (prior to 10-06)
  - \$ 36. Materials Fee for Book

Lodging,  
Ground Transportation,  
Map:  
visit the web site @  
[www.psychotherapy-center.com/accommodations.html](http://www.psychotherapy-center.com/accommodations.html)