

## **Be Set Free Fast – Information for Clients**

Be Set Free Fast is a Body Based Cognitive Therapy – for emotional release and emotional resolution of grief, trauma and aggression for children, adolescents and adults.

Be Set Free Fast (BSFF) – is a relatively new therapy in the Power Therapy family, which includes, Emotional Freedom Techniques and Thought Field Therapy. BSFF has its roots also in Kinesiology. Techniques focusing on body sensation and body memory have been advocated by Prof. Bessel Van Der Kolk – senior professor of Psychiatry at Boston University. (Prof Van Der Kolk is a world leader in the area of trauma) see 'The Body Keeps the Score'.

Many counsellors are coming to terms with the fact that cognitive behavioural strategies are helpful for a great number of clients, however there are some who seem to be genuinely unable to make gains in social/ emotional adjustment through reframing, strength analysis, or 'stop, think, do' style methods. What stops emotional healing?

Recent research in the areas of trauma and its effects on the brain demonstrate that the logic/language centre of the brain (frontal cortex) is significantly immobilised while limbic system reactions – flight/fight responses are enflamed. Trauma appears to etch neural pathways to somatic and emotional reactions in amygdala (centre for emotions and body sensations). This prevents clear thinking when stressful situations occur. Some clients, while understanding and embracing helpful principles in therapy sessions when emotional arousal is down, find past unresolved emotional pain flares up with accompanying behaviour and negative self schemas, when triggered by day- to - day stressful life events, to their disappointment and the disappointment of their counsellor. Body based cognitive therapies, such as EMDR, Be Set Free Fast and others appear to release tension in the limbic (emotion) centre of the brain, while allowing the frontal cortex (logic language centre) to do its stuff and quickly.

In plain language, unresolved grief and trauma, which manifests in anxiety, depression and somatic complaints for individuals may be relieved, using techniques, which effectively relax limbic responses and teach positive reframing simultaneously. Be Set Free Fast appears to do just that.

This therapy appears to be particularly suitable for indigenous clients as it requires minimal language and hones in on uncomfortable body sensation associated with stress and trauma. Indigenous people are often very attuned to their own body sensation, while sometimes non-indigenous people tune out to it. The technique often makes sense to people at an intuitive level. BSFF and other similar therapies are being used with great success with North American Indians on reservations where alcohol and drug dependence is high as well as high levels of personal and community trauma.

While BSFF is an unusual form of therapy, quite different, when people first try it, nevertheless individuals can't get over the fact that it actually does make them feel a

whole lot better in a short period of time. Clients often comment that they feel lighter, better or happier after a short session with Be Set Free Fast. Another important thing is that after training clients themselves can use BSFF at home for stressful and difficult times in their life. This naturally takes away the therapist/client dependency and is empowering to individuals as they can fully take responsibility for their own emotional well-being.

## BSFF Treatment Spots.



- Sadness - on the inside of eyebrow.
- Fear - under eye on socket bone.
- Anger - on top of pinky finger nail.
- Shock/trauma - same as sadness.
- Forgiveness - on inside of index finger near finger nail.

Tap eyebrow – say – I am getting rid of all of the sadness out of my body and out of my thinking for all of this problem.

Tap under eye – say – I am getting rid of all the fear out of my body and out of my thinking for all of this problem

Tap top of little pinky – say – I am getting rid of all of the anger out of my body and out of my thinking for all of this problem.

Tap eyebrow again – say – I am getting rid of all of the shock and trauma out of my body and out of my thinking for all of this problem.

Tap side of finger nail on index finger – say – I completely forgive (all of the people associated with the problem for you, one by one) they were only doing the best they could with their own problems, I was judging and criticising them before, but now I am not.

I completely forgive God, I know He is not ganging up on me, I know he loves me, I might have been judging him before but now I am not.

I completely forgive life, I know sometimes bad things happen but that doesn't mean that they always will or always have.

I completely forgive myself,.... I have only been doing the best I could under the circumstances, I am only human, I am allowed to make mistakes, I can learn from mistakes, I might have been judging myself before, but now I am not.

Take a deep breath, check body sensation.... Has it diminished at all, if so repeat until completely relaxed and feeling better.

This may take up to 5 or 6 taps through.