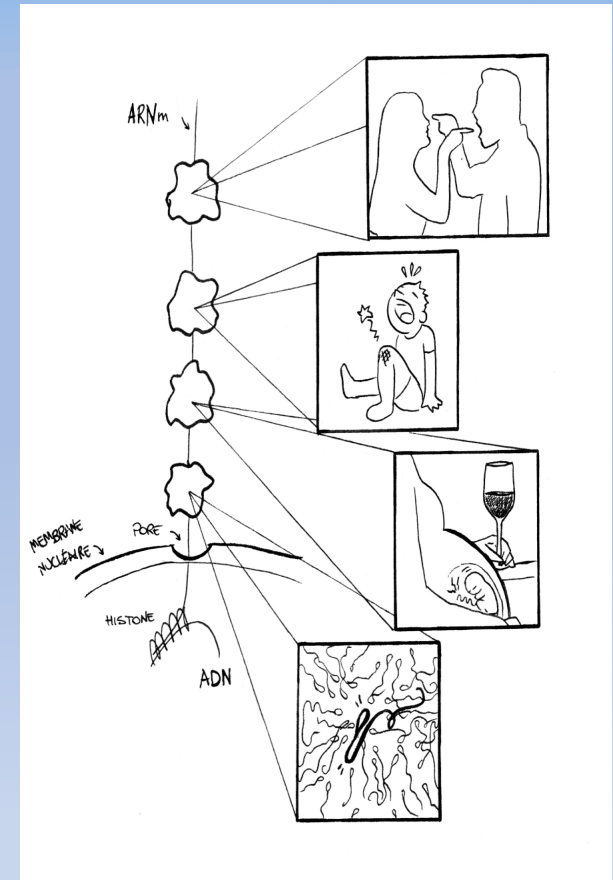


Introduction

- The Institute for the Study of Peak States (ISPS) started to research voices and developed a model in 1995
 - This initial model and the derived techniques have improved over the years
- **The Body association technique eliminates the main cause of voices that we call “ribosomal voice”**
 - This technique derive from trauma therapy (EMDR...)
- This kind of voices can be present in different psychiatric disorder:
 - Schizophrenia
 - Severe Depressive Disorder
 - PTSD
 - ...

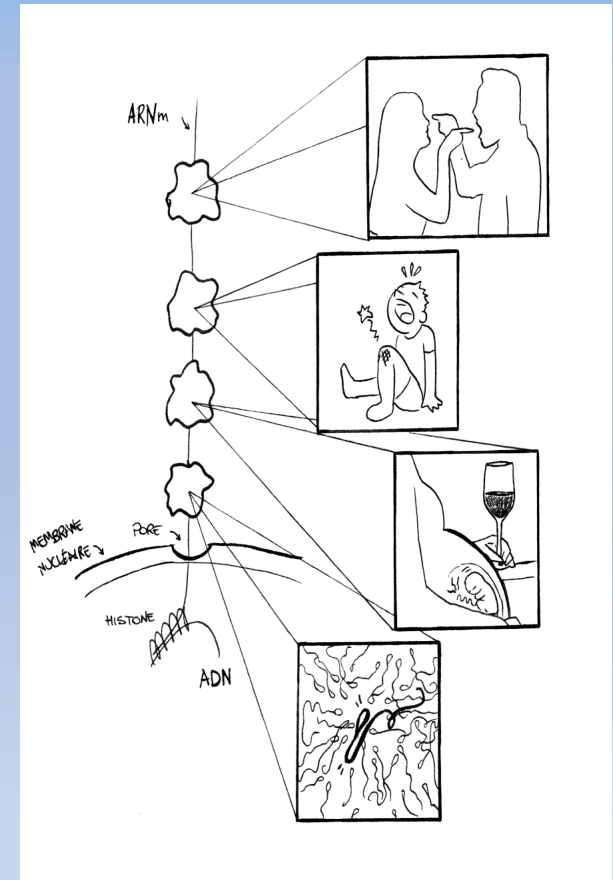
Introduction

- The ISPS model includes different kinds of traumas:
 - Simple trauma
 - Body association trauma
 - ...
- What ISPS call “ Simple Trauma ”?
 - A frozen moment in the past with a stuck emotion, sensation, belief
 - Intensity of emotion can vary (low to very intense)
 - Very common in general population



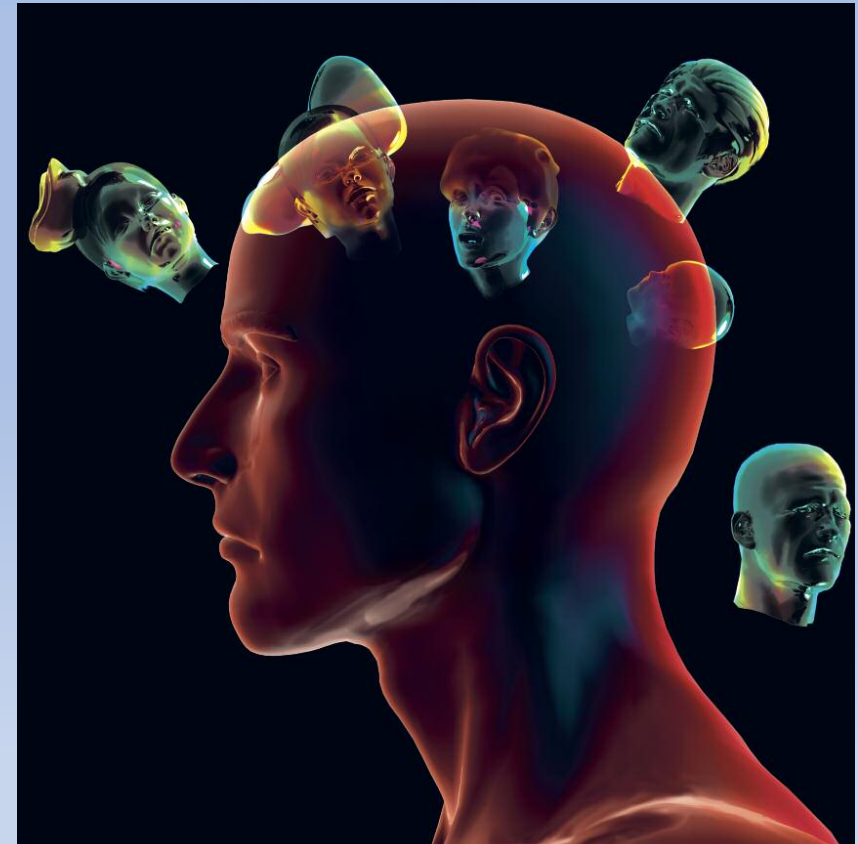
Introduction

- How do we work with simple trauma?
 - Regression to the earliest memory
 - Tapping/ acceptance while the client stay in the earliest memory
 - Endpoint: Emotion in all the trauma images permanently disappear (calm)
- This simple trauma technique gave insight to build our model of ribosomal voices
- Ribosomal voices are due to **another kind of trauma** that we call **Body Association** that needs another technique



ISPS model: Most common type of voice

- “ Ribosomal voices ”
 - Main type of voices (80%)
 - In fixed location
 - Fixed emotional tones
 - Content can vary
 - People often have several “ribosomal voices” (between 10 and 15)
 - We will focus in this presentation on “ribosomal voices”

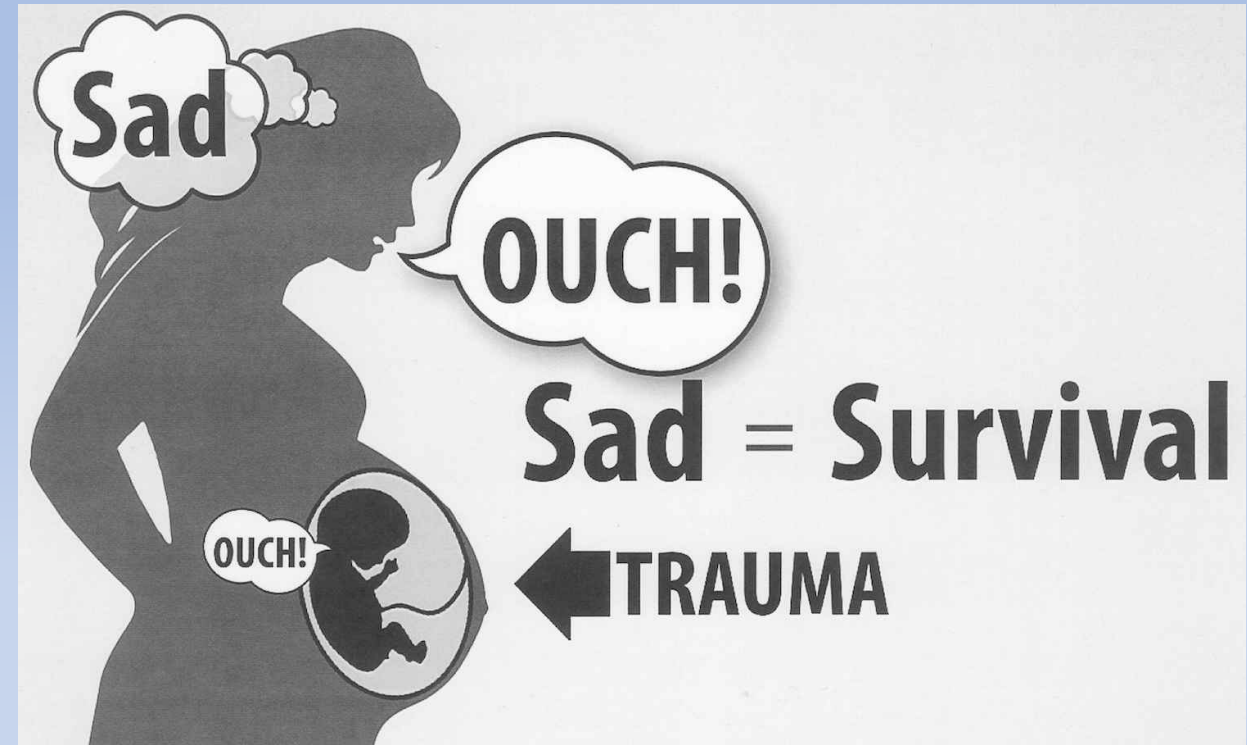


ISPS model: Other kinds of voices

- There are also other kinds of voices (See *Silence the Voices* for details):
 - We have a non-definitive list of 5 other causes that can create voices
 - These other types of voices require different techniques
- For example:
 - “Passionless reporter”
 - Emotionless voice that continuously reports what is happening
 - “One phrase swearing voices”
 - Same phrase
 - Location of the phrase moves around inside the body

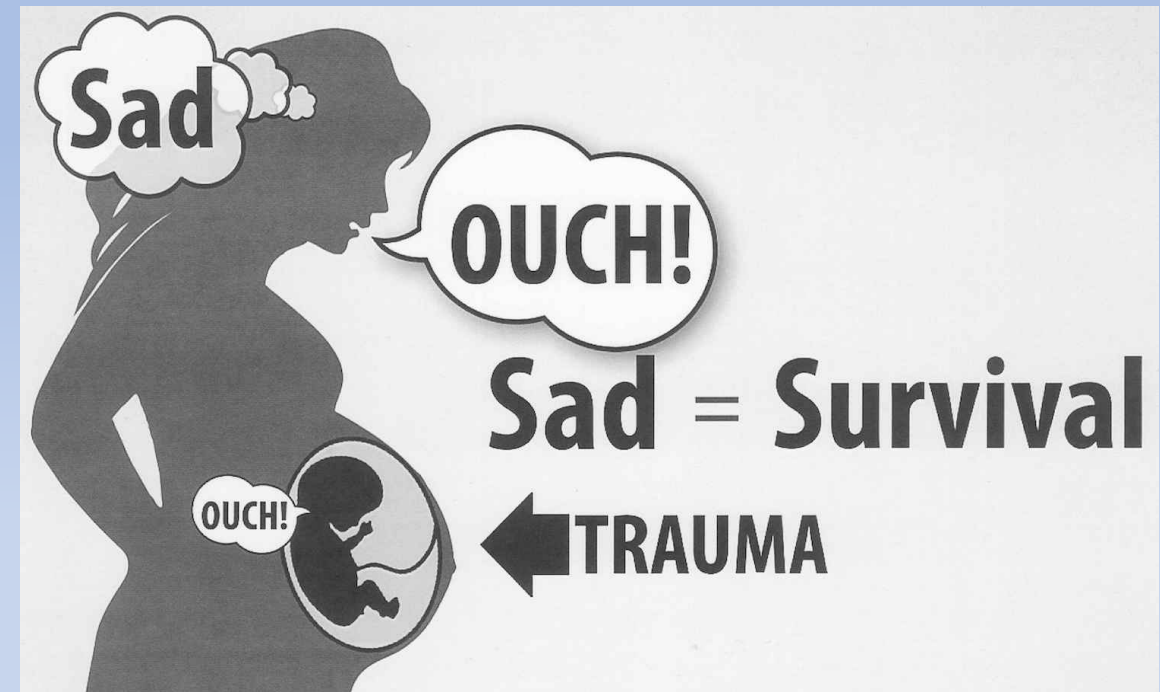
ISPS model of ribosomal voices

- Ribosomal voices are **set up by prenatal trauma** that implicate survival issue for the fetus
- A trauma we call body association is created. The mother's emotion in the trauma moment will be linked to the feeling of survival in the fetus
- This emotional tone of the mother will be the emotion in the voice the client hear



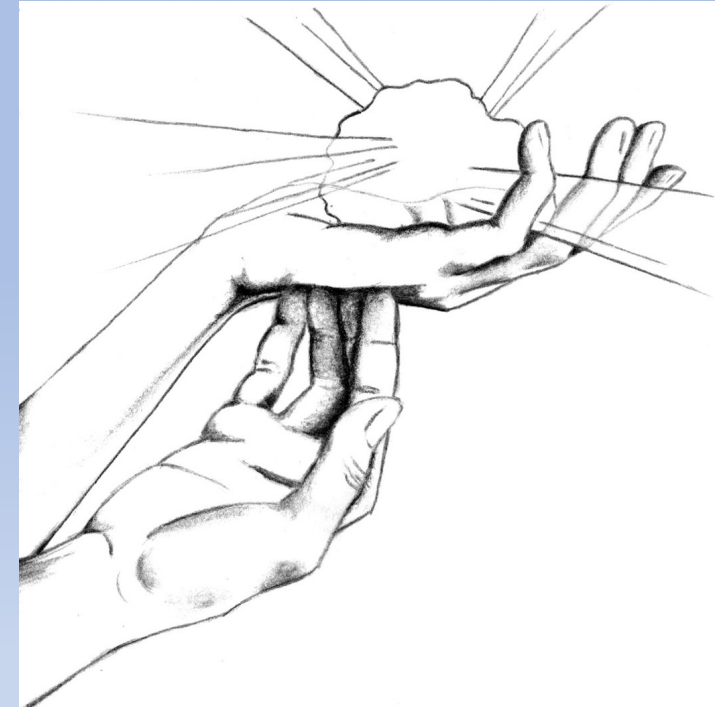
ISPS model of ribosomal voices

- The volume of the voices is low/ muted at this point (Sub-clinical: can feel like “thoughts” or “mind chatter”)
- **The volume of the “voices” increase if severe survival trauma is activated later in life = onset of “voices” problem**



Body association technique (BAT)

- Have the client hold out one of their hands, with the palm upwards and the fingers slightly cupped
- Have the client imagine that there is something like an invisible crumpled bag in their hand that radiates the emotion present in the voice
- Use tapping on the hand containing the imaginary crumpled bag



Body association technique (BAT)

- The typical time to dissolve a Body Association is around a few minutes
- Endpoint:
 - The “crumpled bag” will rise out of their hand and dissolve
 - The voices disappear permanently leaving a patch of “empty and silent space” in the same location

Body association technique (BAT)

- Advantages:
 - Fast and painless technique
 - Drug-free approach
 - Permanent result
 - Easy to test
 - The BAT has been successfully tested on a few hundred people
 - Pay for result policy

Body association technic (BAT)

- Drawbacks:
 - Works on a one by one voice basis
 - Can create loneliness when the voices are gone
 - In some patient other voices can appear
 - Can eliminate a client's dysfunctional sexual attraction to people who had the same emotional tone as the voice

Further information and contact

- Short video to explain the model of ribosomal voices
<https://www.peakstates.com/schizophrenia.html>
- *Silence the Voices: Discovering the biology of Mind Chatter* by Grant McFetridge PhD
- Free copies of the Body Association Technique are available
- Mail: Thomas@Peakstates.com