



# FREA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Tapped in or Tapped Out

### Moving Energy Through Self Care

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I have worked as a trauma therapist for the past 30 years, digging deep into the bowels of atrocities that humans have done to one another. Most days I spend 6 hours in the trenches with people who have hidden brutalized parts with multiple sexual traumas. These trenches are dark, lonely, wet with grief, sparking with agitation, and closed in by fear. These folks are hunkered down, barricading themselves in from a world that hurts them. They have messages embedded in their brains: *"there is something wrong with me", "love equals hurt", "I am never going to get out of this horrific state",* and *"There is no one to trust, especially myself."* This is where I go to meet my clients and help them to heal.

Early on, I used to call myself the "human garbage disposal". I would listen, witness, and help them become released from their trauma. Eventually, the pipes got clogged and nothing flowed. I became burdened, and the overwhelming feeling of helplessness started to drain energy and clog my system. Talk therapy was not working, and I was not going to make it in this model. So I searched long and hard to find ways to get these clients out of the trenches and into the flow of life. Eye Movement Desensitization was a Godsend. I now had a way to move the energy back and forth bilaterally (side to side), until the clog released. However, it was still slow, and not well tolerated by people who were entangled in webs and webs of abuse. And, worse yet, I had to sit there with no movement to my own system, and watch while they moved through the most horrendous emotions imaginable, contorting and writhing in physical and emotional pain. *I was becoming traumatized by my work with my own client,* and starting to shut down myself. I was clogged.

It was about that time that I got tapped in. Walking through the streets during a power outage on a break at the EMDR conference, Caroline Sakai, Ph.D. showed me how to tap through with TFT – Thought Field Therapy. (TFT and EFT are new methods for rapidly resolving emotional distress, simply by tapping acupoints). I was on it. I trained and trained. I could tap through with Thought

Field Therapy, Emotional Freedom Technique, and even give the chakras and bio field a little action with Energy Psychology methods. But it was Matrix Reimprinting that was the most exquisite skill that not only allowed me to support my clients and myself to move the very intense emotions out of the dark compacted places where parts were hidden, but to actually change the picture so the traumatized parts could move to a place of healing, and not have to be kept locked in the looping traumatic memory forever.

We now had a way to move out of the darkness together. The best part was that while working with these folks the tapping released my own blockages and helplessness as a therapist. I could flow unobstructed and we moved through difficult parts of sexual trauma with my clients at lightning speed. We were flowing and becoming empowered together, and I was no longer clogged and tapped out. I was coming back to life, and there was light at the end of the tunnel. The tapping was healing my stress and secondary trauma, and my body systems were learning to relax, heal, and absorb positive energy.

Now, this did not mean that we still didn't need to have a sound connected relationship and to engage in developmental repair, but things were flowing and releasing permanently. I looked to many of the energy medicine techniques outlined on the **Self-Care LINK section** of this website to help my clients heal the huge gaps in their development caused by sexual trauma and lack of nurturing figures. We cross crawled ourselves into organization, calmed the system by hooking ourselves up, rocked the body with the butterfly hug, learned to open the heart with heart breathing, and calmed those racing thoughts with the frontal/occipital hold. Things knitted together, and my clients were becoming whole, empowered, and free.

If all trauma therapists and service providers were trained in these skills and used them for themselves and those they serve, we would release the fear, anger, overwhelm, helplessness, and hopelessness from the field of service, and relax into the natural flow of health that happens when the system lets go of the stress response to trauma. We are all in this together, so lets get moving!