

Omega Institute
Energy Psychology Conference
August 25-27, 2017

Friday, 8 PM – 9 PM

In this Opening Session, participants will hear from each faculty member, get an overview of the schedule and logistics, and learn more about conference keynotes and breakout sessions. Attendees will also be given the opportunity to ask questions about the conference prior to the sessions beginning.

Friday, 9 PM – 10 PM

Dawson Church - *Thoughts to Things: How Our Brains Transform Energy Into Matter*

Every creation begins as a thought, from a symphony to a marriage to an ice cream cone. When we have an intention, a complex chain of events begins in our brains. Thoughts travel along neural pathways. When neurons fire together they wire together, creating electromagnetic fields. These fields are invisible energy, yet they condition the molecules of matter around us. Intentions projected into the field result in material creations, and the energy we cultivate determines the nature of our material reality. In this presentation we trace the science behind each link in chain from thought to thing, showing the surprising ways in which our intentions create the world around us.

Participants will be better able to:

- Describe the meaning of neurogenesis
- Identify the type of field produced by neural activity
- Discuss whether or not human energy fields interact with each other
- Identify the brain wave frequency typical of anxiety and fear

Saturday, 9 AM – 10 AM

Jessica Ortner - *How to get Unstuck and Find your Flow- Using tapping to gain clarity and end procrastination*

The latest research is proving that EFT Tapping can literally rewire the brain, and shift our unconscious beliefs and emotions in the process. In doing so, we are able to reboot our nervous system, and the unconscious wiring that controls our actions!

Nothing can be more frustrating than knowing what you want to do, but finding yourself constantly procrastinating. Most people turn to beating themselves up without taking the time to learn the secret messages of their procrastination.

During this session you'll discover: How to distinguish between intuitive procrastination and fear-based procrastination and how to move in the direction of what you want.

- How to discover the root of your procrastination, in order to take action in a way that feels natural and freeing!
- The most effective ways to reprogram your unconscious brain with Tapping to remove negative emotions, traumatic past experiences, and limiting beliefs that prevent you from taking action.
- The secret to being able to go from inching forward to taking massive strides towards what you want!

And much more!

Saturday, 10:30 AM – 12 PM - Breakouts

Dr. Craig Weiner - *Matrix Reimprinting: The Benefits of Dissociation in Healing a Traumatic Past*

Hardly any of us have escaped living through a traumatic experience during our lifetime. The Adverse Childhood Experiences (ACE) studies have demonstrated just how destructive such early events can be on our physical and emotional health, even decades later. In addition, epigenetic research points to the additional emotional load we can carry from generational family of origin trauma. These can seed the landscape of our lives with self-destructive behaviors and harmful beliefs about us and others.

The healing of such early memories, utilizing processes such as Energy Psychology methods, memory reconsolidation and therapeutic dissociation, can empower a person to make healthy and desired changes when they often struggled to before.

Participants will be better able to:

- Recount the development of Matrix Reimprinting as an Energy Psychology approach
- Discuss what the ACE studies are and their importance to the field of mind-body medicine especially with regards to creating a trauma informed health care system.
- Discuss the acronym U.D.I.N. and name four key elements of a traumatic event.
- Describe the role and purpose of the concept of the E.C.H.O. in Matrix Reimprinting as a result of trauma and the Freeze Response.
- Articulate why and how dissociation can be employed to gently and safely resolve past traumatic memories.
- Describe the role that traumatic/adverse events play in establishing life-long attitudes and beliefs.
- Discuss the role of therapeutic memory reconsolidation for healing from traumatic memories.

Jessica Ortner - *Unlocking your Confidence to end Weight Loss Struggles*

Many live their lives believing that they can't ask for what they want until they change something they're unhappy with. No promotion until they get new skills. No relationship until they establish their career. No fulfillment until they find love. One of the most common conditions people place on themselves is weight loss—no love until they lose weight, no sex until they lose weight, no happiness until they lose weight. But Jessica Ortner, co-producer of the highly successful documentary on meridian tapping, *The Tapping Solution*, offers a better choice. Why not lose the weight *and* create the life you've always dreamt of?

As a culture obsessed with weight loss, we all know the latest fads that claim to help us drop pounds instantly. What often isn't discussed is the science behind the issue and how learning to deal with stress can promote and accelerate weight loss. Not only does stress create an overabundance of cortisol that is directly related to abdominal obesity, it also impacts behavior, supporting bad habits, including using food to deal with difficult emotions and painful situations.

In this session, Jessica uses tapping to help tackle the stress that leads to weight gain—including the personal stresses of low self-esteem and a lack of confidence. Using her own struggles with weight loss, along with success stories of some of the thousands she's worked with, Jessica walks participants through the process of discovering their personal power and self-worth.

Her program is based on extensive research into the benefits and success of tapping and the hormones involved in stress and weight gain. In this session she guides participants through a proven process of overcoming their dependency on food. She covers everything from the emotional aspects of overeating and cravings, to how to find joy in exercise, the power of pleasure, and how our families and friends may inadvertently add to the problem.

With hope, heart, humor, and science, Jessica weaves a path to a happy, healthy life full of confidence and joy.

Saturday, 2:30 PM – 3:30 PM

Dr. Lissa Rankin - *Shifting the Prescription Paradigm*

The past half century has seen a dramatic rise in dependence on pharmacology, even for conditions like mental health diagnoses and autoimmune diseases for which pharmacological treatments may provide little long-term benefit to patients. How can this paradigm be shifted? How can we bring spirituality, personal empowerment, healing, and self-reliance back into medicine? We have conditioned doctors and patients to expect some magical outside agent to cure them- if not drugs or surgery, then supplements or detox cleanses. Yet every true doctor, healer, or therapist knows that there's a difference between healing and curing. You can cure someone without healing them, and you can heal someone without curing them.

How do we optimize the chance of both healing and curing without excessive reliance on external agents? How can we marry the miracles that Western medicine can offer alongside the healing modalities that require nothing more than an activation of the patient's own natural self-healing mechanisms? How can we shift the paradigm so our culture becomes less dependent on prescriptions and more open to doing the deep soul work that facilitates true healing? We don't know the answers right now, because we are in "the space between stories" as our culture shifts its relationship to healing and curing. Yet we can be curious together. Among those who gather at this conference, we are tapping into emergent possibilities. Let us investigate such humble inquiries in community together.

Participants will be better able to:

- Articulate the 6 Steps to Healing Yourself.
- Describe a scientifically based explanation of how the placebo effect works physiologically.
- Define what a “mega-placebo” is.
- Discuss the difference between healing and curing.
- Use the Whole Health Cairn as a wellness model that may be applied to their clients.

Saturday, 4 PM – 5 PM

Dr. Craig Weiner - *Transitioning from Health Care to Healing: How Social and Contemplative Neuroscience Might Catalyze the Transformation*

There is a palpable difference that each of senses between the notion of health care and healing. Does this same distinction occur between health care providers and healers? Where does the impetus come from to become a healer? How is healing even measured? What are the essential aspects that are involved when healing happens? Is a lifetime of meditation and spiritual practice required? What does emerging social and contemplative neuroscience offer us to help with this transformation? Whether you are a healing arts practitioner or simply interested in what constitutes true healing, please join us to explore the critical elements of what you can do to activate your own inner healer for the benefit of yourselves and others.

Participants will be better able to:

- Articulate at least 3 definitions of Healing.
- Define the Prefrontal Paradox and explain its role in a person’s ability to make choices that support their own healing
- Define what Narrative Medicine is and offer insight as to the role it may play in transforming a health care system.
- Define both the Placebo and Nocebo Effect and discuss the role, benefit and challenges of their implementation in a therapeutic health care interaction.
- Locate the most updated source of information regarding Spontaneous Remissions.
- List 4 ways in which a health care intervention supports healing and how the process of Neuroception makes health care interactions more challenging.
- Describe the 3 Beautiful Questions template and offer insight into how this methodology can enhance a healing experience.

Saturday, 8 PM – 9 PM - Breakouts

Dawson Church - *"Dream to Freedom: Using Symbols and Dreams to Process Emotional Trauma"*

Our dreams are laden with emotion. While the brain's visual cortex is dark during sleep, the visual association cortex is highly active as we associate the visual images in dreams with emotional meaning in order to process troubling life situations symbolically. We can also use waking life symbols to represent parts of our psychological reality, and by reconsolidating emotional memories after therapeutic intervention, change the emotional meaning that symbols hold for us. This practical workshop combines the dreamwork and symbolism techniques of Gestalt therapy with the evidence-based trauma release practices of Energy Psychology. After evoking intense emotion in the brain's limbic system using imaginal methods, participants will learn how to use Energy Psychology to resolve old internal conflicts and identify new conceptual frameworks that support a positive future. Lecture, demonstration and group work.

Participants will be better able to:

- Identify a clinical situation in which Empty Chair Work is indicated
- Describe at least one method of testing the results of treatment
- Identify the four characteristics of traumatizing events
- Identify one or more indications of cognitive shift in a client

Dr. Lissa Rankin - *Heal the Healer*

If you're a spiritually-oriented therapist, doctor, minister, activist, nurse, life coach, teacher, energy healer, stay-home mother, or someone caretaking a sick, disabled, or elderly loved one, this transformational growth session is an opportunity to give yourself the kind of radical self care you are so gifted at giving others.

You will also have the chance to learn how to break the pattern of giving until you're depleted and shift those patterns to help you fill yourself first. In spite of what your conditioning might tell you, this is not about being selfish or narcissistic, and it doesn't mean withholding your commitment to your calling. Paradoxically, interrupting this conditioned pattern actually amplifies your ability to serve. By shifting the lens from exclusively "other-focused" to a unity consciousness that allows you to hold equally in your awareness both radical self care and compassionate tending of the other, you will be able to upgrade how you serve while also prioritizing the healing of any life force-draining conditions that interfere with your care-giving, such as depression, anxiety, poor health, unhealed trauma, loneliness, financial depletion, or suicidal thoughts. As we enter the new consciousness, we are called to rewrite the stories of service. The time for the justification of masochistic self-sacrifice in the name of service is over. Instead, we are called to write a new story of pure service, one that ensures that the healers and caregivers of our people and our planet are filled to the brim with life force, energy, supportive community, health, abundance, and spiritual connection with Source. When we are deeply supported, that abundant life force moves through the channel we clear within us so love can spill out and land wherever healing and service are needed. In this way, we become revolutionaries of love who ground in a base of self-love and overflow in a way that serves the

collective. Therein lies the radical shift that this session will facilitate as we gather together as a tribe and heal ourselves and each other.

Participants will be better able to:

- Describe the elements of the “drama triangle.”
- Recognize the patterns of co-dependence and narcissism as they relate to service.
- Discuss the physiology of how repetitive patterns of self-sacrifice predispose the healer to illness.
- Differentiate between “clean service” and “professional co-dependence.”

Sunday, 9 AM – 10 AM

Dr. Ronald A. Ruden - *Havening Techniques: A Better Life through Neuroscience* A Live Demo and Discussion

How does one enter the mind/brain/body system to effect change? Current methods use talk (takes a long time) and medications (has side effects) Over the last 15 years we have been exploring the science of neuroplasticity, the ability to change the connections in the brain for healing. We use simple touch to generate 'electroceuticals' (electrical waves that act like pharmaceuticals) that allow this to happen. We will describe how it works, provide a demonstration and discuss the power to not only remove traumatic events but to optimize your skills and reduce stress. Topics include:

- A description of the new field, psychosensory therapy
- How trauma is encoded
- The consequences of trauma encoding

Participants will be better able to:

- Describe psychosensory therapy
- Discuss how trauma is encoded, and the consequences of trauma encoding

Sunday, 10 AM – 11:30 AM

Dr. Ron Ruden - *Havening Techniques: A Better Life through Neuroscience* A Deeper Dive for the Professionals

Learn how to use simple touch techniques to generate “electroceuticals” (electrical waves that act like pharmaceuticals) which facilitate neuroplasticity to help a person change the connections in the brain for healing.

Participants will be better able to:

- Employ simple techniques that can be self-applied
- Utilize powerful techniques to treat trauma effectively and efficiently
- Use simple touch techniques to generate electrical waves which facilitate neuroplasticity and healing

Dr. Craig Weiner - *Your Body Doesn't Make Mistakes; Unlocking the Secrets to Your Body's Healing Language*

What if your body was designed to react perfectly for healing? Have you ever experienced a time when a person you cared about was unexpectedly disloyal causing you to awaken with the knife-like pain as if you had been stabbed in the back? Perhaps you had received some terrible news and shortly thereafter noticed a ringing in the ears that made hearing more difficult?

Metaphorical and Narrative Medicine understands that our bodies often act as a 3-dimensional dashboard for our emotional lives. A beautiful question to pose might be; if your body was designed perfectly and that physiological responses and diseases were meant to inform you as to how to heal, would you listen and would you understand its deeper meaning?