



Accelerated Ecological Psychotherapy: ETT Applications for Sleep Disorders, Pain, and Addiction

Steven R. Vazquez

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Accelerated Ecological Psychotherapy: ETT Applications for Sleep Disorders, Pain, and Addiction describes a number of therapeutic breakthroughs for a diverse array of conditions. The means for accomplishing these advances are specific attachment-based interpersonal processes that are radically amplified by using precise elements of the client's visual ecology. Forms of visually initiated brain stimulation include (1) an innovative form of eye movement, (2) a specialized type of peripheral eye stimulation, (3) Spectral Resonance Technique that uses intense color, and (4) a tunable light device from which hundreds of precise wavelengths of light can be selected to emit into the client's eyes. The method is called Emotional Transformation Therapy® (ETT®). This approach consistently relieves disturbing emotions in seconds, alleviates physical pain in minutes, and frequently evokes states of extreme wellbeing.

This book offers a new process theory of emotion focused on the nature and progression patterns of emotions. The book describes an entirely different treatment for seasonal affective disorder (SAD) that offers a radical new level of treatment outcome. Since external light controls the brain's biological clock that dictates sleep and waking patterns, ETT® can be used to treat a variety of sleep disorders.

One of the most stunning applications of ETT® concerns its use for chronic physical pain. Migraines, lower back pain, arthritis, fibromyalgia, and many other forms of pain are usually alleviated in the first session and extinguished long-term after a brief series of sessions.

One of the most unique discoveries of the ETT® method concerns the rapid, long-term elimination of substance addictive craving. Revolutionary treatment outcomes for sex addiction and other behavioral addictions offers a new advance.

ETT® can be applied to couple psychotherapy in such a way that it facilitates radical changes in emotional dysfunctions in couple relationships. Impasses in conflict and alleviation of severely distressed couples can be resolved surprisingly fast.

Of all of the breakthroughs brought forth by ETT®, its impact on spiritual phenomena may be the most dramatic. ETT® includes processes to either alleviate a religious/spiritual block or to facilitate states of extreme wellbeing verified by brain scans.

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