

## **Robert Austin, Ph.D. Volume 1, Issue 1**

Anxiety expresses itself in many symptoms, but one client's symptoms warranted some extra attention, and those were his sweaty palms when speaking in groups. He had become preoccupied with this symptom, actually since childhood when adults spoke disdainfully of his "clammy hands." He became fearful of his shameful secret being exposed. What I discovered on my (Neurolink) scan was the presence of a hidden virus in his hands and feet. He had had extensive medical workups and treatments that never seemed to work, but one treatment cleared the sweating and the performance anxiety.

### **Vol. 1, Iss. 2**

Quantum Techniques isn't just for the young. Peg was in her early 70's, a lifetime of therapy for anxiety, health deteriorating – most notably atrial defibrillation of increasing intensity, more and more visits to the ER in the middle of the night, life constricted, resigned to dying imminently. With QT there is still an occasional mild afib which stops with a code, usually occurring because she sometimes overdoes it now that she has her life back and has so much she wants to do. She also finished writing the book that she had despaired of completing. There is life after 70.

### **Vol. 1, Iss. 3**

Movies may be hazardous to your child's health (and yours too). Seven year old Amanda went to a sleep-over birthday party and someone popped in a Stephen King movie for "fun." She did not sleep for the next three weeks. Her pediatrician was at his wit's end and rather than give her medication, he referred her to me. Her mother was befuddled when I played this tapping game, but when Amanda stopped hyperventilating and started smiling in 10 minutes, her mother was quite relieved. We set a follow-up session, which mother cancelled, because Amanda was back to herself after that one session. (And of course it is not just kids who are affected by these movies) Some people have the obvious anxiety symptoms like Amanda, but more people become numb and dissociated. Thank goodness we can clear all these symptoms with QT – and on the phone and using a parent as a surrogate for the child.

### **Vol. 1, Iss. 4**

Weight loss without losing your sense of humor. Are you kidding me? Steve checked in periodically to work on issues of loss and grief and after a long hiatus, he called to say he wanted to work on weight loss using QT instead of his previous approach. He had attacked the weight loss with a grim, determined compulsivity (his usual style) that enabled him to lose 75 pounds and his sense of humor. Then, he put it all back on and then some. There were parts of him signaling that there was unfinished physical and emotional business. In attacking every aspect of his life to assert control, he was avoiding significant losses that needed to be healed but were locked away. In peeling away the last thing to come up was the starting point, a severe case of salmonella poisoning at age six that caused him lose significant amounts of weight, miss months of school and get left back. This led to a preoccupation with food, the crazed dash home after school to eat, sneaking food, etc. It took a while but now food doesn't crowd out every other aspect of his life. He has a peace and contentment about food and the other aspects of his life and he is funnier than ever.

## **Robert Austin, Ph.D. Volume 1, Issue 1**

### **Vol. 1, Iss. 5**

The airlines should be paying us (or sending us frequent flyer miles). Two recent clients with fear of flying enjoyed mid winter Florida vacations and are eager for more recreational and business trips. But only after the fact did they realize it was much more than a flight. It was about feeling normal, feeling connected, not having to avoid the water cooler conversations about vacations, not having to pass on the promotions that involved travel. It was about shame and hiding out. This applies to any of the fears that constrict our lives, keep us in the shadows and prevent us from sharing our gifts. Sometimes, like these clients, we don't even realize the physical, mental and emotional price we pay for our fears. Test to see if 100% of you is aware of how much you suffer mentally and physically from your fears and how much your family and friends suffer from your fears (or other symptoms or illnesses). If not 100%, then utilize your fear and anxiety codes or call us (and then call your airline).

### **Vol. 1, Iss. 6**

Jeff, Jim and Rose. What did they have in common? Each had one of the big three – cancer, stroke and heart attack, all three different in certain ways but each resulting in trauma, and each having symptom of trauma that often gets overlooked after the physical and emotional crises are quieted. That is the sense of a foreshortened future, e.g. not expecting to work again, be creative again, finish writing that article, living to see granddaughter's next birthday, having a normal life span. This resulted in the inability to take healthy care of themselves, as if they had a future to live for. Disengaging from healthy self care guarantees a foreshortened life. All three sought QT for the physical and emotional crisis stage and then again when they hit the wall on self care. Each is now actively re-engaged in his life, Jeff in particular is quite pleased that he has exceeded by two years the best case scenario his doctor could give him.

### **Vol. 1, Iss. 7**

Besides toxins, here are some other reasons why people lose treatments. Ken came to my office suffering from a lifetime of trauma, grief, alcoholism (in recovery) and two years of severe back pain and migraines. He was so relieved that QT quieted the racing thoughts and stopped the pain and migraines. Halfway home, it all came crashing back in. In the next session he said that as he was nearing home he did a double take and said, "This is not right. I don't deserve this." And it all came back. As we talked, an additional factor emerged. He felt that he was letting his vigilance down, scrapping his defenses, unilaterally disarming himself and that he would get clobbered. We worked with the parts who felt they didn't deserve the fullness of God's blessing and physical and emotional health. Then we worked on conveying to the parts that the goal was healthier and even more effective defenses, to attune Ken's radar so that bombers didn't look like bees, and bees didn't look like bombers. There were also behavioral changes to be made to help him step out of the family scapegoat role and develop his own identity. The role he played in the family was very painful and humiliating but it felt like the only role available. It was that or being an orphan. When things shifted in a positive direction, the initial feeling was about the loss of the known role and not the benefits of the change.

## **Robert Austin, Ph.D. Volume 1, Issue 1**

I find now that as clients are reading and studying the manual, parts and forgiveness articles, and learning self testing, they are clearer when they are losing treatments or having parts resist and can either treat it themselves or else identify the problem to me, even if they can't clear it themselves.

### **Vol. 1, Iss. 8**

Angry, unhealed parts can sabotage treatment. They typically emerge out of experiences of powerlessness followed by the discovery of the power of overt or at least covert anger and opposition.

Jen is a 53 year old woman with severe environmental illness. At age 13 she felt so obliterated by her mother's anger that she tried to overdose. When that failed, she kicked into overt anger, but mother was more physically powerful. Then she went into passive resistance. "You can't make me respect or like you or be who you want me to be." She then defined herself as opposite to mother. She made progress with QT but sometimes developed new symptoms or erased treatments. Then it became clear that the 13 year old part did not recognize that Jen was not her mother. She locked into sabotaging herself and what she perceived to be her mother controlling her and remaking her, and could not see that mother had died a long time ago, that it was 2006 now and that there were wonderful things to experience in her life today.

Lou is an adult male doing QT treatments for aggressive behavior and passive aggressive behavior. Lou, like all boys, wanted his father's approval and encouragement, but his father could not give that until just before he died. That was too late for the six year old part of Lou. He felt so inadequate, bad and weak, that he started to sink into despair and became severely addicted to drugs. He pulled himself out of it by launching into anger, like the rest of his family (anger was the currency of the kingdom). That became who he was. For a while his brash style was even attractive and endearing to his wife, but she wanted to be close to him. Lou felt he was always going to be rejected just as his father had done, so he kept putting her to the test. She gave up in despair of passing all his tests and left. He crashed. To get the closeness and affection he longed for he had to release the anger.

Jen and Lou did their "parts" healing, forgiveness work and dismantling the mechanisms of self-sabotage. The mechanisms were different, environmental illness symptoms for Jen and aggressive and passive aggressive behaviors for Lou. Both are doing much better now.