



Emotional Transformation Therapy: An Interactive Ecological Psychotherapy

Steven R. Vazquez

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Emotional Transformation Therapy: An Interactive Ecological Psychotherapy describes an entirely original approach to psychotherapy that drastically accelerates therapeutic outcomes in terms of speed and long-term effects. It includes an attachment-based interpersonal approach that increases the impact of the therapist-client bond and is amplified by the precise use of the client's visual ecology. This synthesis is called Emotional Transformation Therapy® (ETT®).

Steven R. Vazquez, PhD, discusses four techniques that therapeutically harness the client's visual ecology. When the client is asked to view a maximally saturated spectral chart of colors, visual feedback provides immediate diagnostic information that helps the therapist to regulate emotional intensity or loss of awareness of emotions. A second technique offers an original form of directed eye movement that facilitates relief of emotional distress within minutes. A third technique uses peripheral eye stimulation to rapidly reduce extreme emotional or physical pain within seconds as well as to access previously unconscious thoughts, emotions, or memories related to the issue or symptom. The fourth technique uses the emission of precise wavelengths (colors) of light into the client's eyes during verbal processing that dramatically amplifies the effect of talk therapy and changes the brain in profound ways.

Emotional Transformation Therapy uses theory, research, and case studies to show how this method can be applied to depression, anxiety disorders, posttraumatic stress disorder, and complex trauma. Pre and post brain scans have shown that ETT® substantially changes the human brain. This method possesses the potential to revolutionize psychotherapy as we know it.

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