



**Introduction:**

This presentation introduces a new development in the REMAP process. It is Quick REMAP, a technique that utilizes evidence-based acupressure points that have been studied at some of the most prestigious universities and hospitals. These acupoints dramatically reduce stress and anxiety, alter the effects of blood flow to the mid-brain, calm frontal EEG activity and improve scores on psychological indicators for anxiety and depression. The Quick REMAP protocol combines these highly effective acupoints into a quick and easy to learn method. You will learn and have an opportunity to work with [Quick REMAP](#) during this breakout session.

Attached you will find the acupoint charts and the steps for the Quick REMAP 4-point Protocol for Rapid Emotional Relief.

The complete protocol is spelled out in a free 30-page manual that you can download at [http://www.remap.net/Quick\\_REMAP\\_steps\\_4-point.html](http://www.remap.net/Quick_REMAP_steps_4-point.html)

The free manual is part of the [Quick REMAP Professional Handbook](#). This handbook also outlines the Quick REMAP 8-point Protocol and the Quick REMAP 12-point protocol plus three additional protocols with traditional Chinese potent points.

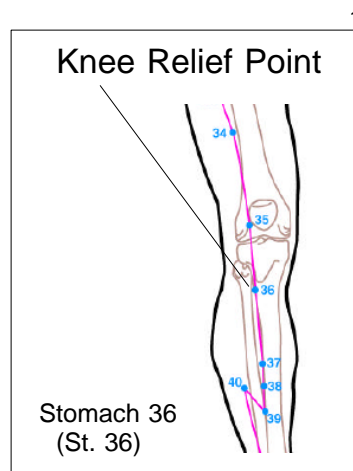
# Quick REMAP™

4-Point Protocol

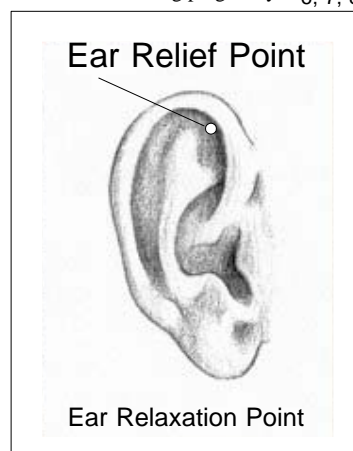
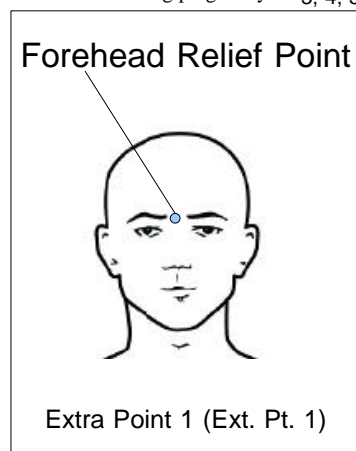
## Evidenced-Based Acupressure Points for Rapid Relief of Trauma, Anxiety & Stress



Avoid LI 4 during pregnancy 3, 4, 5



Avoid St 36 during pregnancy 6, 7, 8



### Studies Prove Acupressure's Point

Research at prestigious institutions (including Harvard Medical School/Brigham and Woman's Hospital, Yale School of Medicine, UC Irvine, Medical University of Graz, in Austria, and St. Savas Hospital, Athens, Greece) are showing the effectiveness of acupressure/acupuncture for relieving anxiety and stress.

Studies using fMRI show a reduction of blood flow to the amygdala (the brain's alarm center) that corresponds to an easing of emotional and physical pain. (1,2) The same research found that acupuncture increased serotonin, a mood regulating chemical in the brain.

Studies measuring EEG brain wave activity and auditory alertness found that acupressure could produce an effect similar to anesthesia in awake subjects. (3,4,5) Other research is finding that acupressure produces positive changes in psychological indicators for anxiety, depression and stress. (6,7,8) Additional studies not listed here also show significant changes in the electrical activity of the heart (Huang, 2005), changes in neuro-chemicals such as norepinephrine, epinephrine and in cortisol (Chang SB, 2004). Reductions in physical pain and nausea (Cho ZH, 1998, 2003 and Chung UL, 2003) have also been shown.

Using this research-based evidence, I have developed the Quick REMAP, 4-point protocol for the relief of emotional suffering. The results I am seeing in my clinical practice are as promising as the research findings.

When Quick REMAP is combined with some of the best behavioral and cognitive interventions from modern psychology, such as Systematic Desensitization (Wolpe, 1958), then the result is a faster and more effective treatment.

Whether it is the stress of a bad day or one of life's nightmares, Quick REMAP provides acupoints and protocols that can be a very good starting point for emotional relief.

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2. Hui K, Liu J, Makris N, et al. Acupuncture modulates the limbic system and subcortical gray structures of the human brain: evidence from fMRI studies in normal subjects. Human Brain Mapping. 2000; 9:13-25.

3. Litscher G. Effects of acupressure, manual acupuncture and Laserneedle acupuncture on EEG bispectral index and spectral edge frequency in healthy volunteers. European Journal of Anesthesiology 2004;21:13-19.

4. Fassoulaki A, Paraskeva A, Patris K et al. Pressure applied on the extra 1 acupuncture point reduces bispectral index values and stress in volunteers. Anesth Analg 2003;96:885-9.

5. Dullenkop A, Schmitz A, Lamesic G, Weissm, Lang A. The influence of acupressure on the monitoring of acoustic evoked potentials in unsedated adult volunteers. Anesth Analg. 2004 Oct;99(4):1147-51

6. Wang SM, Kain ZN. Auricular acupuncture: a potential treatment for anxiety. Anesthesia and Analgesia Feb 2001;92(2):548-553.

7. Kober A, Scheck T, et al. Auricular Acupressure as a Treatment for Anxiety in Prehospital Transport Settings. Anesthesiology June 2003;98(6):1328-1332.

8. Baker R, Kober A, Hoerauf K, Latzke D, Adel S, Kain ZN, Wang, SM. Out-of-hospital auricular acupressure in elder patients with hip fractures: A randomized double-blind trial. Acad Emerg Med. 2006;13(1):19-23

# Step-by-Step Instructions the Quick REMAP 4-point Protocol

In Eleven Easy Steps



**Step 1.** Choose a specific event from your trauma list that you are ready to work with. Preferably, choose an event that is already over to get the best result.

**Step 2.** Find a beginning point (just before it becomes distressing) and an ending point (after the event is over). Play the scene through in your mind, tell the story or write the details of the event.

**Step 3.** As you review the event, see what it looks like and hear what it sounds like to be there. Feel what it feels like in your body (e.g. tightness in your chest, butterflies in the stomach, etc). Notice what emotion best describes the sensations you feel.

**Step 4.** Now, notice what the worst part of that event is. Write down a short phrase that expresses the worst part in words (e.g. "He tried to cut my throat with a knife").

**Step 5.** Holding your head still, let your eyes slowly move in a circle around the outer edge of your visual field. This is like standing in front of the face of a large clock. Then letting your eyes move from the 12:00 o'clock position to 1:00 o'clock and so forth until you have gone around all of the numbers on the clock. As your eyes move and as you continue to think about your distressing event, notice if there is any spot (or spots) around your visual field where the intensity that you feel gets worse. An example might be feeling more tension in your chest at the 3:00 o'clock spot or feeling more butterflies in your stomach at the 8:00 o'clock spot. If there is more than one spot, notice which one feels worse. This is the visual location that you will hold your eyes on when you are activating the Quick REMAP rapid relief points.

**Step 6.**

- A) On the Reed Physical Symptoms of Distress inventory, list the locations and unpleasant sensations you feel.
- B) Note the intensity of your distress on the 0 to 10 scale.
- C) Go to <http://www.psych.uncc.edu/pagoolka/StateAnxiety-intro.html> and answer the 20 short questions. Write down your score.
- D) Complete the Impact of Event Scale that is shown in the "measuring stress" section of this material. Add up your score and write it down.

**Step 7.** While you continue to think about your distressing event and continue to look into the area of your visual field that is most activating, say aloud the statement of self-acceptance with the worst part phrase you identified in Step 4.

**Example:** "Even though *he tried to cut my throat with a knife,*  
**I deeply and completely accept myself.**  
**And the truth is, that it is over."**

Say this phrase one time at each of the Quick REMAP rapid relief points that you activate.

**Step 8.** Now you will go through the points a second time. You will continue to look into the most activating part of your visual field but this time through, play your mental movie of the distressing event from start to finish at each rapid relief point that you activate.

**Step 9.** Notice how intense the event feels to you now on the 0 to 10 scale. If you are not at a zero (or at least a one) continue to work with Step 8 until the distress has eased.

**Step 10.** When you are at or close to zero, complete items A, B and C from Step 6 to measure your progress.

**Step 11.** One week later, complete items A, B, C and D from Step 6. Write these results down. Compare these scores to your answers before and immediately after Quick REMAP so that you can be sure of your progress.

If it still feels like there is any distress associated with thinking about your past distressing event, then repeat Steps 2 through 11 again until you resolve the distress associated with the memory.

If you cannot get the intensity level to subside, there is a good chance that there is a significant component of anger or sadness. If that is the case, then it will require a longer Quick REMAP protocol or you may need more customized treatment with the Full REMAP process.

This simple Quick REMAP 4-point protocol is best for treating trauma, intense stress, panic attacks, phobias, and other generalized fight or flight responses. For further information about the Quick REMAP protocols, the Full REMAP process and training in REMAP please visit the web site at [www.remap.net](http://www.remap.net) or contact the method developer:

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For additional educational materials and training in the REMAP process, please visit [http://www.psychotherapy-center.com/the\\_remap\\_process\\_toc.html](http://www.psychotherapy-center.com/the_remap_process_toc.html) for the latest REMAP information and developments.

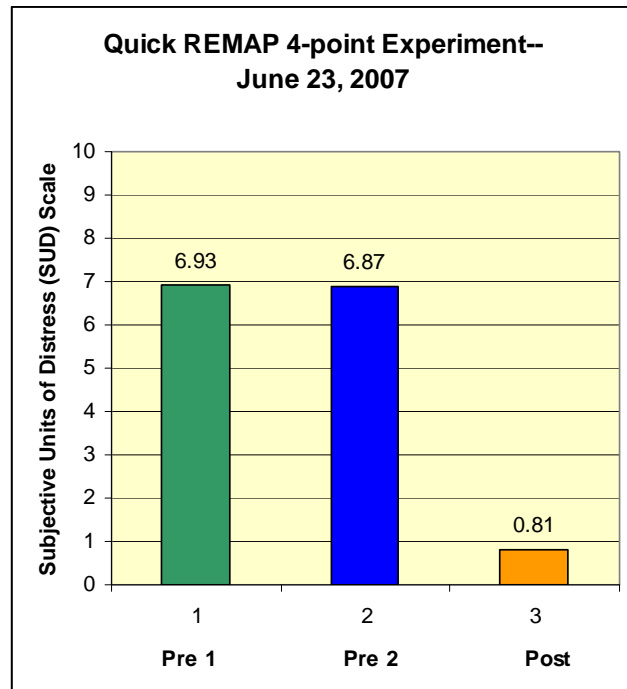
Results from the Quick REMAP Experiments—  
June 23/24, 2007--involving eight participants

## Quick REMAP 4-point Rapid Relief Protocol

### Subjective Units of Distress

Improvement: 88%

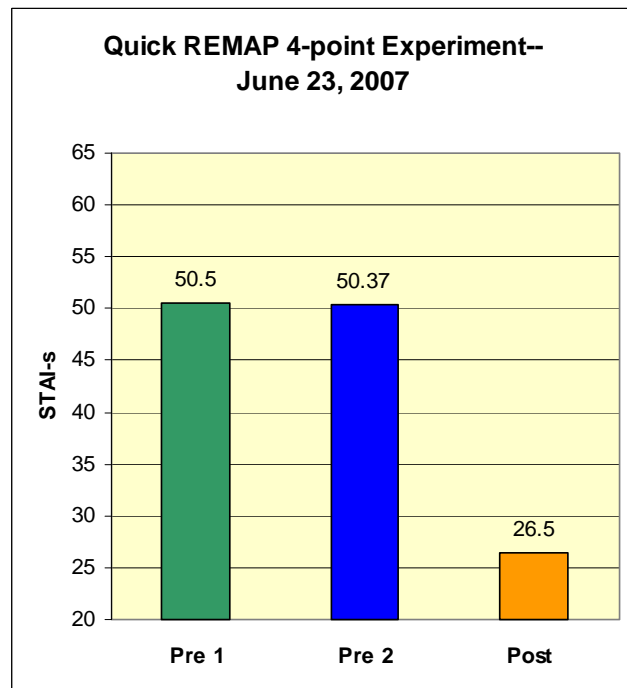
Pre-treatment Inventories  
One-hour lecture  
Pre-treatment Inventories (repeated)  
Quick REMAP 4-point Protocol  
Post treatment Inventories



Lecture Treatment

### State-Trait Anxiety Inventory--state version

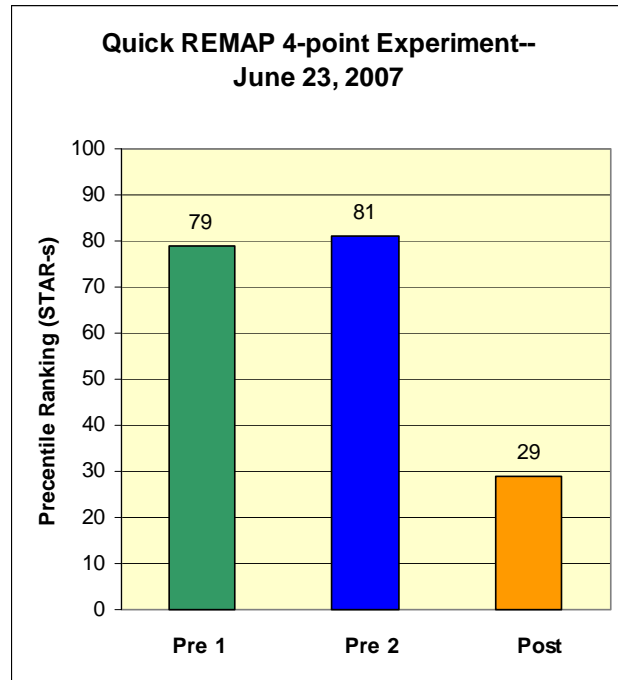
Improvement: 79%



Lecture Treatment

**Percentile Ranking--  
State-Trait Anxiety  
Inventory**-state version

**Improvement: 64%**

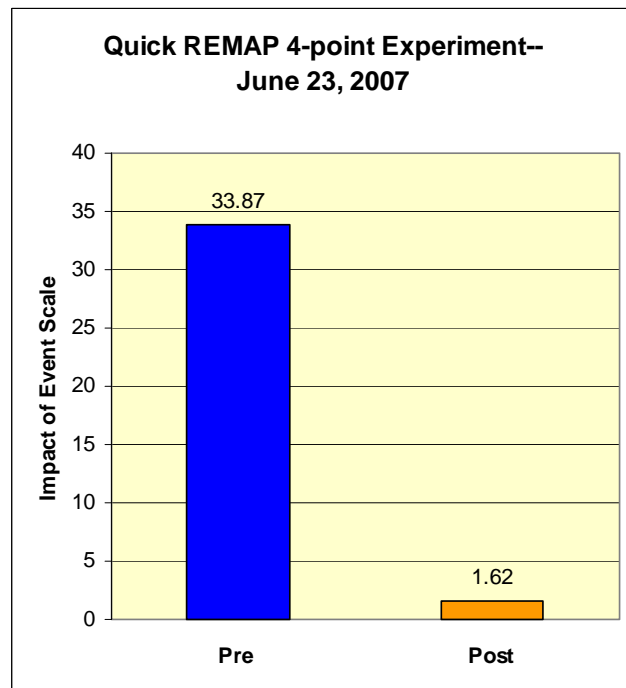


Lecture    Treatment

**Impact of Event Scale**

**Improvement: 95%**

Two to three weeks after treatment



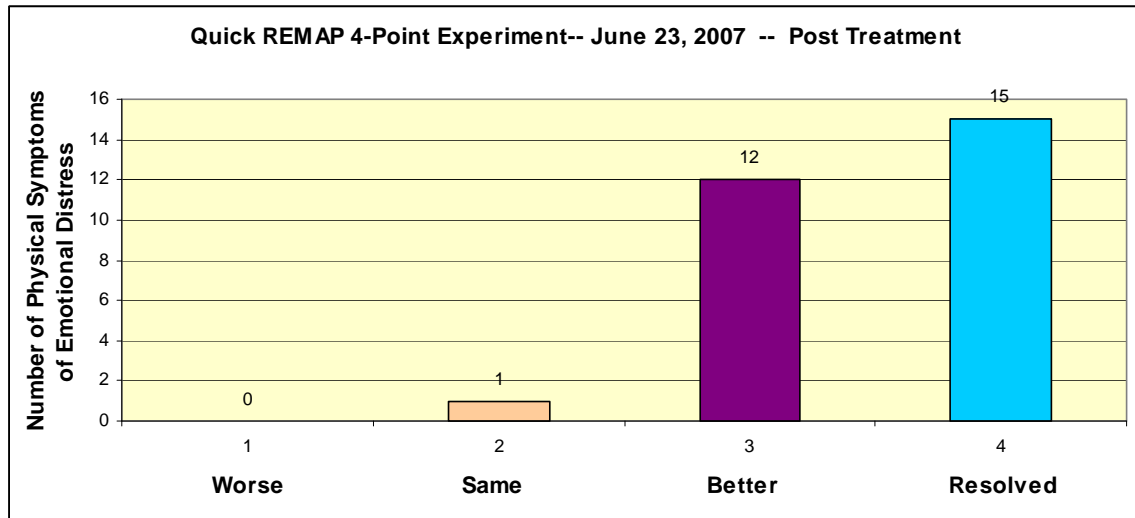
Treatment

## Physical Symptoms of Emotional Distress

**Improvement: 97%**  
(better or resolved)

**Total Symptoms: 28**

**Resolved: 15 (54%)**  
**Better: 12 (43%)**  
**Same: 1 (3%)**  
**Worse: 0 (0%)**



**Treatment Time: 15 minutes** (two rounds of treatment)

For more on Quick REMAP go to [www.remap.net](http://www.remap.net) for information on how to:

Get the Quick REMAP Handbook

Get the Quick REMAP Seminar on DVD

Find dates for the next live Quick REMAP Seminar

Get on the Quick REMAP mailing list for the latest updates