



## **Brain Science, Emotional Trauma, and The God Who is With Us ~ Appendix C: Brief Summary of Theophostic<sup>1</sup> Principles and Process:**

### **Brief Summary of the Most Important Theophostic<sup>®</sup> Principles:**

- Unresolved traumatic memories are the true source of many *current* troubling thoughts, negative emotions, problematic reactions, etc.
- Jesus can guide the client and Theophostic<sup>®</sup> facilitator from the current symptoms to the underlying traumatic memories.
- The lies/negative cognitions/distorted beliefs carried in traumatic memories are an especially important source of pain and toxic power in the memories. These trauma-associated distorted beliefs are the source of *many* problematic emotions and behaviors, and these problematic emotions and behaviors will disappear when the distorted beliefs are resolved.
- Healing needs to take place *inside* the traumatic memory, where the painful emotions and distorted beliefs are carried.
- The Lord's healing interventions produce profound, immediate, and *permanent* healing.
- An especially important "active ingredient" in the healing process is Jesus' replacing the distorted beliefs in the traumatic memories with His healing truth. The healing process will sometimes also include the Lord addressing other components, such as truth-based guilt or truth-based grief, but the primary focus of Theophostic<sup>®</sup> is replacing trauma-associated lies with truth.
- The living Jesus Christ is uniquely effective in providing healing truth.
- Many things (such as bitterness, psychological defenses, unconfessed sin, and demonic interference), can hinder the healing process.
- It is possible to find and address these hindrances with the Lord's direction and assistance.
- The Lord always provides healing once the interfering problems are removed/resolved.
- The Lord is able to and wants to resolve each wound to the point that the "traumatic" memory is completely peaceful and calm – to the point that all toxic power has been removed from the memory.

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<sup>1</sup> Theophostic<sup>®</sup> is a trademark of Dr. Ed Smith and Alathia, Inc. No endorsement implied.

**Brief Summary of the Theophostic® Process:**

- Identify a “target” distressing emotion. If the presenting problem is a behavior, identify the distressing emotion that comes immediately before the behavior. For example, a person may feel intense loneliness or fear coming immediately before bulimic bingeing. If the presenting problem is a thought, identify the distressing emotion associated with the thought. For example, a person may have the persistent, recurrent disturbing thought “I can’t do it,” and this thought will be consistently associated with anxiety.
- Have the client stir up the target distressing emotion by focusing on stimuli, or “triggers,” that activate the distressing emotion. Ask Jesus to lead her to the true source and origin of the problem, and then direct the client to describe any thoughts, images, memories, emotions, and body sensations that come into her awareness as she feels the distressing emotion.
- Jesus guides the thoughts, images, memories, etc. that come into the client’s mind, and these lead the client and therapist to memories with the same emotion as the presenting problem.
- As the client comes to these memories, the facilitator helps her identify the distorted beliefs that are attached to these memories and that produce the negative emotions.
- The client and facilitator continue to follow Jesus until the client has found the deepest memories with this same pattern of negative emotions and distorted beliefs (the memories where the negative emotions and distorted beliefs are anchored).
- “Stir up the darkness”: the facilitator then helps the client focus on and *connect with* the memory, distorted beliefs, and negative emotions.
- The facilitator and/or client asks the living Jesus Christ to replace the distorted beliefs with truth.
- Jesus reveals His healing truth directly to the client. This healing truth from Jesus permanently replaces the distorted beliefs previously anchored in these memories.
- The facilitator also helps the client identify other issues that may be contributing toxic power to the traumatic memories (such as truth-based guilt and truth-based grief), and Jesus provides healing for these as well.
- The “traumatic” memories lose their toxic power as the distorted beliefs are replaced with truth and as Jesus provides any other necessary healing.
- Trouble shooting: As mentioned above, bitterness, psychological defenses, unconfessed sin, demonic interference, and other problems can hinder the healing work. If the process gets stuck at any point, the facilitator helps to identify and resolve the problems that are in the way.
- The therapist and client ask Jesus for guidance and assistance frequently during each step of this process.