

# META-Medicine Webinars



Integrative Health Coaches using  
cutting-edge mindbodysocial  
healing models & techniques

## META-Medicine Webinar 01/24/2012

with

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Johannes R. Fisslinger

Certified META-Medicine Master Trainer

## IMMA - Vision

- \* Train the best integrative medicine health coaches and help establish a health care system based on integrative medicine and prevention.

## IMMA - Goals

- \* **Worldwide META-Medicine certification** and governing body
- \* **Ensure clear & high quality standards** for practitioners, health coaches and trainers
- \* **Support IMMA members** with tools needed to achieve excellence
- \* **Over 600 META-Medicine Practitioners and Health coaches trained worldwide since 2005.**

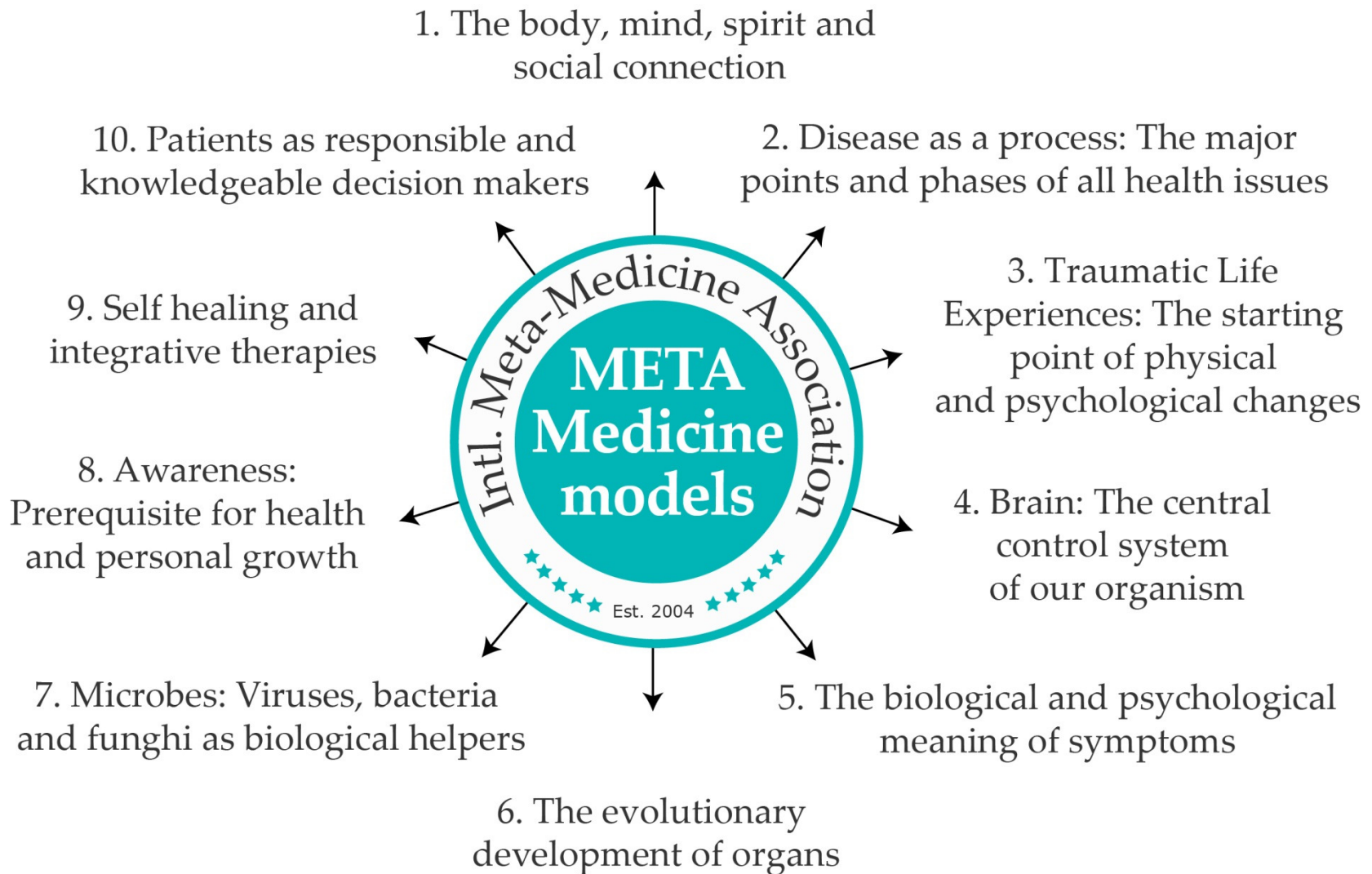
# Definitions

- \* META-Medicine uses **cutting-edge mind-body-social healing models and techniques**
- \* META-Medicine Health Coaches are highly trained health professionals who find specific emotions, life events, patterns and triggers behind symptoms, help create **awareness for self-healing** and find **solutions** for all physiological and psychological health issues.
- \* META-Medicine is based on the **body-mind-spirit-social connection** and **integrative medicine**.

# META-Medicine Certification Levels

META-Medicine Certifications & Designations	Training Hours Completed	Practice Hours Completed
<p><b>META-Medicine Practitioner (MM-P)</b></p> <ul style="list-style-type: none"> <li>• A health professional with over <b>125 hours</b> of training that meet IMMA standards</li> <li>• Confident in <b>META-Medicine analysis, techniques, mind-body-social connection</b> and <b>9 points and phases of all dis-ease.</b></li> </ul>	100	25
<p><b>META-Medicine Health Coach (MM-HC)</b></p> <ul style="list-style-type: none"> <li>• Health professional with over <b>250 hours</b> of training that meet IMMA standards including extensive practice with clients</li> <li>• Demonstrating <b>excellence in META-Medicine analysis, techniques</b> and <b>confidence in health coaching skills</b></li> </ul>	150	100
<p><b>META-Medicine Master Health Coach (MM-MHC)</b></p> <ul style="list-style-type: none"> <li>• Health professional with over <b>500 hours</b> of training that meet IMMA standards including practice with clients</li> <li>• Demonstrating <b>excellence in META-Medicine analysis and excellence in health coaching</b></li> </ul>	250	250

# META-Medicine Models



# META-Medicine Techniques

## Trauma & Trigger Analysis Process

A mind-body-social diagnostics process that uses the 9 major points and phases of a healing process on 5 levels (organ, mind, brain, nervous system, environment) with focus on eliciting the root-cause and triggers of health issues. Developed by Johannes R. Fisslinger

## Emotional Pattern Analysis Process

A technique to use the emotional pattern a client is feeling right now to elicit the underlying energetic imprint, emotions, thoughts, beliefs and triggers. Developed by Joanne Ross & Robert Waghmare

## Trigger Association Technique

An advanced technique to allow clients to experience the triggers of symptoms in the stress and regeneration phase as a powerful convincer and to become aware and being in charge of the self-healing process. Developed by Richard Flook

## Rapport and Communication Skills

Essential techniques for transformational communication and for building powerful client-health coach relationships (NLP skills).

## Sensory Acuity & Emotional language

Learning emotional language and sensory acuity techniques to increase awareness in noticing client's triggers, emotional patterns and beliefs (NLP skills). Use eye patterns to practice sensory acuity and submodalities.

## VAKOGS Trigger & Reversal Elicitation

An easy to use method to find which specific senses (Visual, Auditory, Kinesthetic, Olfactory, Gustatory and Inner Self-talk) trigger the stress phase and regeneration phase. Developed by Richard Flook

## Emotional Quality Analysis

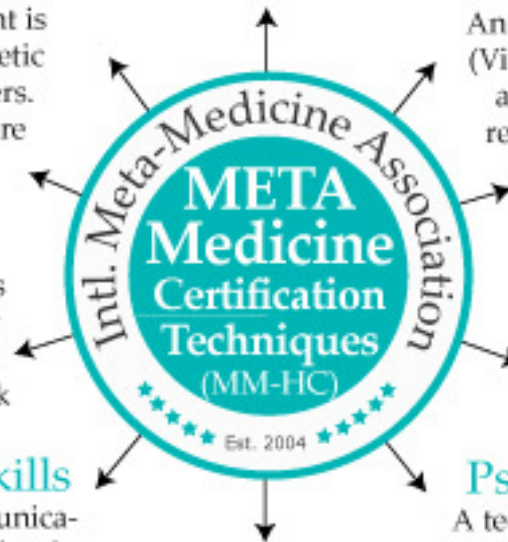
An easy yet powerful technique to determine the precise emotional quality of symptoms and organs which will allow patients to associate and connect with their inner healing abilities. Developed by Dr. Kwesi Anand Odum

## Psychological Health Issues Process

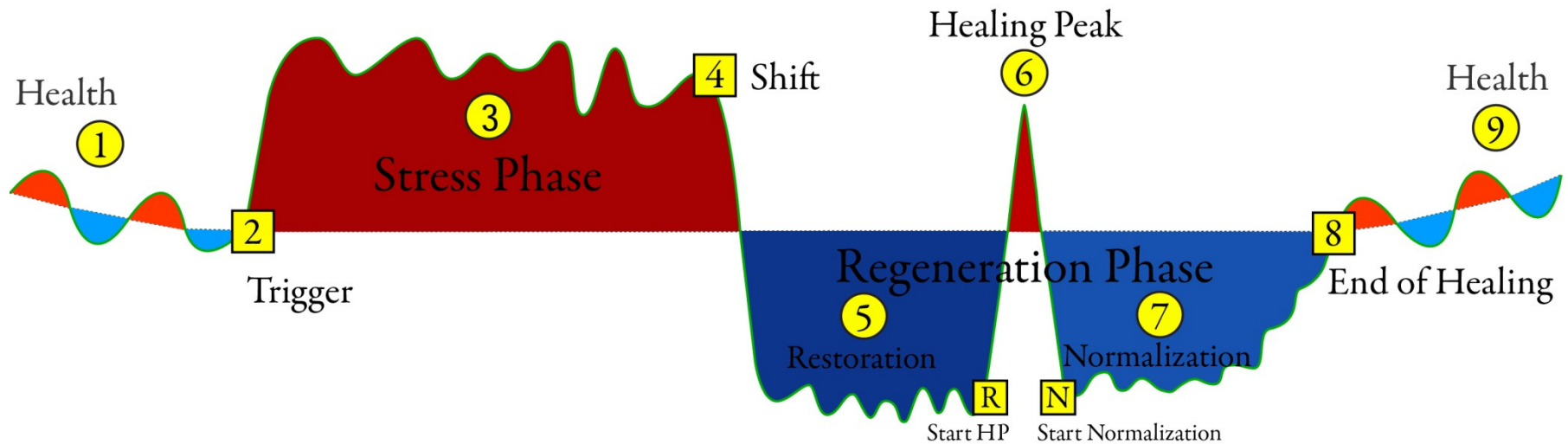
A technique focusing especially on psychological health issues to guide clients in their healing journey. Developed by Rob van Overbruggen and Richard Flook

## Soul-utions Process

A transformational process to identifying the underlying pattern of a symptom, release these pattern and reconnect to the higher learnings. Developed by Susanne Billander



# 9 Major Point and Phases



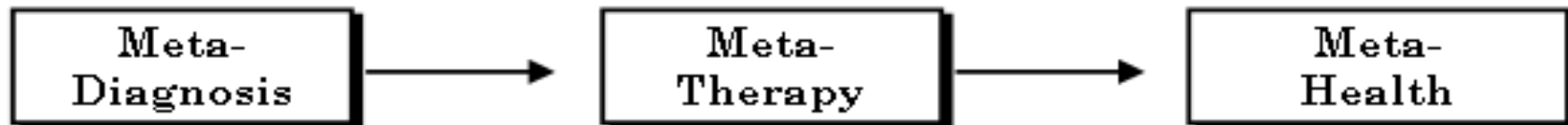
- 1) **Health:** Normal day activity and night relaxation
- 2) **Trigger:** Trauma (UDIN) or memory of trauma
- 3) **Stress phase:** Cold, sympathetic, active
- 4) **Resolution:** Reversal via real-life resolution or soul-ution
- 5) **Regeneration phase A:** Restoration, warm, parasympathic
- 6) **Healing Peak(s):** Short return(s) to sympathetic stress phase
- 7) **Regeneration Phase B:** Normalization, excretion
- 8) **End of Healing:** Return to normal day activity and night relaxation
- 9) **Health:** Normal day activity and night relaxation

## 5 Levels

Organ  
Mind  
Brain  
Nervous System  
Social

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45+ possible points  
and phases

# META-Medicine Therapy Model



Current State, disease process, major points and phases of twophases at all levels	Provide options; apply individual therapy methods; active change at all levels	Bio-psycho-social health at all levels; active and aware life style
<b>1. Organ, Psyche, Brain, Environment</b>	<b>1. Biological program</b>	<b>1. Body, Mind, Spirit, Social</b>
Symptoms	Resolve conflict mentally (with tracks)	Organically healthy
Organ	Release negative emotions	High vitality and life energy
Germ Layer/Brain relay	Reduce stress; learn to relax	Physical fit
Conflict Content / Emotion	<b>2. Self healing response</b>	Ability to deal with conflict
Conflict Experience (SEE)	Treat symptoms (if necessary)	Emotional balance
Conflict phase	Improve nutrition, vital nutrients, life energy	Clearly defined values and goals
Conflict resolution	Improve physical fitness and exercise	Conscious and positive living
Regeneration phase	<b>3. Environment (social)</b>	Social integration
Healing crisis	Resolve conflict biologically (real)	Supportive environment and family
Vitality	Eliminate tracks, triggers and amplifiers	Bio-psycho-social health
Tracks, Anchor and amplifier	Create supportive environment	



# Mind Body Directory

- Search by organ or keyword
- Review body-mind reactions before your client session
- Review client cases to learn from other health coaches
- Add your own client cases

Visit [www.metamedicine.info](http://www.metamedicine.info). Login with your user name and password. Then click MIND BODY DIRECTORY.

# How to get involved? Next steps!



Cutting-edge mindbodysocial  
healing models & techniques

- \* Join IMMA, become a member. Benefits incl.
  - \* Access Mind Body Directory
  - \* Free monthly webinars
  - \* Be part of our practitioner network
  - \* And much more ...
- \* Attend our Annual Conference 17.-20. May 2012 in Denmark, see [www.imma2012.dk](http://www.imma2012.dk)
- \* Attend seminar or training
- \* **Strive for Excellence in META-Medicine**

[www.metamedicine.info/membership](http://www.metamedicine.info/membership)

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## Placebo and META-Medicine

with

Lars Mygind

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# Placebo - Definition

**Placebo: *I shall please*, is a simulated or otherwise medically ineffectual treatment for a disease or other medical condition intended to deceive the recipient. Sometimes patients given a placebo treatment will have a perceived or actual improvement in a medical condition, a phenomenon commonly called the placebo effect.**

Since the publication of Henry K. Beecher's *The Powerful Placebo* in 1955, the phenomenon has been considered to have clinically important effects.



# Nocebo - Definition

In the opposite effect of placebo, a patient who disbelieves in a treatment may experience a worsening of symptoms. This effect, now called by analogy nocebo (Latin nocebo = "I shall harm") can be measured in the same way as the placebo effect, e.g., when members of a control group receiving an inert substance report a worsening of symptoms. The recipients of the inert substance may nullify the placebo effect intended by simply having a negative attitude towards the effectiveness of the substance prescribed, which often leads to a nocebo effect, which is not caused by the substance, but due to other factors, such as the patient's mentality towards his or her ability to get well, or even purely coincidental worsening of symptoms



# Placebo and how it helps META-Medicine?

1. Does the therapist believe?
2. Is it harmless or harmful treatment?
3. Help the client to find his own true path
4. Natural laws

# Nocebo and MM implications?

- 
- 1. Fear
- 2. Triggers
- 3. Language
- 4. Perception



# effect in my own life and with my clients?

1. Do what you believe in
2. Make certain you know all symptoms in the healing phase
3. Believe in your therapist or change to another
4. Believe in your doctor or get another
5. Make sure you have no doubt



# How can I reduce the nocebo effect in my own life and in client sessions?

1. Do what you believe in
2. Take action
3. Surround yourself with people supporting your decisions
4. Are you CPL, calm, peaceful and light, if not get effective therapy. The SUD must be as close to zero as possible



# How can I reduce the nocebo effect in my own life and in client sessions?

1. Do what you believe in
2. Take action
3. Surround yourself with people supporting your decisions
4. Are you CPL, calm, peaceful and light, if not get effective therapy. The SUD must be as close to zero as possible



# Can talking about Placebo reduce the effect or improve it?

1. The more conscious you are, the more you know
2. You can never unlearn something, unless the learning is irrational
3. Is it a natural law or a coincidence?



# Interesting links

English article New York Times - General on placebo

<http://opinionator.blogs.nytimes.com/2010/05/03/enhancing-the-placebo/?pagemode=print>

Danish article about placebo antidepressant

<http://www.dagensmedicin.dk/Pages/PrintNewsArticle.aspx?printPageId=85914>

Antidepressant-Placebo Debate in the Media

<http://www.srmhp.org/0201/media-watch.html>

The Poor, Misunderstood Placebo

[http://www.csicop.org/si/show/the\\_poor\\_misunderstood\\_placebo](http://www.csicop.org/si/show/the_poor_misunderstood_placebo)

The Mysterious Placebo

[http://www.csicop.org/si/show/mysterious\\_placebo/](http://www.csicop.org/si/show/mysterious_placebo/)

**Paracelsus (Swiss alchemist and physician 1493-1541) wrote: “You must know that the will is a powerful adjuvant of medicine.” It is imperative that skeptics recognize the wisdom and warnings inherent in this statement.**



# Thank You for Attending!



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