

## **Evolutionary Healer, LLC**

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### **White Paper on Repetitive Behavior Cellular Regression® Post-Traumatic Stress and Suicide Can Be Stopped Consistently!**

Presenter Terry Nichols, Chair: [terry@evolutionaryhealer.com](mailto:terry@evolutionaryhealer.com)

Dr. Sigmund Freud believed that what people suffered from in adult life stemmed from a traumatic event early in childhood. He was right, but he couldn't find a consistent method to find an amnesic early childhood trauma using hypnosis. This was further complicated when science no longer subscribed to hypnosis as *real science* in the late 1800's and ordered it stopped as a psychotherapeutic tool. Freud committed suicide in 1939, without proving his theory.

In 2009, after standing on the edge of a building contemplating his own suicide, retired U.S. Navy Veteran Terry Nichols thought he heard a voice saying, "I have something more for you to do." a few months later Mr. Nichols had created Repetitive Behavior Cellular Regression® (RBCR). In doing so, he found a consistent way to help his clients find and stop the emotions around an amnesic like, early childhood memory. This *non-linear, Q & A sequencing model* stops repetitive behaviors such as Post-Traumatic Stress, Suicide Ideation, multiple relationships/marriages, procrastination, self-sabotage, etc. It has also made a significant difference for those dealing with Sexual Trauma. RBCR is an online process that is done without meds, psycho-therapy, counselling, or office visits.

With suicide on the rise in teens, veterans, and within the first responder community, RBCR can make a significant difference in reducing suicide ideation and neutralizing the symptoms of Post-Traumatic Stress. As you know, a First Responder is engaged in life threatening situations every day. Along with this stress is the 'stigma' of being perceived as weak in the eyes of their peers when it comes to seeking mental health services. This strongly impacts their own families.

#### **ABSTRACT**

Traditional psycho-therapeutic modalities use the person's story and emotions therapeutically. The innovation is that RBCR keeps the client out of story as well as emotion, and uses alternate neural pathways as a way to find an amnesic like memory that drives repetitive behaviors. Mr. Nichols found that he could also keep his clients out of emotion by having them keep their eyes closed during the RBCR Session and freeze framing a memory, hence stopping the movie player. RBCR is HIPAA compliant and requires no FDA clearances.

To date, of the 139 RBCR Sessions conducted by Mr. Nichols, 128 were completed in one session, 5 never finished the process, and 6 required 1 or more continuation sessions. Client demographics - Gender: Male and Female - Age Range: 16 to 77 - Education: Non-high school graduates to multiple PhD's - ER Nurses - Psych personnel - Veterans (combat and non-combat) and Civilians - Economic: Below poverty line to professional income.

TECHNOLOGY - Online audio/visual application and is not used as an in-person application.

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"Changing and Saving Lives Every Day"

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### **BACKGROUND and DESCRIPTION**

Like Dr. Freud, Mr. Nichols believes that a severe emotional event that occurred to a person in early childhood can cause amnesia like symptoms. He views amnesia as a protection mechanism and nothing more. There is evidence that when amnesia is treated, shortly after an event, success is assured. However, when no-one knows the event occurred, the amnesia is set in place to actively block all attempts to recover the event in short-term memory. Through his research, Mr. Nichols found that when other “highly emotional” events occur in a person’s life, they are placed in short-term memory. The deflection system holds onto these memories and keeps them from being sorted and stored resulting in the person playing the events over and over in their current memory. The result is a perfect deflection system that learns lineally. RBCR does not use linear thought, but rather uses the 5 senses in abstract thought. When this tool is deployed, the deflection system is shut down and the client then uses a new neural pathway to connect to the original amnesic like event. When this occurs, the amnesic memory is identified and can be neutralized along with all the other memories with high emotional connection. The result is neutralization of the Post-Traumatic Stress or any other repetitive behaviors.

### **PROPOSED FIRST RESPONDER APPLICATION**

The modern First Responder must never appear weak in front of the public or their peers. The ‘stigma’ attached to this belief is so ingrained that the results lead to PTS, Suicide Ideation, substance abuse, and many more repetitive behaviors.

Taking an entire station from the commander down, through RBCR, will remove the stigma of needing mental health services. Training of station personnel on how to read physical stressors present in PTS and how to neutralize them, will continue to keep the cohesiveness of the station and remove the need for a person to leave the station for treatment. If necessary, *a RBCR Continuation Session can also be accomplished at the station*, in about 30 minutes. This will enable the First Responder to identify a new issue and neutralize it, returning to duty immediately without appearing weak. When you remove the ‘stigma’ of weakness from all personnel, from commander to the Trainee, the result is full support of all personnel and no-one outside of immediate personnel will have to know that additional support was needed. We see this on the same level as a minor injury that is treatable in-house.

**NOTE:** Suicide is on the rise in all categories of society and RBCR stops suicide ideation and other behaviors because it stops the driver behind the behavior.

All new personnel joining the station, including a new commander, will go through RBCR prior to reporting. Belief in the power of RBCR by all personnel is paramount to the success of this program. All regular personnel reports will confirm effectiveness. The success of this program is assured when the station commander has been through the process and believes its power is legitimate. 100% participation brings higher focused performance of personnel within a department and has the potential to decrease suicide rates, PTS, alcohol abuse, and absenteeism.

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