



## INTRODUCTION TO HOLOGRAPHIC MEMORY RESOLUTION

By Brent M. Baum, STB, SSL, CADC, LISAC, CCH

### HEALING TRAUMA

Holographic Memory Resolution® (HMR) is a unique body-centered, client centered approach that facilitates the mapping and resolution of a wide range of memory-based pathologies including many types of migraines, chronic pain, anxiety disorders, illness and trauma. Uniquely merging somatic, energy and color psychologies, HMR enables the articulation and mapping of the etiology of memory-based illness and pathology, while empowering the client and facilitating resolution at the moment of encoding, by-passing the need for abreaction or re-live of the event.

HMR has been employed in clinical settings for the treatment of trauma by psychologists, psychiatrists, physicians, neurologists, marriage and family therapists, art therapists, social workers, licensed professional counselors, addictions counselors and nurse practitioners (Brandman, 2005).

Discoveries in the early 1990's about the induction and resolution of trauma (Grove, 1990) led to innovations in the treatment of addictions and relapse prevention (Gorski, 1990). Efforts to resolve the trauma underlying addictions, eating disorders, depression, panic/anxiety disorders and chronic pain led to new and highly effective strategies for resolving the memory triggers which reside at the core of many of these disorders and their recurrence.

Once fully developed, HMR demonstrated effectiveness, not only with the original, targeted addicted populations, but with chronic pain patients, anxiety/depressive disorders and many other memory-based pathologies. Many migraines, panic attacks, some seizure disorders, chronic pain conditions, inexplicable pain, and even some allergies resolved with the emotional reframing achieved through utilization of HMR.

The original intention of Brent Baum in the development of HMR was to resolve the therapeutic hiatus occurring in inpatient treatment that failed to effectively address the various levels of relapse triggers evident in the addicted populations. From the beginning it was evident that "non-abreactive" but effective approaches were sought that would not destabilize a patient during treatment, but provide effective tools that they could employ upon discharge to better maintain recovery. In the early stages of development of this work, a client-centered, body-centered approach seemed to prove the least intrusive and most effective.

The precise mapping of the psychobiology of trauma contributed greatly to these breakthroughs (Rossi & Cheek, 1988). Recognizing that many of these diagnoses originated or were exacerbated by the presence of trauma, inpatient facilities sought effective, brief therapies that would diminish the symptoms of trauma and reduce recidivism while preventing abreaction

Emphasizing the need for the management of emotions and memory triggers for the addict, Baum sought methods for “emotionally reframing” a traumatic event and transmitting “proof of safety” to the bodymind while preventing relapse and abreaction.

Color psychology was introduced into the methodology by 1992 as a gentle, natural way of “reframing” traumatic experiences without affecting historical memory. Color, as an infinite language articulated uniquely by each individual’s nervous system (Baum’s thermal infrared multispectral scanning archaeological research with NASA, 1984) can be employed to transmit complex emotional and biological information. The manner in which these personal, but simple signals anchored the “emotional reframing” in the bodymind became evident by 1993.

In the effort to enhance safety in cases of complex trauma, an additional non-intrusive “nervous system support technique” was discovered and integrated in 1994, greatly enhancing the effectiveness of HMR and inducing an “Alpha-Theta” brainwave state – the state researchers have indicated is missing in much of the alcoholic population. With enhanced Alpha-Theta access, the effectiveness of HMR increased greatly and attracted the attention of Dr. Andrew Weil at the Integrative Medicine Program at the University of Arizona. Medical residents in the Integrative Wellness program were invited to observe the application of HMR at Cottonwood in the inpatient setting.

HMR. Brent’s first book: The Healing Dimensions, chronicles the discovery of the principles of HMR. The combination of somatic, color and energy psychologies enhanced access to the reframing of memory-based physical and emotional pain and enabled HMR to be introduced within a dynamic group process at Cottonwood Treatment Center in 1994.

By 1995 Baum began training therapists and introducing them to HMR and Cottonwood’s unique trauma resolution program. This led to Cottonwood’s involvement in treating the rescue personnel from the Oklahoma City Bombing (1995) and working with TWA Human Resources after the TWA Flight 800 crash in July of 1996. Cottonwood then incorporated HMR into the entire treatment spectrum: addictions, anxiety/depressive disorders, dual diagnosis, PTSD, etc., with both adolescent and adult patients.

HMR has been identified by leading addictionologists as one of the most powerful and effective relapse-prevention tools available today. HMR revolutionizes the psychopathology model and medical model by enabling the client’s own bodymind to map the precise etiology and path to resolution of memory-based pathology.

The need to train more therapists to address large-scale trauma events reduced Brent's presence at Cottonwood and led to the decision to form his own company: Healing Dimensions ACC in 1999 ([healingdimensions.com](http://healingdimensions.com)). Upon leaving Cottonwood, Brent was invited in the fall of 1999 to meet with Joseph DeNucci, manager and part owner (along with Bill O'Donnell) of Sierra-Tucson Treatment Center and Miraval (one of the world's leading integrative wellness spas), involving some discussion at the time about whether involvement at Sierra-Tucson, Miraval, or both facilities would be most appropriate. Given time-constraints due to travel, the flexibility of the Miraval schedule seemed to serve everyone's best interests.

Dr. Andrew Weil was later invited to Miraval to spearhead an "Integrative Wellness Program" that continued for several years, once again incorporating HMR into the innovative program design. With the advent of Sept. 11, 2001, the need to train health care professionals in trauma resolution became paramount. Brent's main international training site for five years turned out to be Sendai, Japan, the city nearest the site of the earthquake, tsunami, and nuclear disaster seven years later.

During these years of training, it became evident that HMR, when effectively employed, bypassed the need for hypnotic induction (a somatic component that Milton Erickson had always sought), enabling the complex mapping of pathology while empowering the client to resolve a broad spectrum of memory triggers. Using this client-centered approach permitted a gentle, non-intrusive approach to memory which greatly reduced the possibility of abreaction and adapted to those with more damaged boundary formation.

At its best, HMR engages the bodymind in a unique way that allows the client's own "expert within" to map the complex etiology of an issue, behavior, pattern or blockage. The past seven years have been devoted to developing a research tool which reflects the bodymind's remarkable capacity to map and reframe its memory-based pathology. This unique software, internet-based and HIPAA compliant, enables the recording, mapping and somatic viewing of memories, memory-patterns and pathology.

In the age of dual diagnosis and poly-addicted populations with complex trauma, the need for a non-intrusive, non-abreactive, integrative approach to treating the trauma component accompanying such populations became paramount. We can no longer effectively treat the bipolar client, for instance, without also addressing the trauma factors sustaining and exacerbating their symptoms. Recent research indicates that the average amount of time before proper diagnosis of the bipolar client is ten years, revealing a clear pattern of traumatization accompanying such pathology. The importance of addressing the trauma underlying and sustaining such complex diagnoses has never been more pronounced.

**Through observation and the spontaneous sequencing and mapping of over 125,000 memories, a number of observations can be made:**

Color is a highly effective and infinite language that can be employed to transmit “proof of safety” for the emotional reframing of memory, anchoring these emotional updates in both the cells and meridians of the bodymind. Both must be addressed for effective trauma release.

Empowerment of the client to “emotionally reframe” their own experiences is the principal focus of the therapeutic process. All therapy is, in a manner of speaking, a “reparenting” process which assists the client in establishing safety with respect to memory, and in “completing” the emotional charge of memory.

HMR functions by assisting the client in addressing the “emotional charge” of stored memory, thereby freeing the client from the effects of the “state-dependent” or “state-bound” physiology and emotional (brainwave) states.

The focus of HMR is the “emotional reframing” of past experiences and the empowerment of the client’s own “healer within” – emphasizing safety, boundary repair, anchoring, and grounding. Health care professionals have gratefully embraced the empowering nature of HMR and its capacity to be integrated as a regular “emotional reframing” self-care practice.

In using the principles of HMR with over 125,000 memories, these observations are offered as we move forward into our next research phase. Risks of abreaction, decompensation, flooding of memories, secondary triggers, inadvertent accessing of emotional or physiological pain triggers are all greatly reduced when client-centered, body-centered approaches are employed for the gentle accessing and emotional reframing of memory-based pathology. As a result, risks of legal liability for practitioners and facilities also diminish. HMR is easily integrated with other therapeutic modalities and may, in fact, offer a secure framework within which other modalities may prove more effective.

About the Author:

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## Biographical Summary:



Brent Baum completed his post-graduate training at the Pontifical Biblical Institute in Rome, Italy, and served as a Catholic priest, a faculty member of Notre Dame Seminary, an archaeologist in the Near East for over thirteen years, and as Clinical Director of Cottonwood Treatment Centers in New Mexico and Arizona. He is a Certified Alcohol and Drug Counselor, a Licensed Independent Substance Abuse Counselor for the State of Arizona, and is a Certified Clinical Hypnotherapist. He is the developer of “Holographic Memory Resolution®,” an “emotional reframing” technique which integrates somatic, energy and color psychologies.

Holographic Memory Resolution® is a unique body-centered, client centered approach that facilitates the mapping and resolution of a wide range of memory-based pathologies including many types of migraines, chronic pain, anxiety disorders, illness and trauma. Uniquely merging somatic, energy and color psychologies, HMR enables the articulation and mapping of the etiology of memory-based illness and pathology, while empowering the client and facilitating resolution at the moment of encoding, by-passing the need for abreaction or re-live of the event. Targeting “T-1,” the precise moment of trauma encoding, and utilizing a nervous system support technique that enhances sensory access to memory while grounding the client, HMR has been identified by leading addictionologists as one of the most powerful and effective relapse prevention tools available today. HMR revolutionizes the psychopathology model and medical model by enabling the client’s own bodymind to map the precise etiology and path to resolution of memory-based pathology.

An internationally recognized lecturer, trainer, and trauma resolution specialist, Brent employs the knowledge and expertise gained from his groundbreaking work with over 25,000 trauma survivors to facilitate the release of the emotional, behavioral, and physical imprints of traumatic experiences. Such blockages imprint in the subconscious and form the principle obstacles to physical, emotional, mental and spiritual wellbeing. His pioneering work led to his involvement with rescue personnel and survivors of the Oklahoma City bombing, the Senior

Staff of TWA Flight 800, and many populations affected by the Sept. 11<sup>th</sup> terrorist attacks. Leading allopathic and naturopathic physicians, including Dr. Andrew Weil, now recognize his memory resolution techniques. He is currently among a select group of practitioners in the Integrative Wellness Program at Miraval in Northwest Tucson, AZ. His books, The Healing Dimensions, Living as Light, and Surviving Trauma School Earth, provide insight into the spiritual, emotional, and physiological implications of trauma in our lives. In these works, he also chronicles his discovery of “HMR” for the healing of trauma in the bodymind. Empowerment of the “Healer Within” forms the foundation of his retreats and workshops.