



Healing Dimensions ACC

*Season's Greetings and Blessings
from Brent Baum*



December 2023

My dear friends, colleagues, trainees, and clients - all you who have supported HMR by your personal efforts and promoted the healing of trauma in our world:

My warmest blessings to you and your loved ones in this holiday season and at the advent of this new year. I find it almost hard to believe that our first training in HMR was a one-day workshop held at an O'Hare airport hotel in Chicago a few months after the Oklahoma City Bombing in 1995. Our first advanced (Level 3) training was offered in 2000. We have come a long way on this journey! I once heard that it could take 25 years for a new healing modality to "go public," but doubted the veracity of the claim, and now must admit that in September of 2023, we published the first of three articles (here is the hyperlink:

<https://prcp.psychiatryonline.org/doi/10.1176/appi.prcp.20230028>) detailing the results of our clinical trials of HMR on 60 subjects who participated in our study which focused on chronic pain. As you may see in the journal article, the findings, while focusing on the issue of chronic pain, suggest that trauma has a profound impact on our overall pain experience and that approaches like HMR may assist in the reduction of somatic and emotional pain even with its varying etiologies. We owe Dr. Mary Gaddy and the Billings Clinic in Montana a huge debt of gratitude for their untiring efforts to enable, facilitate, and see the study through to completion. There are two additional articles which will be published relating to the clinical trials. If you subscribe to the site, you will be informed when they are published. For the study, fewer than twenty percent of the subjects were treated in Tucson, leaving the majority for their experience of HMR in Billings, Montana, confirming that HMR stands on its own, independent of the developer's skills and contribution. We have also been conducting Quantitative Electro-Encephalograms (QEEGs) after 4-5 sessions and measuring the effects of HMR on over 52 areas of the brain. Our initial findings are very exciting. We hope to include the HMR Memory Mapping software (now available to trainees who have completed Level 2 for the 90 memory documentation requirement) in our next phase of research, looking at the capacity of the bodymind to map the etiology of pain in certain cases. The software facilitates our capacity to map and effectively treat complex PTSD while empowering the client and remaining body-centered, client-centered in our approach.

Such a demonstration would shift the psychopathology model itself, as Dr. Mariko Tanaka pointed out to me many years ago. She had studied personally with Milton Erickson at San Francisco State.

At this time of ongoing immunological, environmental, financial, and political upheaval, it becomes so important to maintain our self-care and avail ourselves of the resources available to reduce our stress levels and strengthen our immune systems. I encourage you to maintain and even increase your self-care. One meditation that I have initiated more frequently is to “dissolve myself in light” to facilitate sleep, relaxation, and stress-reduction. I remind you of Einstein’s observation that matter is not something as much as it is the absence of certain frequencies; as it slows, it becomes visible to the eye. I suppose that makes us “traumatized divinity” or white light.

I remind you that all three levels of HMR training are available online at www.hmrtraining.com. Levels 1, 2, and 3 were professionally recorded and are available to professionals and non-professionals alike. They can be viewed online in manageable segments of 18 videos (20-45 minutes each), 54 video segments in total. We will continue to offer the “Healing Intensive” (usually coming between Levels 2 and 3) as an in-person training or healing opportunity for all interested parties and will offer it at a couple of different sites this year: particularly Tucson and Minneapolis/St. Paul and possibly another in Houston. Our [2024 Training Schedule](#) is now available online. In order to expedite training, we have also made available the software for the documentation of the required 90 memories for those who have completed Level 2 training; contact Michael if you have questions about this. We also have our first certified practitioner this year who recorded all his memories using the software: Lance Rayborn. Also certified this year were Jimi Teague, Karen Gay, and Michelle Tryling. Our congratulations to all for their hard work and commitment to assist others in the healing of trauma.

In light of the variety of trainings we have been offering online, by zoom, and in-person, we are consolidating the management of our multiple websites and trainees’ database into one position which will be held by Michael Farney who is starting this month as overall coordinator from Denise Gastellum. I am so grateful to Denise for her hard work in navigating us through the past year since Beverly’s retirement. Given the interactive nature of training and the three websites with variable options for training, it became necessary to coordinate communication and access to all three websites and their content in one “computer wiz.” Michael’s contact information is michael@healingdimensions.com or phone: (520) 500-6423. Contact him for registration, software access (post Level 2 training), online sign-up or access to training video issues. Jeanette Savage will still be our technical backup and network liaison.

*This year Lenora Edwards launched an initiative to produce a free mini-book entitled “**Understanding Holographic Memory Resolution: An Introduction to Using Color to Heal.**©” Now under the umbrella and copyright of Healing Dimensions ACC, this 42 page work is a concerted effort to introduce those unfamiliar with HMR or the overall impact of trauma in their lives to the fundamental goal of safe, client-centered, body-centered emotional reframing of stressful or traumatic events and patterns of traumatization. While very basic and instructional in introducing the principles of HMR and effective trauma resolution, the booklet can be used to assist individuals in becoming more receptive to the gentle non-traumatizing approach of HMR and understanding the dynamics of trauma resolution as we now understand it. This [free mini-book](#) is now available for download from the www.healingdimensions.com website. I am so grateful to Lenora for this initiative and making the language and dynamics of HMR more accessible to all interested parties. Lenora recently did a TED talk in which she shared her approach to treating anxiety and trauma; feel free to check that out when it becomes publicly available!*

I am currently working half-time at Miraval: Thursday afternoons through Sundays and continuing to work with clients who fly in or see me in my private practice. Since the advent of covid I opened my practice to phone or zoom sessions and have done over two thousand sessions since May of 2020, though I stopped counting some months ago. Distance healing work will always be a part of my practice, and, as William Bengston’s research indicates, healing energy does not diminish over distance! Many of us find ourselves in this new, challenging distance-healing format and, while I still prefer the first session face-to-face or in-person, we must adapt to meet the needs of the various traumatized populations. Clients who have not previously experienced HMR are eligible to fly in for 4-6 private sessions of HMR and, through Michael’s Gift, our research charity, are subsidized for pre and post-HMR QEEGs to contribute to our research database. Thanks to Karen Lewis, the executive director of our charity and all our benefactors for helping to make all this possible. Your generous, ongoing support for our research efforts can continue through donation via our website: www.michaelsgift.org. Dr. Robert Crago is assisting us in our QEEG research efforts. If you know of candidates or subjects interested in our research and personal HMR work that are not prescribed benzodiazepines and are not over-medicated, they can contact me to determine eligibility to participate in this enlightening and transformational process. One of our certified practitioners, Stacey Friedman, is now doing HMR at Miraval Berkshires; another certified HMR practitioner, Jayme Jensen, was conducting HMR sessions at the Four Season’s in Maui, though I am uncertain of the Maui facility’s status after their recent terrible conflagration. We send Jayme as well as Rae and Judy of the HMR Maui Intensive our thoughts and prayers for their recovery and healing.

The trauma video program and workbook developed for use in prisons is still being employed by Dr. Liz McGraw at Angola in Louisiana. The charity Michael's Gift (www.michaelsgift.org) and I have always focused on the dissemination of HMR to needy populations and are delighted at its continued use at one the nation's leading examples of prison transformation and reform. The reduction in violence from the addition of their seminary and trauma resolution efforts is noteworthy.

We continue to conduct our monthly online supervision for trainees on the second Wednesday of each month at 5pm Tucson (AZ) time and the Certified Practitioners Supervision/Meeting on the third Thursday of each month at 10am CST. Patti Koehler (pkoehlerlawn@gmail.com) continues to moderate the certified practitioners gathering. We are so grateful to Patti and all her time and effort!

When I have the privilege of witnessing the efficacy of HMR and hear reports of your success in facilitating trauma resolution, I am grateful beyond words. Stayed tuned for additional publication of the results of our clinical trials and the plans for our next phase of research and delivery.



*Happy Holidays, with eternal gratitude for your love and support.
Brent M. Baum*