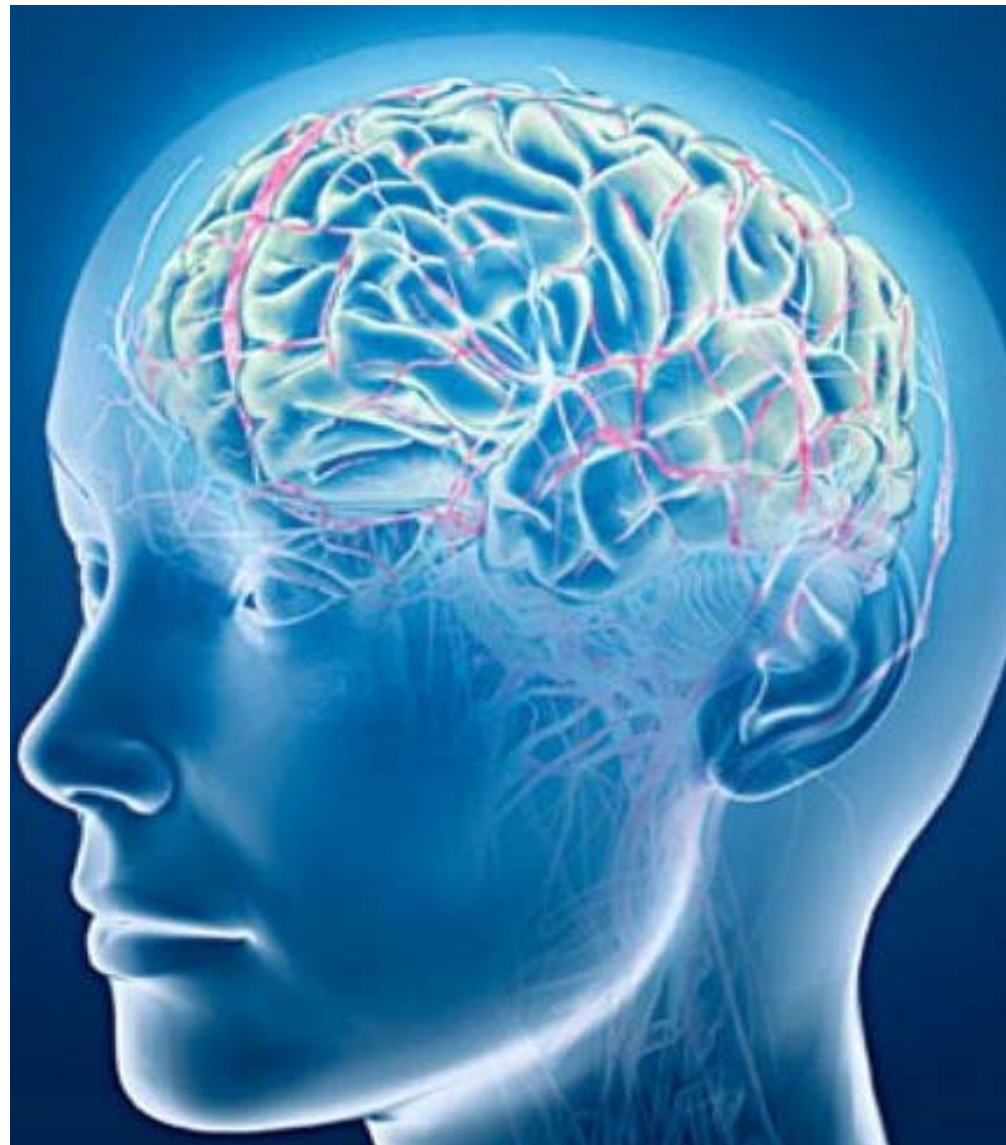


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# Emotional Transformation Therapy® (ETT®)



## What Is Emotional Transformation Therapy®?

Emotional Transformation Therapy® (ETT®) is an “attachment based” form of interpersonal therapy whose outcomes are substantially amplified by precise visual brain stimulation.

- The term “emotional transformation” is used because it frequently alleviates emotional distress in minutes and often produces positive states as a result.
- “Attachment based” refers to the fact that each person has characteristic patterns of regulating emotions and relationships that developed in early bonding. When attachment patterns are deficient, it makes people more susceptible to emotional distress. By adapting interpersonal responses that are individualized to each person in counseling, the basic attachment deficiency source can be changed to promote long-term changes.
- “Precise visual brain stimulation” refers to the idea that when light enters the eyes, it is converted into neural impulses that travel throughout the brain where it impacts, not only vision, but also brain mechanisms that control emotions, thoughts, physiology, and spiritual states. By using precise wavelengths of light (color) during interpersonal processes, the exact parts of the brain responsible for disturbances can be impacted. This makes it possible to achieve rapid outcomes for alleviating psychological and physical distress.

ETT® uses four modalities of treatment to augment interpersonal processes. ETT® also uses an advanced form of therapeutic eye movement (MDEM) that is unlike EMDR and produces drastic emotional relief within minutes. It uses a unique psychological visual feedback procedure that involves a highly saturated spectral chart to instantly detect disengagement from emotion. ETT® uses peripheral eye stimulation with specialized goggles that produces rapid change of emotional or physical pain in seconds. ETT® also uses a specialized light emitting device to target parts of the brain responsible for distress and quickly changes them. ETT® can also produce states of extreme wellbeing.

The ETT® method is now used by hundreds of therapists in the U.S. and Europe. Its process is supported by scientific research documented in the book Emotional Transformation Therapy as well as two other books and numerous articles. This method has specific treatment procedures that produce rapid outcomes for the following conditions:

- Rapid trauma recovery-acute trauma and PTSD
- Depression
- Anxiety disorders
- Addiction-both substance and behavioral addictions
- Couple therapy
- Spiritual and religious issues
- Somatic Psychotherapy-chronic physical pain, accident recovery and the stress component of illness
- Obsessive compulsive disorder
- Sleep disorders
- Adult ADD and ADHD
- Some types of brain injury

An advantage of ETT® over most talk therapies is that many conditions like trauma and addictions operate in parts of the brain that are not conscious and are largely inaccessible by conscious verbal means. ETT® possesses the capacity to access underlying drives, motives, trauma and emotions that produce unwanted symptoms and then can change them. ETT® is an experiential form of therapy that works best when the client allows themselves to participate emotionally in the process.

These unusual accomplishments usually take place by the innovative ways to use brain plasticity, originated by Dr. Steven R. Vazquez, LPC-S, LMFT. Observations have shown that with ETT®, relief of depression, anxiety, and trauma usually occur faster than the use of most medications, but without the side-effects or long-term need. However, it usually works even when a person is taking medication and ETT® offers a means to eventually get off medication, if desired. ETT® works even better if the person is not on medications and wants a proficient, natural means toward recovery.

Because ETT® produces outcomes rapidly it takes fewer sessions to complete resolution of issues. This results in lower overall costs for treatment.

