

Practitioners of the method, known as BodyTalkers, seek to discover which parts of the body's "electrical system" are malfunctioning. They then make contact with specific points across the body, using their hands to "make repairs." Tapping, breathing, and other forms of touch are used to stimulate the brain to employ natural healing procedures. The resulting effect is believed to improve the energy balance within the body.

The approach is based on the following principles:

- **The body can heal itself:** BodyTalk utilizes what is known as the "innate wisdom" of the body to heal itself in order to recover from any and all types of injury.
- **Stress impacts overall health:** Every experience a person goes through contributes to that person's state of health. Lifestyle, genetics, history, and environment all impact the body's functioning. Stresses produced by external factors can interfere with the natural communication systems within the body. This interference prevents the body from functioning at its best and can lead to emotional and physical health issues.
- **The body communicates via energetic circuitry:** Every aspect of our being—cells, atoms, and neurons—are in communication with each other constantly. Each bodily system communicates via energetic circuitry for optimal functioning. [Stress](#) can compromise the circuitry systems (the nervous system, for example) and create chronic breakdown of communication within the "bodymind complex." Practitioners of BodyTalk strive to connect these broken lines and facilitate open communication between all of the elements of the body in order to promote healing from within.

## BodyTalk Processes and Techniques

The process of BodyTalk can be broken down into these three steps, the "ABCs" of BodyTalk:

- **Ask:** Practitioners pay attention to what the body is doing in order to decipher information. They "ask" the body questions and get answers by observing how various muscles tense and relax. This natural [biofeedback](#) loop is used to identify and prioritize the healing needs of the body. Questions are also asked

verbally so the BodyTalker can gather information about a person's experience and begin to tailor treatment to that person's specific needs.

- **Balance:** After gathering information about the needs of the body, BodyTalkers chart and prioritize several ways to bring balance to the body and mind. Techniques such as tapping of the head and chest are used to signal the brain and heart to prepare to heal and restructure.
- **Communication:** The final phase of the process attempts to re-link the systems in the body and repair any lines of communication that have been compromised. Tapping focuses on various points throughout the body, including what are known as the "energy circuits." More efficient and effective healing is believed to result when systems are restored and energy can flow between them.

One of the most important techniques used in the BodyTalk System is the cortices technique. This technique, which is based on the premise that the brain functions electromagnetically and can sometimes "blow fuses," is designed to bring balance to both halves of the brain by repairing these fuses. This process is believed to strengthen function in the brain and body and improve the "bodymind's" response to stress. In this technique, the practitioner places one hand over the back of the head and, with the other hand, begins to gently tap parts of the head, sending signals to both sides of the brain. This is followed by gentle tapping of the chest.

This process is repeated for each part of the head, always moving up along the center line of the brain. The tapping is believed to form a "bridge" between the hemispheres of the brain, creating a "standing wave" to allow the energy fields to interact with one another, reopening the electrical communication between both hemispheres. The goal of the process is improved brain efficiency and overall health.

## Issues Treated with BodyTalk

The BodyTalk System can treat a number of physical and mental health issues, but it is designed to improve the body and mind as a whole. Systemic treatment tailored individually to each individual seeking treatment is intended to promote balance and healing. BodyTalkers believe when the 36 surface energy points are balanced, people will experience improvement in all areas, including mood, energy level, muscle tension, and overall bodily function.

The approach can also be used to address systems of [posttraumatic stress](#), [depression](#), [anxiety](#), [chronic pain](#), and [insomnia](#).

# BodyTalk System Training and Certification

Mental health professionals wishing to become certified practitioners of the BodyTalk System must pursue training through the International BodyTalk Association. Training is typically completed in anywhere from 6 months to 2 years. The training involves taking two classes, completing and documenting 50 or more sessions with at least 15 different individuals, receiving at least five sessions from a certified practitioner, and passing both a written and oral examination. After achieving the first level of credentials, professionals may also pursue advanced certification, which involves advanced coursework and two written exams.

BodyTalk Access training is a short (one-day) introduction to the BodyTalk System. Though anyone can take the class to learn how to utilize BodyTalk in daily life, the IBA recommends professionals take this class before attending the required classes for certification.

## References:

1. A BodyTalk Session. (n.d.). Retrieved from <https://www.bodytalksystem.com/learn/bodytalk/session.cfm>
2. About BodyTalk Access. (n.d.). Retrieved from <https://www.bodytalksystem.com/learn/access>
3. BodyTalk as a Career. (n.d.). Retrieved from <https://www.bodytalksystem.com/practitioners/career.cfm>
4. BodyTalk: Healthcare designed by your body. (n.d.). Retrieved from <https://www.bodytalksystem.com/learn/bodytalk>
5. BodyTalk Principles. (n.d.). Retrieved from <https://www.bodytalksystem.com/learn/bodytalk/principles.cfm>
6. Carpenter, C. (2007, February). The body talk system—tapping into the body's healing power. *Vitality*. Retrieved from <http://www.bodytalkcentral.com/articles/Vitality%20Article%20-%20%20Tap%20Into%20Your%20Body%27s%20Healing%20Power.pdf>
7. How to tap your cortices. (n.d.). Retrieved from <https://www.bodytalksystem.com/learn/access/cortices.cfm>
8. Kruse, M. (2012, September 7). Let's get physical: BodyTalk baseless. Retrieved from <http://www.skepticnorth.com/2012/09/lets-get-physical-bodytalk-baseless>
9. Smith, A. (Producer). (n.d.) BodyTalk system [Audio podcast]. Retrieved from <http://www.unbreakyourhealth.com/podcasts/BodyTalkSystem.mp3>

10. Veltheim, J. (2011). Techniques of BodyTalk 1: Tapping the cortices. *Journal of Alternative Medicine Research*, 3(3), 307. Retrieved from [http://www.bodytalksystem.com/learn/bodytalk/research/journal\\_articles/alternative\\_medicine\\_articles.pdf](http://www.bodytalksystem.com/learn/bodytalk/research/journal_articles/alternative_medicine_articles.pdf)
11. What does BodyTalk Address?. (n.d.). Retrieved from <https://www.bodytalksystem.com/learn/bodytalk/address.cfm>

**Article from <https://www.goodtherapy.org/learn-about-therapy/types/body-talk-system>**