

Shrink Rap Radio #164, July 18, 2008, A Holistic Approach to Treating PTSD in Israel

David Van Nuys, Ph.D., aka “Dr. Dave” interviews Rabbi Immanuel Yosef Legomsky, MA

Excerpt: *I can just tell you story after story for terror traumas, that they last. You know, I have a lawyer who was a top lawyer sitting in a central building in Jerusalem where a bus was blown up right in front of his window. And he couldn't go in his office because every time he went in his office, he just kept recreating that old information. And he just knocked it out in one session, and he goes to work fine.*

Introduction: That was the voice of my guest, Rabbi Immanuel Yosef Legomsky, talking about the use of Emotional Freedom Technique to treat acute trauma. Rabbi Immanuel Yosef Legomsky, MA, has been researching and practically integrating mind/body therapies in Israel since relocating from the USA in 1987. In 2002, he started www.israeltraumacare.org to give free psychotrauma care to terror victims and to train facilitators to serve the public. He's used EFT as the tool of choice and has trained nearly 600 facilitators. Now, Rabbi Legomsky is networking with physical medicine specialists to offer a comprehensive six-month residential program for adult women to cure emotional disorders. This program will provide total care and feature daily sessions of [NeuroCARE EEG Neurofeedback](#), [EFT](#), and [NLP](#). Rabbi Legomsky and his wife are both Trainers. Together with complete mind/body exercise, bioidentical natural hormone treatment, a personalized vitamin, mineral, nutrition regime, occupational therapy, and spiritual healing, the goal is to refine and provide a model that can be replicated to heal emotional disorders worldwide. Now, here's the interview.

Dr. Dave: Rabbi Immanuel Yosef Legomsky, welcome to Shrink Rap Radio.

Rabbi Legomsky: Thank you, Dr. Dave. It's nice to be with you.

Dr. Dave: Okay. Well, of course I started out by addressing you as Rabbi. So, let's start there. What moved you to want to become a rabbi?

Rabbi Legomsky: Well, actually, my father grew up in a religious family; my mother did not. I grew up in Pennsylvania – Pittsburgh – and I grew up Reform, and I just had a personality where I was always looking for, I guess, spiritual meaning in life. And, that brought me to meditation at a young age, and other things. And, I guess that it was just a natural course of events to explore my historical history of being born a Jew. And, I went to Israel in '79 at the age of 22; and then again in '81; and then I settled in Israel in '87. And, I spent a good number of years in what's called a yeshiva or a rabbinical seminary, and I became a rabbi. But for me, the term “rabbi” in my life is just indicative of a spiritual course and also training, of course. I do use the title simply because it can be useful in therapy, you know, as an

authority figure. And, it also stands for something that people will expect from me – to maintain a certain level of integrity – and that’s good for me and for them.

Dr. Dave: I see. So, you don’t conduct religious services. You don’t have an – I’m not sure what the right word is – congregation?

Rabbi Legomsky: No, I don’t have a congregation myself, and you know, I am also – I mean every person who’s religious has a rabbi above them, because we’re all learners. And, in learning, you have to have – just like you play tennis, you have to have someone who’s better than you if you want to get good.

Dr. Dave: Mm-hmm...

Rabbi Legomsky: So, it’s a question of having someone above you in authority. It’s also a question of also just having guidance. And also, I guess another issue – which is what guidance is all about – which is humility to have the ability to be able to know that even if your logic says something different – if you went to an authority and you considered that authority your authority – so, you’re going to listen to what he says, even when he tells you what you don’t want to hear; which, I think, is also a very useful concept. Because my picture of the world is that, you know, spirituality is about, that there’s something above my own ego, my own intelligence, my own emotional feelings. And, I really think that’s where my whole specialty in psychology is, as well.

Dr. Dave: Okay.

Rabbi Legomsky: That point, that specific point.

Dr. Dave: And, just before I move on from this topic, did you stay with the Reform tradition that you had grown up in?

Rabbi Legomsky: Oh, no. When I say I became a rabbi, it means that I went to an Orthodox rabbinical seminary...

Dr. Dave: Okay.

Rabbi Legomsky: I’m considered an Orthodox rabbi, and in fact, I’m a [Hasidic](#) rabbi who has studied what you’d call the mystical traditions of Judaism, and practices certain forms of self-development that rely on those understandings of spirituality. And, I have a Hasidic rabbi who’s in his seventies who’s considered one of the most learned people today. I consider him my rabbi, and I consult with him on anything I need to, and I listen to what he says.

Dr. Dave: Okay. Well, it’s fascinating. You got interested in the spiritual journey early on, and it sounds like you explored various directions, and you ended up

going with the very traditional and mystical tradition within Judaism. Now, do you also identify as a psychologist or psychotherapist? Is that right?

Rabbi Legomsky: Well, I can't give myself that title because I have no psychology degree.

Dr. Dave: Okay.

Rabbi Legomsky: I actually have an MA in education, I have a rabbinical degree, and I have 30-40, at least, certifications. The original field that I studied in the '90s was bio- and neurofeedback, which recently, I brought back into my integrated program for emotional health because I found one specific method of EEG – that's electroencephalography – neurofeedback brainwave biofeedback, which is fundamentally different from any other form, and it really works unbelievably well. And, I've just been, you know, as other trainers are seeing outright miracles with it, it seems to enable the amygdala to regulate itself, so that it either doesn't go into the fight/flight or freeze response or it recovers very quickly because it's based on trusting the central nervous system's ability to self-regulate through a uniquely negative feedback system, which simply means... you might say "interrupting the chaos," but it's not a positive stimulus. Instead of stimulation, it's actually enabling the orientation – the orienting response, the relaxation response – to just let the central nervous system arrest and go back to itself, and recover. (inaudible) quite amazing.

Dr. Dave: Okay, I want to ask you more about that and find out more about that, but I realize that we sort of skipped ahead. I wanted to ask you when did you move – well, I think you mentioned the date... What motivated you to move to Israel? Are you still a U.S. citizen or are you an Israeli citizen? Do you have dual citizenship?

Rabbi Legomsky: Yes, I have dual citizenship, and I have family in America; and my wife and children are, of course, over here; and I've been in Israel permanently since 1987. And I was motivated simply because it was part of my [return](#), that I felt as a Jew – as a religious Jew – that this was my place, and I see now, of course, in retrospect that also in my profession, I'm living in the center of trauma; the center of, you know, world trauma...

Dr. Dave: Yes.

Rabbi Legomsky: So, it's certainly an arena where it certainly needs full resources and full attention.

Dr. Dave: Yes, and that's really the focus, I think, of our discussion today, as I'm really interested in hearing about the sort of trauma that's going on there and the tools that you're using to work with it, because I know that's a very large focus of your work. And, you know, even though you don't have this official certification as

a psychologist, you did get involved initially, you were saying, with this neurofeedback. How did that come to happen?

Rabbi Legomsky: Well, I think having children and being interested in education and the whole difficulty that so many children have a label like ADD – attention deficit disorder – and learning is such an essential part of the Jewish education system, so I was interested in helping people to be able to learn better. And, I early on came to the conclusion that psychology is not about the mind and not about the body. It's about – I don't even want to use the word mind/body. The human being has to be seen as a whole, and that everything that expresses itself emotionally or intellectually certainly has a physiological state that goes with it. And, by learning what I call "self-regulation skills"...

Dr. Dave: Mm-hmm...

Rabbi Legomsky: ...of the physiology, it seems to be what I have found to be the best door or window into helping the human being also mediate unproductive or unresourceful thoughts or feelings.

Dr. Dave: Okay. So, you know, I have some familiarity and background with biofeedback. I was interested in it when it first sort of hit the scene, and went through some training, but then I never...didn't really go all the way down that path. But you seem to suggest that there's something that's unique or different about this particular biofeedback approach that, or equipment...what sort of equipment are we talking about? Where are the electrodes placed, etc.?

Rabbi Legomsky: We're talking about the equipment that's designed by Dr. Valdeane and Sue Brown called NeuroCARE Pro...

Dr. Dave: Okay.

Rabbi Legomsky: ...and the website is zengar.com, that's z-e-n-g-a-r.com. And I was actually quite disillusioned with brainwave biofeedback, and I thought I would never go back because I had become, actually, the most highly licensed person in Israel in Emotional Freedom Techniques. That's Gary Craig's work. I'm in charge of licensing practitioners in Israel for the organization in Europe that has Gary's sanction, which is called the AAMET. In fact, I am the AAMET in Israel, and I have been very, very active with Emotional Freedom Techniques and, of course, NeuroLinguistic Programming, which is one of the two, what you'd call "causative agents" that resulted in Gary's development of Emotional Freedom Techniques. And, I'm a trainer in NLP, as is my wife, and I'm a trainer in EFT, as is my wife, and we have found tremendous results from helping people with what's called energy psychology and NLP.

Dr. Dave: Okay, so we're going to cover all of that. Backing up just a little bit, though, you said that you were disillusioned with biofeedback as it was being practiced until you discovered the zengar.com approach.

Rabbi Legomsky: Right.

Dr. Dave: So, what was different? What was your, what changed for you, or what was different about that?

Rabbi Legomsky: Well, I really believe that one has to have an understanding of how these systems work, but I can say it shortly. The reason I got back is because I had a student in Emotional Freedom Techniques when I taught a practitioner training in Manhattan, who's a psychiatrist who had changed his clinic to a neurofeedback clinic and came to me saying, "You are known as the biofeedback rabbi since the '90s..."

Dr. Dave: (laughs)

Rabbi Legomsky: "You've got to look at what Val Brown's doing today and you've got to go back there, 'cause it's really taking people, it's having effects that I'm seeing people minimize and even come off medication from this training." So, to try and understand it on a, you know, very simple basis, it's a negative feedback system which is unique in that – and he calls it "non-linear dynamical approach to training." And basically, what that means on a simple level, is that this feedback, instead of producing a goal – in order to get a point or a beep or a reward – you're just listening to music, which is like unconditional love. It's like the reward's there all the time. And, the way that the software from the EEG is set up is such that when – and this is metaphorical, but it really does explain the process – when the mind, your mind, is less than completely calm and in the present – you know, much like mindfulness meditation –

Dr. Dave: Yes...

Rabbi Legomsky: - if it's not in the present and calm... Because many problems – anxiety – are in the future; sadness and, you know, depression and grief are in the past...

Dr. Dave: Yes.

Rabbi Legomsky: So, if you are just enjoying the music, and you're right there in the music... So, my personal experience is that I go into a transcendental state – a non-dual state – where my ego's not there; there's not the "I" and there's not the thing that I'm knowing. There's just the process of knowing. And, I'm just, you know, in the music, literally in the music.

Dr. Dave: Yeah, but you're hooked up to a device, right?

Rabbi Legomsky: You are, you have, you have an EEG with electrodes on your head and your ears, but they're totally non-invasive. In other words, nothing is going into you.

Dr. Dave: Okay, and then, how does it – because you almost said this, but then I think you moved away from it. So, it's monitoring what's going on inside your brain in some way, and then it, does it change that music somehow, that you're hearing all the time? Something must -

Rabbi Legomsky: Great question, Doc.

Dr. Dave: Okay.

Rabbi Legomsky: Great question. Basically, the way I understand it is that all [EEG](#) does is monitor or measure the electrical potentials on the scalp. And, that is indicative of what's happening in the deep brain, because people with the same issues seem to have similar brain signatures. And they've shown how, if you can change those brain signatures, then people seem to get better. But what's happening is, it's just measuring those electrical potentials and the music, there is software that has four different phases of training that's in the music. Now, how it works is not something that can be explained on one foot. But basically, this software is set up so that when your mind – again, metaphorically – is not in the present and not calm, so, the facilitator is setting a difficult factor on the instrument, so that whether you're a first grader or a Ph.D., you're going to get a level that is going to increase your ability to become calmer and calmer.

Dr. Dave: Okay.

Rabbi Legomsky: And, the way it works is simply that when your mind is not calm according to your level, there will be like a - you know, we had long-playing records, and they had a skip in them?

Dr. Dave: Yes.

Rabbi Legomsky: And because it's a negative feedback system in the sense that because the music's there, like unconditional love, and you just want it 'cause it's nice, so if it stops for half a second, or a millisecond, that's not so nice for you. So, your mind will just want to gravitate back toward, you know, the comfortable condition...

Dr. Dave: Okay.

Rabbi Legomsky: ...of enjoying the music. However, what's really amazing about this system, Dr. Dave – 'cause this is an important point – is that what we found now is that the feedback is more effective subliminally because the nature, particularly of

our Western minds, is that if we hear a skip, we want to say, “Oh, no! I’m not relaxed enough; I’m not doing good enough. I’d better try harder.” And, this system uniquely relies on the idea – the reality – that our central nervous system is a sublimely – you’ll excuse my religion – but Godly-created mechanism that’s self-regulates itself much better than we do. And if we try, we’ll probably mess it up, because, you know, trying to relax can make some people do the opposite.

Dr. Dave: Yes.

Rabbi Legomsky: So, in the end, what happens is, today, most of the feedback is subliminal...

Dr. Dave: Oh.

Rabbi Legomsky: ...and the mind does the work by itself. So, in that sense, it’s a passive system, and the human being has a hard time not getting it right. So, you will get it right; it’s just a question of letting – like riding a bike or a car – letting yourself go through the training, and actually being able to – I would say – reset your amygdala, is what it does. It enables you to either maintain calm or return to calm, return to the present, in a way that nothing else I’ve seen has been able to do. So, what I’m doing today, is I’m – in my part of my integrated program, which I’m only one part of my program. Because as I’ve said, I believe that health – mental health – is about spiritual, emotional, intellectual, physical and social health, because I believe that we have all those components, and we have to integrate them in a healthcare program. But my part of my own program is using [NeuroCARE Pro](#) to help people to make an upgrade of their hardware, is the way I’ll say it. In other words, their brain function, their central nervous system, their anxiety factor will change entirely, and even sleep – I mean, it’s used in Norwalk Hospital Sleep and Insomnia Center. It’s probably the main thing they use today; the whole staff is trained in Connecticut because it’s so effective with sleep issues. And then, I use EFT and NLP, and sometimes hypnosis, although in Israel I call it “deep relaxation,” because it’s a legal issue. I use mainly EFT and NLP, and that is for behavioral change because everyone needs the process. And no matter how calm you are inside and how much better you function than you did before, we all have our “stuff,” and if we want to change our behavior and work through our emotions, I haven’t really found anything as effective as Emotional Freedom Techniques and NLP. So, I’ve actually licensed and trained 500-600 facilitators in Israel in Emotional Freedom Techniques.

Dr. Dave: That’s, you know, I keep hearing about EFT. I’ve – as you know – I’ve interviewed Sarah Chana Radcliffe here, who I think you know...

Rabbi Legomsky: Yes.

Dr. Dave: You recognize the name, right? And, she uses it in her work. And, I was very impressed by her, and at first blush, it just, you know, it’s hard for me, with

my academic background, to give it credence. But I'm hearing such rave reviews from such diverse quarters that I'm trying to open my mind (laughs) to it a bit.

Rabbi Legomsky: Well, Dr. Dave, you know, it looks kind of too simple to be true...

Dr. Dave: Exactly.

Rabbi Legomsky: ...and when I first learned it in 1995 at a brain-function conference of Neurofeedback in California, I thought it was, you know, just too simple to be true. But what's really interesting is that I don't really believe there's anything in the medical world, whether it be alternative or adjunct or conventional medicine, that's not, you know, a pill or a weight-loss program, you know. I don't think there's any technique that's actually had so much success as EFT. I mean, I figure a half million people are looking at Gary Craig's website today, and there's well over 100 other websites. Most of the big people in alternative medicine have endorsed it, like [Deepak Chopra](#) and [Shealy](#) and [Epstein](#) and [Candace Pert](#) and [Lipton](#) – Nobel Prize winners – it works. I can tell you that I formed a non-profit organization which I'd really like to talk about on your show called Israel Trauma Care. It's the website Israeltraumacare.org, which is an American non-profit as well as an Israeli non-profit organization. And, I formed it a few years back for the purpose of giving free psychotrauma treatment to terror victims and war victims here. And, I don't know if you know the numbers, but there were over 115 public city buses blown up in Israel in the last many years. And, you can imagine each bus as a world of victims and their families. So, you know, in addition, there's all kinds of things happening here, and what I was looking for was tools that work...

Dr. Dave: Yes.

Rabbi Legomsky: And I examined, I examined so many things. I'm licensed in so many things. I've examined a traumatic incident reduction and the VK Dissociation ([VK/D](#)) in NLP, and EFT and [TAT](#) and [Somatic Experiencing](#), and, you know, short-term brief methods, and [EMDR](#), and all these methods. And, I found that at the end of the day, there is really nothing like EFT because you can teach it to anybody, it works very quickly, and it's something that just self-enables the victim or the client to be able to – in a short training period – to be able to begin to process their own issues. Of course, everyone does better with a professional because we have our own blockages to dealing with our own problems. But if you can imagine a person having simple anxiety or, you know, control issues come up after a terror attack...If you have any loud noise behind you, for years afterwards, you have control issues. You know, red lights flying because your control was removed, and there was usually a loud sound involved. So, if you could mediate that yourself, you know, it's major. And in fact, by talking about the problem cognitively, I found that many people were feeling worse because they're not accessing their physiology. And that, in my book, is really the main point, whether we're talking NeuroCARE Pro Neurofeedback, or we're talking EFT or the other tools that I use. It's all about physiological state, meaning if you have a negative feeling or thought

– and this is actually the discovery statement in Gary Craig’s EFT – and that is that any time you have a negative thought or a negative feeling, or even a positive one for that matter, there’s always what Gary calls a “disruption” in your energy system. Now, that’s California; I’ll just bring it down to another language...

Dr. Dave: (laughs) Okay.

Rabbi Legomsky: In the Ethics of the Fathers, which is an ancient Jewish text, it says you can’t calm a person down when he’s upset. Because we even say it. You say, “I’m upset.” Usually, when you say those words, either there’s tension in your wrist or your jaws or your chest just by saying the word about what you’re upset about. So, it’s a reality that when a person’s upset – or when a person’s grieving is also a reality – you can’t begin to bring them down to a rational, calm, reality until you help their physiology relax. So, that’s why what I have learned is that I always start with the physiology. And the words are – in EFT, particularly, and NLP – basically, they’re a targeting mechanism. In other words, they’re not to conquer the problem; they’re to be tuned in to the channel of the problem. Like a radio station: if you’re tuned in, there’s no static. So I’m assuming whenever someone comes in my office, they are in their stress response. So, the first thing I’m going to do is sit them down in my zero-gravity chair and give them a session of NeuroCARE, because then they’re going to be so calm and relaxed, and they’re going to feel great.

Dr. Dave: What’s a zero-gravity chair? What is a zero-gravity chair? (laughs)

Rabbi Legomsky: Well, it’s like what astronauts use, but there’s various companies that produce them now. It’s just a chair that goes back to a position that you can feel zero gravity in. It’s useful for trainings like NeuroCARE because you just want a very relaxed environment for a person to be able to let go easier.

Dr. Dave: Okay.

Rabbi Legomsky: Because again, NeuroCARE is not trying; it’s about letting go.

Dr. Dave: Okay.

Rabbi Legomsky: And so it’s just a gimmick in a sense...

Dr. Dave: Yeah.

Rabbi Legomsky: ...but it’s a useful one. Then - Go ahead.

Dr. Dave: You know, there may be listeners who are familiar with EFT, Emotional Freedom Technique, and I’ve kind of seen it demonstrated. I know it involves tapping on what are presumably acupuncture points. Maybe you could kind of give us an overview of, you know, what a session looks like.

Rabbi Legomsky: Oh, sure. When a person comes in to an EFT session, which I do even over the phone, with Skype or without Skype – you can even do it without Skype. But the point is, is that you want to teach them the points as soon as possible. They are actually meridian points. Now, the difference between points and meridians is significant. Acupuncture and acupressure are similar. EFT is often called “emotional acupuncture” or “emotional acupressure,” meaning usually, acupuncture is used primarily for physical pain. EFT is used for, basically, Gary says, “Try it on everything.” And I’ve seen amazing results. We can talk about stories. I can tell you about victims – terror victims – and dissociated memories coming out in treating even the worst of the worst, which is sexual abuse, with EFT, and having wonderful success. The basic idea, again, is that meridians are lines in the body. And there are 70, but 14 of them are essential. And we’ve found a way – Gary has, you know, done just an amazing thing for the world. He deserves all the credit that he’s got. He’s reduced it to 8 or 10 points, where you just tap on them. And, as you know, tapping creates like a wave, so you don’t even have to worry that you’re in exactly the right place. Because if you’re close, that wave function of tapping on your skin – and it doesn’t matter how hard or how fast or slow – will send that vibration in the meridian, and it will at least calm you down. But, that’s really the tip of the iceberg, because what Gary did was he used NLP ways of talking – reframing is one of the common tools in NLP that we’re using all the time in EFT treatment – together with the tapping. And, he also – you know, the main issue is getting good rapport with your client. And then, I think, really, a main issue is humor. Because if you’re intuitive and you use humor, it helps the person to externalize their problem and to see it as, you know, they’re caught in it, but they don’t need to be. And, it’s just a monster trying to get in your house from the outside, so you can just give ‘em a kick out. So humor really, really helps. And, you know, there are two things I use a lot of, which, in traditional psychology are not always approved of, and that is humor and personal disclosure.

Dr. Dave: Mm-hmm...

Rabbi Legomsky: Because both of those things seem to help clients to be able to let go.

Dr. Dave: I agree.

Rabbi Legomsky: They just realize that we all have human experience that’s in common, and that when we can be humorous about it, it suddenly becomes “free-rippable,” I’ll say. And, the issue is all because of the physiology. If you would not be tapping these points and be organizing your physiology, I do not believe you’d get the results. Now, if you’ll ask Gary, you know, what’s going on here, he doesn’t really care, because you’re getting the results. I mean, you can be skeptical and call it simple pattern interruption if you’re a hypnotist; you can just say it’s Chinese medicine; or you could even try to say it’s brainwashing. But you know what? He and I and most of the other good practitioners, we don’t really care. Because we know that if we just do it – even without believing it – and we have the

right kind of presence and environment with our clients, so they are going to oftentimes resolve lifelong traumas even in one to three visits. And it's amazing, it really is.

Dr. Dave: Well, you said –

Rabbi Legomsky: However, as I say –

Dr. Dave: You said you could tell some rather dramatic stories. This would be a good time for one or two of those stories.

Rabbi Legomsky: Okay, great. Well, Israel Trauma Care, as I said, is an organization – non-profit organization – that I made for supplying free psychotrauma care for victims. Right now, I'm actually treating a family that are 9/11 victims living over here, where the father was a highly, highly functional, big-earning person who was employed right near the Towers. And, he was on his way to work and saw them fall in front of his eyes. And, he has not worked since that day.

Dr. Dave: Mmm...

Rabbi Legomsky: Many children in the family, and a child that's been in and out of mental institutions because of seeing the father, and what, you know, the family's been going through. And, I have seen countless Israelis or Anglos living here also that have been terror victims in Israel. And, I could tell stories with both, you know – I do use and integrate a program. I'd like to talk about that at length, but I'll, just a few stories to get us going. You asked me for EFT. In the Northern War – the Lebanon War, which was a couple years back – the Hezbollah was shelling northern Israel heavily. And, I was asked by a major trauma center on the northern border to go up to a northern city and teach the psychologists and reserve soldiers, and work with people in bomb shelters. So, I ended up in the northern city of Sfat. I went into the Psychological Services, the City Municipality Building, and I first worked with a psychologist there, and they took me to a few places. I gave a seminar for reserve soldiers, I went into an Ethiopian absorption center, and then I went into bomb shelters. I was in a bomb shelter which was mainly women and children, and there was the 15-year-old blond-haired boy with earrings in his ears, long, wavy hair; and he looked very, very different from me – you know, I'm in a long, black coat, with a beard. You know, you might've thought that that could be an issue of rapport. So, I quickly got his rapport. The psychologist was in the back of the room, watching me work, and everybody was sitting together, mostly women and children. The 15-year-old boy had been in a field in the south end of the city, playing, when a Katyusha missile – which I don't really believe your listeners know how that happens – but these missiles, as I found out when I was up there – 'cause I was actually giving these seminars while the missiles were flying... And there's some film on that, on Israel Trauma Care's site. You'll see some of my students and also some of the footage from working in the war that I did. And, the missiles come so fast, that you really don't know there was a missile until it already passed

you and landed. So, that's really frightening. Because, you know, if you see something coming, at least, you know, you think you can get out of the way, you know? (laughs)

Dr. Dave: Yeah...yeah.

Rabbi Legomsky: But if it's just there, and then, you know... Usually, it whooshes past you, and you can actually feel it. And, then you say, "Oh, good! I'm still alive," you know? (laughs)

Dr. Dave: Yeah.

Rabbi Legomsky: So this boy, it landed, I guess 100 meters from him. And, he was afraid to go out of the bomb shelter since then. So, I spent no more than 15-20 minutes working with EFT with him. And, the psychologist's mouth just dropped. He said, "I just know how to talk; I can't do that." But, what I did was I gained his rapport and used humor and did some, you know, a session with him. And the trauma was nullified. And, how we knew that, is because built into the procedure of EFT is constant testing. That means we use primarily something we call the movie technique, which is making the event into a very short movie. EFT always works best when you very specialize-zero in on aspects of the problem. You don't take off too much. You take off one event. So, a missile falling might have hours around it, but the actual event of being in the field and playing, and then the missile fell, and then what happened after, is usually just a couple minutes or less. And, maybe the moment of truth could even be a few seconds. And, that's what you try and do with EFT right away, is zero in on a movie that's small enough. It's kind of a paradox. It sounds like traditional medicine, that you're looking, you know, you're looking at symptoms rather than causes. But, our reality is, with EFT, is that when we get very specific, and we focus just right in on exactly the moment that is the traumatic moment, it seems to somehow get to the underlying levels in the personality of wherever that emotion was layered into your life through other events. So, by... We call it, actually, a name in EFT, called the "generalization effect," that if you take out a tree in the forest so the other trees seem to get uprooted with them, and sooner or later, enough trees – the whole forest falls down; which is why when treating a terror attack – an emotionally disturbing issue – this technique has no abreaction... like other techniques like EMDR often wants abreaction, but we don't need that in EFT. Because what happens is, you look for the least distressing event in a major trauma, and when you'll take care of that, you've already changed the more distressing events. And, sometimes, you never have to get to the main event. It's already gone by dealing with the parts of the movie on the way up to the main crescendo. So, it's a very unique technique in that way. It's so gentle and so "ecological," we would say in NLP. And, I just went through the story with him, and by the time he got to the main crescendo of, you know, the missile fell and, you know, it could have killed him, and he was afraid of dying, he had already moved it. And, he actually, you know, went out of the bomb shelter. And, he was laughing, and he was able to go over and over and over the

story and not feel the charge. And, I recently had that with a little girl that I treated who had had an abuse issue, where somebody older had touched her inappropriately. And, I did the same thing with her, with her family – an adult – present. I don't work with such issues, I don't work with women with such issues without having a girlfriend or somebody present. And, I don't work with kids without having, you know, other people present. But, I went through it, and over and over again, and inside 20, 30 minutes, she had a very – she had even reframed a healthy approach, and she was only like 11 years old. She had reframed a healthy approach to her future, in terms of looking at men and looking at these kinds of issues, which are still way beyond her age.

Dr. Dave: Well, that's really wonderful. Now, do you have any evidence that these results last?

Rabbi Legomsky: Oh, that's a great question. Now, I could just tell you story after story for terror traumas that they last. You know, I have a lawyer who is a top lawyer sitting in a central building in Jerusalem where a bus was blown up right in front of his window...

Dr. Dave: Hmm...

Rabbi Legomsky: ...and he couldn't go in his office because every time he went in his office, he just kept recreating that old information. And, he just knocked it out in one session, and he goes to work fine. And, I have many, many other cases of terror traumas with flashbacks leaving and with... I had in the Northern War, I had a man – this is a very interesting story – a man who saw two missiles. One fell close to his back porch, and one fell on a far hill that he saw in the distance. Now, really interestingly enough, it was the far one that traumatized him. And, he was severely traumatized. He had to leave the region, and I saw him near my region, because I also worked with people that were refugees to my region during that war. And, he accessed very quickly this associated memory from, just by tapping a little and talking of when he had been a little boy at his grandfather's house, that he was going to sleep at night and he heard the train. And, he had these nightmares that the train was chasing him and going to run him down. And, interestingly enough, the way his physiology was wired, was when he saw this missile far away – shooting over the mountain and landing – it was somehow connected to the train-dream nightmare of chasing him to run him down and kill him. And, this had him severely traumatized. It was just resolved in one session. His child had a bathroom trauma; couldn't go to the bathroom by himself – resolved in one session.

Dr. Dave: Wow.

Rabbi Legomsky: So, these are things that once resolved, they don't really come back, because these kinds of fear traumas are kind of encoded like viruses in a computer. So, once you undo the coding, they really don't usually come back. And I have, you know, I mean, I know one lady who was in a course training of mine in EFT.

She had wanted me to treat her for arthritis in her knees, in front of the group as a demonstration. I just love to give demonstrations in front of groups, and that's how you teach this technique well, as well. And, I don't teach didactically anymore. I just can't stand to lecture.

Dr. Dave: (laughs)

Rabbi Legomsky: I just start people tapping right away because when they tap, they start to smile. You see the real smile because their physiology changes, and they start to let their stress response go. And, you see who they are, and then they can talk about anything. And then, you know, the things that are bothering them start to go. So, this lady... that's why, to teach didactically, you can talk at them for a half hour, an hour, and they never start tapping. And, they're just either not listen because they don't have (the) attention span, or they're just feeling nervous about when are they going to deal with their problem. But, if you start them right away by tapping the points, and you don't even tell them what to talk about, so, it evens out their physiology. Then, when they start talking, they find out that things just start going. So, oftentimes now, even though I have all these models developed that Gary doesn't even teach, about how to teach EFT, I just give them after the fact, after people have already had the results. Because then their mind wants to understand, just like yours, Dr. Dave, how could such a simple thing work?

Dr. Dave: Yeah. You're making me want to, you're making me want to attend one of your courses. Now, trauma is one thing; arthritis in the knee is quite different.

Rabbi Legomsky: Oh, I'm so glad you've picked up on that, because Gary will tell you, try it on everything. And, it's true. You know, this is a physiological issue, but you're going to hear how everything's linked. So, I'm going to tell you that story. But, I want to ask your permission to just backtrack, 'cause I want to, I want to just reveal my model and then go back to the arthritic knees, because it will demonstrate...

Dr. Dave: Okay, but I need to let you know that we're starting to kind of come near the end of our time, so you'll have to be brisk.

Rabbi Legomsky: Okay, I'll do that. So, my model is a model that as I said, you have to handle spiritual, emotional, intellectual, physical and social to upgrade human health. So, I have a model now that we are dealing with terror victims, and we're about to also deal with adult women that are emotionally sick, because we believe we have no problem curing depression and adult emotional sickness, so that people that couldn't marry or live productive lives will be able to do that. But, in order to do that, we need neurofeedback for the upgrade of the hardware, the internal upgrade; we need EFT and NLP for processing behavioral change; and we need nutrition because there's great evidence now, and I'm working with a top expert, that psychiatry and psychiatric disorders are unbelievably affected by balancing amino acids, mineral balance, and fatty acids. And of course, everybody knows

today about the omega-3s to the omega-6s, as well. And also, hormonal balancing naturally, bioidentical hormones – we have Dr. Yaffa for that. So, we have like a complete program. That’s what we believe in. What I’m doing with Israel Trauma Care is proving the model and getting beyond the private sphere of competitive mental health. We should, we want to put it all together. We’d love to see public financing for it, which is why we have a non-profit that people can write off their taxes by subsidizing – directly subsidize terror victims’ treatment, or directly subsidize curing depression – so that people can have these programs. And, it’s a complete program that we’re doing for the depression and emotional sickness part of it, an in-residence program. Because this is a transformation of lifestyle, and it’s going to really bring about a total change. The NeuroCARE itself brings about an amazing change, and I do want to say what it’s done for me personally, in addition to my clients. But for me personally, I sleep only five hours a night because of NeuroCARE; I used to need close to seven. I wake up every day feeling great; I’m even all day; my mind works much better. My anxiety response is totally different. I recover from overwhelm totally much better and quicker. My emotional connectivity – and I’m 51 – has gotten much, much better. And these are, you know, major things, so we have a complete program like that. Now, about the arthritic knees, she had, you know, with EFT, you rate the problem in the present when you start. She was like a nine or a ten out of ten in the SUDS, Subjective Units of Distress Scale rating. And, in a few minutes’ work, she started accessing that she started the pain when she was sitting in the hospital next to her 20-year-old daughter, who had gotten a mysterious illness, that they said she might die. She later got well, thank God. But, she thought her daughter might die, and the chairs next to the bed were very uncomfortable for her. But, she started immediately accessing all the emotional stuff of being terrified her daughter would die. She went into crying/laughing/crying in a few minutes; she went through all that. And then, I asked her, “Do you remember what we were working on?” Tapping, all the time, she said, “No.” I said, “What about your knees?” She said, “Oh, yeah! They’re a zero!” I said, “Could you please get up and go in to where there’s steps and walk up and down the steps?” She did it – zero. But, she had forgotten that we were working on arthritic pain, because she went into the whole emotional issue about her daughter, and the... It just shows that our systems are totally linked. We can’t really expect to have total health unless we access spiritual, emotional, intellectual, and social. And, she actually got rid of the arthritic pain. I checked, followed up, on her. Because you asked about results, I followed up on her weeks later, and she had had major changes in her arthritic pain. So, I don’t know how to explain that logically, but it works.

Dr. Dave: Wow, that’s great.

Rabbi Legomsky: I’ve had people with 30-year-plus cigarette addiction in one seminar stop smoking cigarettes. Now, it won’t happen –

Dr. Dave: That is amazing. Because I’ve tried to work with people with that, and it’s...

Rabbi Legomsky: It won't happen –

Dr. Dave: Some... Go ahead. You say it won't happen with everyone?

Rabbi Legomsky: It won't happen to everybody, that's for sure.

Dr. Dave: Yeah.

Rabbi Legomsky: You've got to access those deep issues, like control issues or whatever. But obviously, anybody who's doing something wrong – and “wrong” is, you know, a religious word. But what it means here is, I have a spiritual presupposition that if you're doing something that is, you know, not considering other human beings, or it's stealing, or it's immoral or whatever – whatever you feel is wrong – you're not going to get well until you remediate it. So, any addiction is some kind of hole in the person's happiness, or love factor, and they're going to have to find a way to fill that. And they to have to find a way to fill that that's also positive for them and other people; according to their map of the world, they're doing the right thing, not the wrong thing. And this is where, you know, it's not just physical, emotional, or mental, it's also spiritual and social...

Dr. Dave: Yes, well, you know...

Rabbi Legomsky: And therefore...

Dr. Dave: ...this is probably a good place for us to wrap it up. And, I wonder if you could let listeners know your website.

Rabbi Legomsky: Right. Okay, all my websites are out of date, but the one we're working on right now, to make the main one, is www.israeltraumacare.org. As I said, my focus – my entire focus right now – is integrative medicine in a way that we can non profit-finance, subsidize both the treatments of the only two areas I'm really focusing on right now at the moment: terror victims, or war victims, and secondly, curing – I'll use the word “cure” because I know it's a radical word – curing emotional disorders. It includes depression, it includes abuse, it includes eating disorders. And, we've chosen to focus on adult women because of a few reasons. One, because my wife and I can work together in the program, and we have, you know, these doctors we're working with. Two, because if you enable a woman to get married, to have children, and live a productive, normal, life, so you've made an impact on generations. And it's also an arena where, with an in-residence program, we can really refine the tools we're using, because technology's always advancing. But, we're certain, with what we have now, that NeuroCARE Pro is the most profound upgrade we can make on the hardware of a person – together with EFT and NLP, and together with these programs that will be vitamin, mineral, and hormonal balancing along with exercise, along with spirituality, along with some kind of occupational therapy that develops art or music or some, you

know, enjoyable skill – that in six months we can turn lives around. So, I'd like to promote www.israeltraumacare.org because it's a way for the public to actually tax-deductibly enable us in Israel to make a difference that will reach far beyond Israel, to the whole world. Because what we'll do, is we'll create and refine a model that can be replicated in any system. And it's an integrated model which will acknowledge that a human being, to be healed, needs spiritual, emotional, intellectual, physical, and social completeness, and a change of lifestyle, a transformation. So, we're working with transformative tools that all work through the physiology. Because by mediating the physiology, then a person's thoughts and emotions are automatically going to become healthier.

Dr. Dave: Okay. Well, this has been a fascinating interview, and I'm sure people are going to want to go to your website and check it out. So Rabbi Legomsky, thanks so much for being my guest today on Shrink Rap Radio.

Rabbi Legomsky: Well, Dr. Dave, I really want to thank you. And, I will just allow my e-mail to do, if people want to contact me personally, it's EFTRabbi@gmail.com. And, I welcome the input of the world because I do believe that only by working together and by transcending the boundaries of medicine being a private and individual enterprise, will we come to the answers that we need to take what is an ailing planet and to make it a much more compassion world.

Dr. Dave: Okay, well, thank you.