

Phillip W. Warren, B.A., Ph.C. *Zetetic Scholar*

4459 52A St, Delta, BC Canada V4K 2Y3

Delta Life Skills

Phone and Voice Mail: (604) 946-4919

Email: phillip_warren@telus.net Website: <http://www.REBprotocol.net>

US PO: Box 1595, Point Roberts, WA 98281

I've been interested in "do it yourself" approaches in psychology and health since the early 1950's when I discovered the then current "peoples therapy" called Dianetics. I have maintained this interest in "peoples therapies" ever since. In 1989 I discovered what are now called the Specialized or Energy Kinesiologies by taking Stephanie Friesen's course in "Laserology," an innovative combination of One Brain, Educational Kinesiology and soft lasers. My most recent interests in the field involve the many exciting developments arising from Roger Callahan's Thought Field Therapy. These Emotional Freedom Processessm, described in Fred Gallo's books Energy Psychology: Explorations at the Interface of Energy, Cognition, Behavior, and Health and Energy Psychology in Psychotherapy, are generating great interest among practitioners. Since 2001 I have researched and developed, with my colleague Janet Nestor, the Radiant Energies Balance protocol (REB)sm, a bioenergy method of balancing the autonomic nervous system using the radiant circuits as described in Donna Eden's book Energy Medicine. It is an integrative combination of somatic/body and energy/information psychotherapies.

In 1997 I retired from 25 years of full time teaching in the departments of psychology and music at Kwantlen University College and was awarded "Professor Emeritus" in 2000 May. In 1993 I developed the Performance Enhancement Program for Musicians® to be used in the department of music. In 1985-86 I developed programs for Curing Self-Sabotage and Using Sound, Rhythm and Music for Life Enhancement.

In 1963 I obtained my graduate degree in psychology and sociology from the University of Minnesota. From 1963-1969 I was Associate Professor of psychology and education at the Universities of Saint Cloud State and Saint John's in Minnesota. From 1969-1972 I was Director of Evaluative Research and Special Project Development for the Life Skills Division of Saskatchewan NewStart. While there I authored The Problems and Needed Life Skills of Adolescents and co-authored The Dynamics of Life Skills Coaching as well as several papers and technical reports and proposals. I am an Associate Practitioner of Operant Effectual Counseling (A.P.O.E.C.), an NLP based counseling methodology, and am a certified instructor/practitioner in Success Over Distress®, Self-Help for Stress and Pain plus Learning Blocks and am trained in Educational Kinesiology (Brain Gym®), Touch for Health, One Brain, Thought Field Therapy, Emotional Freedom Techniques and other Specialized Energy Kinesiologies and Emotional Freedom Processessm. I am past president of Canadian Association of Specialized Kinesiology (CanASK). I am a charter member of ACEP (Association for Comprehensive Energy Psychology) and ATFT (Association for Thought Field Therapy) and the Institute of HeartMath.

My musical background is one of a "relatively talented amateur" (non-professional). I play the various clarinets, sax and some flute. For several years, until I took up the alto and bass clarinets, I was principal clarinet for the Delta Concert Band, a band known for its high quality amateur performances. I am currently a member of the "Tail Gate Jazz Band" dixie group and "Strictly Ellington" Repertory Orchestra. In October 1999 I co-conducted a week long conference on "Healing With Sound and Music" at Hollyhock where I combined my interests in Specialized Energy

Kinesiology with my life long love of music. Toward the end of my formal full time teaching career I welcomed the opportunity of combining my two major interests, psychology and music, into developing and teaching Kwantlen department of music's performance enhancement course for musicians, a course unique among music schools.

I am married (1958) to the same women!, have 3 children and 4 grandchildren.

A word of explanation of the Ph.C. degree (see copy of the certificate below)

The Ph.C. is a formal degree established by the University of Minnesota in the 1960's to replace the more informal one of Ph.D. (ABD= All But Dissertation). Ph.C. stands for Candidate in Philosophy (it's only one letter away!) It's signifies the completion of all requirements for a doctorate except the dissertation (or my project, as my mom called it). In my situation in 1963 I needed to make more money to support my family and both my major (psychology) and minor (sociology) advisers had died (was I somehow a curse?!). This made things quite difficult. I became involved in my new full time teaching position at St. Cloud State University in St. Cloud Minnesota and, as often happens, I didn't ever get around to doing "my project."

Thus, the degree of Ph.C.

THE UNIVERSITY OF MINNESOTA
Graduate School

Phillip Winston Warren

HAVING SATISFACTORILY COMPLETED ALL THE REQUIREMENTS
OF CANDIDACY FOR THE DOCTOR OF PHILOSOPHY
IS HEREBY CERTIFIED AS A

Candidate in Philosophy

June 1963
DATE



Ray. Crawford
DEAN

A word of explanation about *Zetetic Scholar*

From Wikipedia: "After leaving CSICOP*, Marcello Truzzi started another journal, the *Zetetic Scholar*. He popularized the term Zeteticism as an alternative to [Skepticism](#), because the term Skepticism, he thought, was being usurped by "[pseudoskeptics](#)". A zetetic is a "*skeptical seeker*". The term's origins lie in the word for the followers of the skeptic [Pyrrho](#) in ancient Greece and was used by flat earthers in the 19th century.

"Pyrrho concludes that, since nothing can be known, the only proper attitude is [ataraxia](#), "freedom from worry".

"The proper course of the sage, said Pyrrho, is to ask himself three questions. Firstly we must ask what things are and how they are constituted. Secondly, we ask how we are related to these things. Thirdly, we ask what ought to be our attitude towards them. As to what things are, we can only answer that we know nothing. We only know how things appear to us, but of their inner substance we are ignorant.

"The same thing appears differently to different people, and therefore it is impossible to know which opinion is right. The diversity of opinion among the wise, as well as among the vulgar, proves this. To every assertion the contradictory assertion can be opposed with equally good grounds, and whatever my opinion, the contrary opinion is believed by somebody else who is quite as clever and competent to judge as I am. Opinion we may have, but certainty and knowledge are impossible. Hence our attitude to things (the third question), ought to be complete suspension of judgement. We can be certain of nothing, not even of the most trivial assertions."

* CSICOP = **C**ommittee for the **S**cientific **I**nvestigation of **C**laims **O**f the **P**aranormal which see themselves as the defenders of the faith. Robert Anton Wilson says the acronym should more accurately stand for **C**ommittee for **S**lander, **I**nvective and **C**alumny against **O**pen-minded **P**eople.

The Power of Now has been pushed for some time now. I think it's time to push the Power of Maybe, mainly since I've had this "agnostic type" or *Zetetic* attitude for a long time regarding my profession (Thus I like it!) and am now applying it to other parts of my life. Quoted from George Copey's program (2003) "Live in a World with NO Problems using the Impossibility Transformer," p. 20-22. <http://hop.clickbank.net/hop.cgi?integpsych/transform>

"Impossibilities (problems) are what we add to (our added-to; or attitude) an event as an interpretation or 'spin'...AND we resist or don't like that interpretation. Remove the interpretation...and/or stop resisting it...and we no longer have an 'impossibility.' It's what you're adding that makes it an impossibility. Remove THAT...and it just is what it is. Here's a Taoist story to demonstrate this point."

THE POWER OF MAYBE

"There is a story of an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "This is terrible!" they said sympathetically.

"Maybe" the farmer replied.

The next morning the horse returned, bringing with it three other wild horses. "This is wonderful!" the neighbors exclaimed.

"Maybe," replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors came again and said "This is terrible!" to offer their sympathy on his misfortune.

"Maybe," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. "This is wonderful!" the neighbors exclaimed.

"Maybe," said the farmer.".....

EDUCATION AND TRAINING HISTORY OF PHILLIP W. WARREN: B.A., Ph.C., Professor Emeritus
 Certifications: Emotional Freedom Technique; Healing from the Body Level Up;
 Self Help for Stress, Pain and Learning Blocks; Stress Release and others

WORKSHOP TITLE	DATES	HOURS
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SPECIALIZED KINESIOLOGY APPROACHES

Laserology (One Brain System incorporating soft lasers and lights for balances & corrections): Stephanie Friesen and Ruth Payne	1989 July 10-13	23
Basic One Brain: Carol Ann Bickerstaff	1990 July 22	8
Hyperton-X: I: Suzanne Ryder	1990 September 22	7
Hyperton-X: II: Suzanne Ryder	1991 January 27	7
Basic One Brain refresher: Sharon Promislow	1991 April 12-14	20
Brain Gym® I & II (Educational Kinesiology): Sharon Promislow	1991 May 9-14	28
One Brain: Under the Code: Eva Raycraft and Devorah Seamen	1991 June 6-9	20
Touch For Health 1 & 2: Sharon Promislow	1991 June 17-20	32
Stress Release I & II: Sharon Promislow & Yvette Eastman	1991 July 3-4	14
Tibetan Energy Systems: Sharon Promislow	1991 August 6	7
Brain Gym® I & II refresher: Sharon Promislow	1991 August 12-15	28
Defusing Negative Personality Traits: Wayne Topping	1991 November 4-5	16
Defusing Stuck Emotions: Wayne Topping	1992 January 2	8
Advanced Edu-Kinesthetics in Depth: The Seven Dimensions of Intelligence: Rose Harrow & Colleen Carroll-Gardner	1992 May 15-18	32
Advanced One Brain: Carol Ann Bickerstaff	1992 May 29-31 & June 5 & 7	28
Overcome the Cigarette Addiction: Wayne Topping	1992 June 8	9
Brain Gym® Teacher Practicum: Carla Hannaford (Certification, California, as Educational Therapist and Teacher of Brain Gym®)	1992 June 25-28	32

The Physiological Basis of Educational Kinesiology: Carla Hannaford	1992 June 29	8
Brain Organization Profiles Seminar: Paul E. Dennison	1992 December 5-6	12
Switched On Selling: Carla Rieger	1992 December 7	8
Tools of the Trade: Sharon Promislow	1993 January 23-24	14
Rapid Treatment for Phobias, Post Traumatic Stress Disorders and Addictions: Roger J. Callahan	1993 March 27	7
Switched On Golf: Pamela Curlee & Lee Hoellwarth	1993 March 28	8
Touch For Heath III: Michael DeLory	1993 April 11-12	16
Advanced Edu-Kinesthetics in Depth: The Seven Dimensions of Intelligence (Refresher): Rose Harrow	1993 May 20-23	32
Three In One Concepts specialized workshops conducted by Daniel Whiteside: Forgiveness	1993 July 9	6
Worst Habit/Longest Lie	1993 July 10	6
No Excuses	1993 July 11	6
Releasing the Genius Within You!: Kathleen Carroll	1993 September 25-26	16
Touch for Health for Professionals: John Thie	1993 October 16	7
Stress Release Instructor's Course: Wayne Topping	1993 December 15, 16, 17	24
How to Improve Your Performance Without Really Trying: Paula Oleska	1994 June 27 & 28	14

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SPECIALIZED KINESIOLOGY APPROACHES continued

Top 10 Stress Releasers and Brain/Body Integrators: Sharon Promislow	1994 July 11	5
Top 10 Pain Releasers: Self-Help Techniques for Reducing Stress and Pain: Arlene Green	1994 July 11	4
Workshops conducted by Elizabeth and Hamilton Barhydt Mini-Workshop: Self-Help for Stress, Pain and Learning Blocks Co-Sponsored the following series of Workshops: Self-Help for Stress, Pain and Learning Blocks Accurate Muscle Testing for foods and Supplements <i>plus</i> Balancing the Meridians Teaching Certification for conducting Workshop Self-Help for Stress, Pain and Learning Blocks Mini-Workshop: Self-Help for Stress, Pain and Learning Blocks	1994 July 12 1995 March 31-April 2 1995 April 3 1995 April 3 1995 April 4	4 20 7 3 4
Stress Release III: Wayne Topping Stress Release IV: Defusing Stuck Emotions (Refresher): Wayne Topping Defusing Negative Personality Traits (Refresher): Wayne Topping	1996 July 23 1996 July 24 1996 July 25-26	7 7 14
Biokinesiology workshop: Wayne Topping	1996 Aug. 25-28	28
Cure Your Own Allergies: Jim Scott	1996 October 7 1996 October 9	2 5
Freedom from Stress, Trauma and Fear: Lee Pulos	1997 Sep. 20	7
EFT: Emotional Freedom Techniques™: Gary Craig and Adrienne Fowlie. 11 VHS and 4 AC plus workbook. Steps toward becoming..The Ultimate Therapist (Building on EFT) 17 VHS plus transcript. Certification: EFT-CC	1998 August 1998 November 1999 December	20 20 20
Educational Kinesiology Foundation Gathering: Paul E. Dennison et al	1999 July 22-25	40
Energy Psychology Conference-International -2nd Annual Conference Healing from the Body Level Up - level 1, Judith Swack	2000 May 11-13 2000 May 14-16	30 24
Educational Kinesiology Foundation Gathering: Paul E. Dennison et al	2000 July 20-23	40
Energy Psychology Conference-International -3rd Annual Conference Energy Psychology Treatment and Allergy-Like Reactions: Sandi Radomski Introduction to Donna Eden's Energy Medicine: Stephanie Eldringhoff & Wayne McCleskey	2001 May 10-12 2001 May 9 2001 May 13-14	30 7 14

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OTHER BODY-MIND APPROACHES

Zhi Neng Medicine™ Basic Level Practitioner Certificate Training Course: I: Energy Development: Dr. Zhi-Chang Sha	1994 July 10	10
How to integrate spirituality into your health care practice, Dr Steven K.H. Aung	2006 November 9	3.5

NLP APPROACH: INTEGRATED NEURO SYSTEMS (INS) and OPERANT EFFECTUAL COUNSELING (OEC)

Level I: The Fundamentals of <i>INS</i> : Blair Dunkley	1990 September 26-30	35
Level II: Belief Systems and Feedback: Blair Dunkley	1990 November 14-18	35
Level III: Operant Effectual Counseling: Blair Dunkley. Certification as an Associate Practitioner of Operant Effectual Counseling (A.P.O.E.C.)	1991 February 27-March 3	35
Co-Facilitated part of INS III workshop with Blair Dunkley	1992 May 23-24	20

APPROACHES USING RHYTHM, SOUND AND MUSIC FOR ENHANCING LEARNING AND LIFE

OptimaLearning® Workshop: Ivan Barzakov and Pamela Rand	1980 June 27-28	16
Transformative Power of Sound and Music: Don Campbell	1996 May 10-12	16
The Transformative Power of Sound School: Don Campbell Sound Therapies	1996 November 1-3	30
Healing with Spirit and Sound	1997 January 17-19	22
Intensive Workshop in Transformative Power of Sound: Don Campbell	1997 June 18-22	60
Fifth International Sound Colloquium	1997 August 14-17	50
Healing with Vibrational Tools: Sound, Colour, and Movement from Cellular to Subtle Levels: Fabien Maman	1998 March 27-29	20
Healing Sounds: The Power of Harmonics and Overtoneing: Jonathan Goldman	1998 May 22-24	15

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EDUCATION/TRAINING WORKSHOPS I HAVE GIVEN: SPECIALIZED/ENERGY KINESIOLOGIES AND EMOTIONAL FREEDOM PROCESSES (EFPs)

Many introductory talks and demonstrations to Kwantlen University College psychology students		
Kwantlan University College Professional Development	1996 May 2, May 8, 23, 27 1997 May 13 1998 May 14, 28 1999 May 19, June 2	12 6 12 12
Kwantlen University College Continuing Education (CE department was dissolved in 2003)	1999 October 2 2000 April 28 & 29 2000 October 27 & 28 2001 Feb 17, Mar 31, Jul 21, 28, Aug 25, Nov. 17, 31 2001 October 26, 27 Nov 3 2002 April 5, 6, 13	5 8 8 6 each 13 13
Surrey Schools: Counsellors Langley Schools: Counsellors	2000 May 17 2000 October 16 & 17	6 7
Introduction to Energy Psychology and Heart Wisdom; Vancouver, BC Introduction to Energy Psychology and Heart Wisdom; Victoria, BC	2003 January 31-February 2 2003 February 28-March 2	15 15
“The Non-Local Mind: Some advances in theory, research and measurement of the ‘subtle energy/information system’ of the body” Presentation as part of “The Mind” lecture series at Kwantlen University College	2005 November 22	2

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EDUCATION/TRAINING PRESENTATIONS GIVEN AT CONVENTIONS AND CONFERENCES:
SPECIALIZED/ENERGY KINESIOLOGIES AND EMOTIONAL FREEDOM PROCESSES (EFPs)

Touch for Health Annual Meeting. "Introduction to the Callahan Techniques" breakout presentation. Vancouver BC	1994 July 6-11	2
Emotional Freedom: It's In Your Hands. CALSCA (Canadian Alliance of Life Skills Coaches and Associations) annual convention: "Introduction to the Radiant Energies Balance Protocol" Hamilton Ont	2001 September 14-16	3
"Creating Balance: The Ultimate Life Skill" Poster presentation at 12th annual conference of the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) Boulder CO	2002 June 15-16	
Energy Psychology 4th annual Conference-Eastern Canada "New Horizons in Energy Psychology": Breakout on the Radiant Energies Balance - "Creating Balance: The Ultimate Life Skill" Toronto, Ont	2002 November 7-9	2
The North American (Canada and USA) convention of specialized kinesiology "The Harmony of Ks": plenary and basic training in the Radiant Energies Balance Protocol. Toronto Ont	2003 April 9-13	7
<p><i>Janet Nestor and I co-presented and trained in the Radiant Energies Balancesm Protocol at the following 2004 conventions:</i></p> <p>Winter Brain Meeting "Optimal Functioning and Positive Psychology:" plenary session and a two hour introductory overview. Palm Springs CA</p> <p>Fifth South East Conference for Energy Psychology: 2-hour breakout session and a full day basic training workshop, Atlanta GA</p> <p>The 11th Annual Conference of the Energy Kinesiology Association (EnKA) "The Bridge Between East and West": plenary session and a full day basic training, Baltimore MD</p>	<p>2004 February 6-10</p> <p>2004 March 25-28</p> <p>2004 April 21-25</p>	<p>2.5</p> <p>9</p> <p>8</p>
<i>Janet Nestor presented</i> "An energy and somatic psychotherapy to balance the autonomic nervous system: The Radiant Energies Balance sm Protocol" at The 3rd International Conference on Psychophysiology of Panic Attacks, Philadelphia PA	2005 October 15	1
Radiant Energies Balance: A Whole System Intervention (Body, Mind and Spirit) Oral paper presentation	2006 November 11	20 min

WORKSHOP TITLE	DATES	HOURS
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EDUCATION/TRAINING WORKSHOPS I HAVE FACILITATED & CO-FACILITATED: MUSIC AND SOUND

The Transformative Power of Music with J. Burke, B. Livingston, A. Stafford & L. Tan. Langara College, Vancouver, B.C.	1999 February 6	6
Healing with Sound and Music Conference with S. Robinson & B. Livingston. Hollyhock Center, Cortes Island, B.C.	1999 October 17-22	50
Using special tuning forks for balancing the body: Institute of Noetic Sciences Community Group: White Rock, BC Institute of Noetic Sciences Community Group: Vancouver BC	2004 November 25 2005 May 16	2.5 2.5

GROUP PROCESS APPROACHES

Instructional Skills Workshops (ISW) ISW training combined with ISW Facilitator training: Linda Coyle Co-facilitated ISW workshops for Kwantlen University College faculty Training ISW Facilitators: co-trainer, Linda Coyle Cooperative Learning-Level I	1987 August 17-21 1987 December 15-18 1989 May 31-June 3 1993 August 23-26 1996 August 19-22 1989 June 19-23 2000 May 1-4 1994 June 1997 June	35 25 25 25 25 35 35 12 12
<u>Saskatchewan New Start Inc.</u> : a semi-governmental research and development corporation with a 5 year life span; disbanded in 1973. Prince Albert, Saskatchewan. Executive Director: D.S.Conger; Manager of the Life Skills Division: Ralph Himsl. Special Projects Developer in the Life Skills Division and Director of Research and Evaluation for the corporation. Involved in the development, training and evaluation of the Life Skills program and supervised the overall corporation research and evaluation activities.	August 1969-July 1972	

ACADEMIC EDUCATION AND TRAINING. RESEARCH AND TEACHING EXPERIENCE

<p><u>Undergraduate</u>: B.A. Cum Laude, University of Minnesota, Major: Psychology, Minor: Sociology</p> <p><u>Graduate School</u>: Ph.C. University of Minnesota, Major: Psychology, Minor: Sociology, Collateral field: Developmental</p> <p><u>Employment while in Graduate School, University of Minnesota</u>:</p> <p>Laboratory for Research in Social Relations, Research Assistant</p> <p>Veterans Administration Mental Hygiene Clinic, Clinical Psychology Research Trainee.</p> <p>Miscellaneous research assistant work for: Foreign Students' Advisers Office and the Student Activities Bureau.</p>	<p>June 1954</p> <p>June 1963</p> <p>1962-1963</p> <p>1959-1962</p>
<p><u>Kwantlen University College</u>:</p> <p>Teaching Professor in Departments of Psychology and Music. Retired from psychology and the school of music. 2000 May: Professor Emeritus</p> <p>Taught: Introductory Psychology; Child, Adolescent, Adult Developmental Psychology; Social Psychology; Social Science Perspectives.</p> <p>Developed and Taught: Dying, Death and After; Basic Meditation: Theory and Practice.</p> <p>Developed the program for, and taught in, the school of music: Performance Enhancement Techniques and Sound Work Explorations. Conducted numerous workshops on the Specialized Kinesiology for college personnel.</p> <p>Elected chairman of psychology for 1976-1979.</p> <p>Served on various committees and task forces: College Wide Curriculum Committee, Curriculum and Instruction Self Study Task Force, Learning/Teaching Strategies Self Study Task Force, College Wide Professional Development Committee, College Wide Educational Leave Committee.</p>	<p>1972 to 1997 (Professor Emeritus) (1972-1981 the college was called Douglas. Then Douglas College was divided into two colleges: Douglas & Kwantlen)</p>
<p><u>Delta Life Skills</u>: Director.</p> <p>Contracts with Canada Manpower on "Generic Skills" and "The Role of Evaluation in the Development of Training Programs" (emphasizing problems inherent in Open Mediated systems).</p> <p>Provide formative and summative evaluation consultation for Deltassist's lay counselor training program and Oo-Za-We-Kwun's Life Skills training program.</p> <p>Field Advisor for Anitoch University Seattle: 1978 and 1989.</p> <p>Developed Curing Self Sabotage Program: 1985-1986</p> <p>Developed Performance Enhancement Program for Musicians: 1993</p> <p>Developed Radiant Energies Balance, a bioenergy balance protocol for the autonomic nervous system: 2001 on</p> <p>Team teaching "The Transformative Power of Music" at Langara College, Vancouver, B.C. Spring term, 1999.</p> <p>Private Counseling: using an educational, coaching, and training approach, I teach clients efficient ways to achieve relief from specific phobias, obsessions, addictions, grief, psychological traumas, stuck emotions, pain, stress and learning blocks using Emotional Freedom Processes. I teach clients ways to turn their problems into goals using a combination of NLP techniques to identify and explore the presenting issue(s) and precision muscle checking biofeedback techniques from Energy Kinesiology to allow clients to receive guidance from all aspects of the total bodymind system.</p>	<p>1974 to present.</p>

<p><u>Saskatchewan New Start Inc.</u>: Special Projects Developer in the Life Skills Division and Director of Research and Evaluation for the corporation. Involved in the development, training and evaluation of the Life Skills program and supervised the overall corporation research and evaluation activities.</p>	<p>1969-1972</p>
<p><u>Saint John's University</u>: Assistant Professor. Taught Psychological and Social Foundations of Education, Introductory, Child, Adolescent and Social Psychology. Faculty advisor for Experimental Communal Education Project.</p>	<p>1967-1969</p>
<p><u>Saint Cloud State University</u>: Assistant Professor. Taught Introductory, General Developmental, Child, Adolescent, Advanced Theoretical Psychology, Mental Hygiene, Introductory Statistics.</p>	<p>1963-1967</p>