

# Holographic Memory Resolution

## What is Holographic Memory Resolution (HMR)?

Brent Baum developed Holographic Memory Resolution (HMR) in the 1990's by combining somatic/mind-body-connection with elements of color psychology, energy psychology, and emotional processing. This newer approach to the therapy process enables people to quickly access past memories or emotions and resolve the associated symptoms. At its core, it is an emotional reframing technique that allows the individual to reprogram the effects of a past memory or emotion, thus enabling the client to shift from being "stuck in the past" to being fully empowered in the present. It has been noted to be a profoundly time efficient, with people reporting relief from longstanding problems and swift resolution of symptoms, even in cases where other treatment methods were unsuccessful.

Within a single second, our brains can catalogue all sensory data, feelings, and perceptions of a traumatic event in an effort to help us to never repeat the traumatic experience. It is during that second that the painful event gets encoded within our physical bodies as overwhelming emotions. Oftentimes, these overwhelming emotions are unable to be fully processed or "completed," resulting in our systems making multiple efforts to "finish" the process by continuously bringing up the emotions in some manner, such as flashbacks, trauma-based symptoms, anxieties, fears, mood issues, depression, identity issues/self-esteem issues, addiction, anger, or even chronic pains. During the encoding of a traumatic event, emotional experiences that communicate safety to us (such as a hug, validation, understanding, a comforting word, etc.) are clearly missing. HMR helps the individual move past the missing emotional experience and acquire whatever was needed for completion. Through HMR, the client identifies areas of the physical body where the overwhelming emotions are "stored," allowing those emotions to be "completed" through guided visualizations, creative problem-solving, and emotional reframing.

HMR can be combined with an optional nervous system support technique in which the therapist's hand is placed on the C7 Vertebra, which is an acupoint often associated with emotional release. It is said that this technique helps the emotions process more efficiently or with greater ease. HMR can also be adapted to involve Reiki or be used within the framework of hypnotherapy.

While the process can be as intense as it is quick, clients typically report feeling "lighter" or "more free" from symptoms, traumatic memories, and difficult emotions. The entire process is incredibly empowering, often leaving clients with a more optimistic views of the future, instead of hyper-focus on past hinderances and/or current symptoms.

### HMR can help with:

- Anxiety
- Depression
- PTSD/Trauma-based Issues
- Anger
- Guilt
- Mood Issues
- Fear
- Powerlessness
- Grief/Traumatic Grief
- Overwhelming Emotions
- Identity/Self-Esteem Issues
- Phobias
- Behavioral Issues
- Inner Child Issues
- Addiction
- Powerlessness

## **What can I expect in a Holographic Memory Resolution Session?**

You and your therapist will initially participate in a discovery phase/session, in which the issues that need to be resolved are explored. If it seems like HMR would be a good fit, your therapist will walk you through the reasoning behind this and what to expect during the process. Any questions you might have would be addressed during this phase.

HMR typically starts with a full system reset, which helps your physical body and mental/emotional body to relax. This involves a guided imagery into a safe place and identification of colors associated with safety.

Once this is finished, you will begin conceptualizing where the problem/memory/issue/emotion is housed within your physical body. Your therapist will walk you through this process, guiding you towards complete identification of the problem. You will then work together to problem solve around the issue while safely accessing memories and releasing associated emotions.

Once you successfully process the emotion and release it, your therapist will guide you in the identification of healing colors and associations with positive emotions that were missing at the point of trauma.

You will then take some time to ground yourself with the identified healing color and process your HMR experience with your therapist.

## **What do I need to do to prepare for a Holographic Memory Resolution Session?**

Nothing! HMR is a very easy process to jump into without much prior preparation. Dress comfortably in clothes in which you'll be able to relax, and be sure to bring a willingness to explore deeper issues and a desire to heal/move forward in life!

## **References**

Baum, Brent. "Holographic Memory Resolution (HMR) Description and Summary." <http://www.healingdimensions.com/about/HMRDescription.htm>

Good Therapy. "Holographic Memory Resolution (HMR)." <https://www.goodtherapy.org/learn-about-therapy/types/holographic-memory-resolution>