

Steven Vazquez, PhD , LPC-S, LMFT

Dr. Steven Vazquez has been in private practice in psychological counseling from 1979-2024.

Education

- Bachelors of Science from the University of North Texas, 1970
- MEd from the University of North Texas, 1974
- Phd from Western Colorado University in Counseling Psychology, 1981

Licensures

- Licensed Professional Counselor/Supervisor in the state of Texas
- Licensed Marriage and Family Therapist in the state of Texas

Publications

Dr. Vazquez has written three books and numerous articles which have been published in peer-reviewed journals:

- *Emotional Transformation Therapy*
- *Accelerated Ecological Psychotherapy*
- *Spiritually Transformative Psychotherapy*
- Breiling, B. and Vazquez, S.R., Ph.D., "Illuminating the Windows of the Soul: Facilitating Psychotherapy with Eye Movements and Strobic Colored Light Stimulation", Bridges, ISSSEEM Magazine, Volume 8, Number 2, Summer 1997
- Vazquez, S.R., "The New Power Therapy: Emotional Transformation Therapy®", Counseling Australia, Volume 4, Number 2, Winter 2004, pp. 55-60
- Vazquez, S.R., "The New Light Psychotherapy for SAD", Annals, Journal of the American Psychotherapy Association, Fall 2004
- Vazquez, S.R., "The New Process Color Theory", Journal of Optometric Phototherapy, Spring 2005, pp. 29-32
- Vazquez, S.R., "The New Paradigm for PTSD: Emotional Transformation Therapy (ETT®)", Annals, Journal of the American Psychotherapy Association, Summer, 2005
- Vazquez, S.R., "Peripheral Light Stimulation for Rapid Emotional, Somatic and Transpersonal Regulation", Subtle Energies & Energy Medicine, ISSSEEM Magazine, Volume 16, Number 3, February 2007, pp 225-249
- Vazquez, S.R., "Color: Its Therapeutic Power for Rapid Healing", Subtle Energies & Energy Medicine, ISSSEEM Magazine, Volume 17, Number 2, September 15, 2007, pp. 191-213
- Vazquez, S.R., "A New Paradigm for Eye Movement Psychotherapy", Annals, Journal of the American Psychotherapy Association (in press)
- Vazquez, S.R., (Fall 2016) "An End to Addiction " Annals, Journal of the American Psychotherapy Association. 25 (4) 6-28

Research & Continuing Education

There has been research done on ETT® and there is currently research ongoing on ETT®

- Dr. Vazquez has developed the method of Emotional Transformation Therapy (ETT®).
- He developed a new advanced form of eye movement therapy called Multidimensional Eye Movement.
- He has developed a new state-of-the-art method for treating internal psychological parts.
- He has presented at over 60 professional conferences.
- He has conducted over 100 professional trainings and certified 8 professionals to conduct ETT® trainings.
- He has taught in 8 different countries and in many U.S. cities.

New Discoveries in Psychological Treatment

Dr. Vazquez developed the first non-surgical method for addiction treatment that directly targets and dismantles the brain's addictive neural network. This process includes a non-medical means to eliminate addictive craving symptoms consistently within 15 minutes. This method accesses implicit emotional memory related to co-occurring disorders and addictions and rapidly alleviates them.

- He developed a non-medication procedure to rapidly and consistently eliminate depression within a brief series of sessions.
- He developed a breakthrough procedure to immediately detect and correct dissociation.
- He developed a procedure to consistently alleviate traumatic visual flashbacks within minutes.

Dr. Vazquez developed new treatment for the rapid alleviation of numerous forms of anxiety such as:

- Generalized anxiety disorder
- Panic disorder
- Phobias

A New Approach to Couples Therapy

Dr. Vazquez developed a new paradigm in couples therapy that offers a new level of speed and effectiveness. The approach provides breakthroughs in:

- A way of correcting codependency and interpersonal boundary intrusions.
- A new way to repair affectionate bonding for people who are survivors of childhood emotional neglect.
- A therapeutic treatment to correct conflicting dysfunctional communication patterns.

New Treatment for Psychological Conditions

- He developed a non-medication method for the rapid treatment of bipolar disorder.
- He developed a new procedure to alleviate seasonal affective disorder (SAD) and subsyndromes of SAD long-term.
- He developed a new three week procedure for extinguishing adult ADHD long-term without medication.
- He developed an advanced state-of-the-art method for treating complex PTSD.
- He developed the first method to resolve Borderline Personality Disorder within four months.
- He developed a new procedure to eliminate trauma from loud blasts, shootings, verbal insults and other intrusive sounds. This process is done within fifteen minutes.
- He developed a process to resolve obsessive-compulsive disorder within 1 month.

ETT® & Somatic Psychotherapy

- He developed a breakthrough in neutralizing the effects of chemotherapy within one or two sessions.
- He developed a procedure to resolve restless legs syndrome.
- Dr. Vazquez has developed advanced procedures to correct brain injuries from concussions.
- He developed procedures to alleviate tinnitus.

He has developed psychological treatment to help eliminate physical pain such as:

- Low back pain
- Migraine headaches
- Temporo mandibular joint pain
- Morton's neuroma
- Pain from physical injuries such as auto accidents
- Fibromyalgia
- Sciatica

- Dr. Vazquez developed advanced procedures to correct emotional eating and weight loss as well as body image correction.
- He developed a procedure to alleviate conversion disorder.
- He developed new procedures to alleviate a variety of sleep disorders.
- He developed psychological procedures to correct many forms of autoimmune conditions.

Biofield & Distant Healing

Dr. Vazquez developed a powerful new form of biofield & distant healing and has been a subject in a scientific study of healers published in *The Anthropological and Scientific Basis for Psychoenergetic Healing*, by Charles Zeiders.

- He created the first non-medical treatment which successfully eliminated Covid-19 symptoms in a single session and transformed it into Covid negative within a brief series of sessions.
- He has contributed to alleviating cancer symptoms through this method.
- He developed new rapid treatment procedures for depression, anxiety and trauma.

Performance Enhancement

- Dr. Vazquez has worked with college and professional athletes, a world record holder in track, golfers and others.
- He has worked with celebrities, including film and television stars, professional singers, including two grammy winners.

Dr. Vazquez serves as the director of the Kundalini Research International Association.