

# The Evolutionary Development of Jungian Advanced Motor Processing<sup>®</sup> (JAMP<sup>®</sup>)

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## Abstract

Inspired by the need for fast, effective mental health treatment that is not readily available to the average person, in the midst of the pandemic crisis, Jungian Advanced Motor Processing<sup>®</sup> (JAMP<sup>®</sup>) was created by Dr. Lahab Al-Samarrai [1]. JAMP<sup>®</sup> treatment goes into what Carl Jung called “complexes” and manoeuvres within them to retrieve shards of traumatic emotional content without activating the core of the complex, converting emotions that have not been processed and understood into processed and integrated thoughts. Jungian Advanced Motor Processing<sup>®</sup> [1] treatment carefully infuses these factors to successfully integrate its transformational methods into an individual. Complexes are created as a response to a traumatic experience, and typically trap an individual into dysfunctional emotional responses whenever the complex is activated by a new experience that triggers the complex into action. Activated complexes drain energy from an individual, leaving one feeling emptiness and anger and/or reacting to new experiences that activate them in dysfunctional ways. The bilateral stimulation that is used in the JAMP<sup>®</sup> treatment helps calm down the nervous system, letting the JAMP<sup>®</sup> practitioner work with material that is not readily accessible to the conscious mind. JAMP<sup>®</sup> is able to reach into the unconscious without activating the complex’s primary defences, thus helping reorient an individual’s emotional reaction to past trauma. Affirmations used in the treatment help integrate the sense of calmness and security within the individual, soothing the overly active sympathetic nervous system response and therefore reducing the stress levels within the traumatised individual as they remember the traumatic event. The treatment’s progress has been monitored and quantitatively tracked using three different scales: Adverse Childhood Experience (ACE), The Posttraumatic Cognitions Inventory (PTCI), and Somatic Symptom Scale

(SSS). Looking at the ratings on each scale both before and after treatment helps highlight the vast benefits of this evolved treatment to address emotional trauma.

## Keywords

JAMP, Mental Health Treatment, Emotional Trauma, PTSD

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“The encounter between conscious and unconscious has to ensure that the light that shines in the darkness is not only comprehended by the darkness, but comprehends it.” [2]

—Carl Jung

## 1. Introduction

Across the years, emotional trauma has required a large number of sessions with a psychotherapist for improvement to be seen [3]. The rates of those who are victimised by trauma have increased greatly over time [4], and the Coronavirus pandemic, and the multiple quarantines that people have been forced to endure, have led to serious mental health difficulties [5]. In the midst of the pandemic crisis and the overwhelming storm, Jungian Advanced Motor Processing® (JAMP) has been created by Dr. Lahab Al-Samarrai [6]. Inspired by the need for fast, effective mental health treatment that is not readily available to the average person, due to the pandemic, Dr. Lahab created JAMP® treatment. The JAMP® treatment that Dr. Lahab created, was grounded in the work of one of our greatest depth psychologists Dr. Carl G. Jung [6]. We will be discussing JAMP® and the ramifications of this treatment and the long-term goals of the therapy itself. JAMP® liberates those who suffer from anxieties and conflicts that have arisen through this traumatic time.

We will start by laying out the interactions and relationships within the mind as well as the body and how JAMP® understands these relationships. Then we will set out to explore Jungian Complex and Archetypal theory to show how we understand, from a depth psychological perspective, how JAMP® works. JAMP® has the ability to dive into the areas of the unconscious that talking psychotherapy is very limited in accessing, due to the defences that are activated by the complex. JAMP® is able to reach the unconscious without activating the primary defences, although the secondary defences are activated. The bilateral stimulation that is used in the JAMP® treatment helps calm down the nervous system, letting the JAMP® practitioner work with material that is not readily accessible to the conscious mind. JAMP's® ability to go deep within the unconscious mind and work with the Complexes is one of the most important tasks to the resolution of disassociated conflict and trauma within the psyche [6]. We can understand JAMP® from both a neurological and psychological perspective and how it bridges the two hemispheres of the brain to treat emotional trauma. Lastly, we

will conclude by answering my question: Jungian Advanced Motor Processing® is indeed a great leap forward for mental health treatment.

## 2. What Is Jungian Advanced Motor Processing®?

JAMP® is a recently discovered treatment for those suffering from emotional trauma [6]. It was discovered by Dr. Lahab Al-Samarrai in May, 2020, in the midst of the Coronavirus pandemic [6]. The treatment is understood through Jung's theories in analytic psychology, in particular, the structure of the psyche. Dr. Lahab views this, as mentioned in "The IFC Individuation Podcast", as a gift from Jung which has laid out a "map" of the self [7].

Emotional trauma is the damage done to the psyche after encountering a stressful, extremely frightening, and distressingly energy-expending event [8]. A traumatised individual would frequently have anxiety attacks and be in deep depressive states [9].

To the psyche, it would cause dissociation due to the "chaotic and terrifying" nature of the traumatic event [7]. The psyche is the "totality" of the human mind [10] and the soul of an individual.

Acknowledging this, Dr. Lahab has developed JAMP® in such an intricate way that the treatment would harmonise what was once dissociated into a "complete symbol" understood by the psyche [7]. This symbol would be composed of the "fragmented images" of the traumatic event [7]. JAMP® does this by fusing two main aspects into its method of treatment: neurology and psychology.

From a neurological aspect, JAMP® uses bilateral stimulation; the "visual movement" back and forth with tapping sounds [11]. This metaphorically bridges the two hemispheres of the brain so that unprocessed information can be understood and accepted [7].

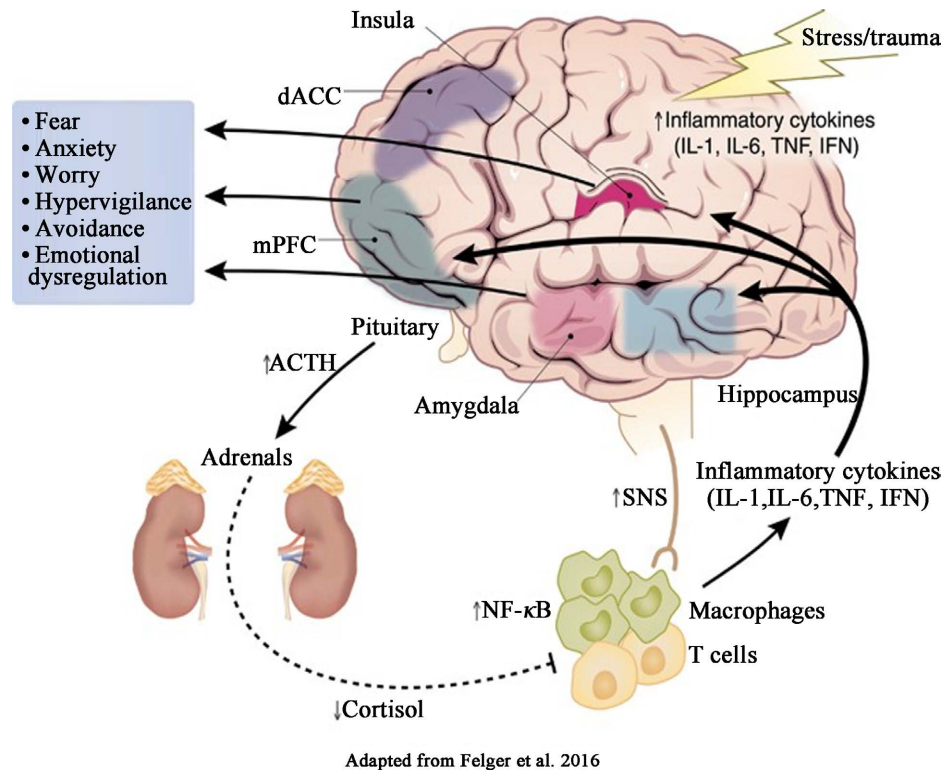
From a psychological aspect, Dr. Al-Samarrai, in his recent publication about JAMP®, the traumatic memories, "emotional shards", and "splinter images" are stored in the complexes of the psyche (an important region which we will explore further in this essay). The treatment "releases" these fragments, converting an unprocessed and un-understood emotion to a processed and an integrated thought [7]. Jungian Advanced Motor Processing® treatment carefully infuses these factors to successfully integrate its transformational methods into an individual.

## 3. Jungian Advanced Motor Processing® and Neurology

There are mainly two angles to the impact of trauma: firstly, the emotions and the information, and secondly, the physical impact these have on the traumatised individual [13] and [14] as shown in **Figure 1**.

Trauma is stored in the right hemisphere of the brain [14] and [15].

In particular, frightening and chaotic emotions experienced by the traumatised individual are stored there. The role of the right hemisphere is in the regulation and storage of all emotions that are seen, heard, felt and sensed at a specific time and the "how" it came across during the trauma [16] and [17]. According to



**Figure 1.** Adapted from Felger *et al.* [12].

Dr. Allan N. Schore, “The right brain” (specifically in Right Brain Affect Regulation) processes challenges in the surrounding environment, such as pain and all the stress associated with that [14]. In that light, it gets a sense of urgency to produce a rapid response as a self-defence mechanism from whatever may be disturbing the person. Emotionality is thus the right brain’s “red phone”, compelling the mind to handle urgent matters without delay.’ The right brain is the emotional brain [14]. The hemisphere controls the emotional responses that happen, feelings of empathy and the regulation of those feelings and “primary emotions” [18]. It is dominant when it comes to communication, to an extent that these emotions are facially, and in some cases, bodily expressed [19]. Taking this into account, the hemisphere is “fundamentally involved in the unconscious processing of emotional stimuli” [14] and [20]. Emotion itself is an “innate, powerful and principally unconscious process” [21].

The traumatic event gets stored through the unconscious processing of these emotions in the right hemisphere, and according to Dr. Schore, the emotions experienced get embedded there and they stay there, taking the right hemisphere as their home [14].

These emotions remain unprocessed, unresolved and un-understood in the right hemisphere. In order for them to be understood and arranged properly, they have to be rationalised and accepted by the individual through the left hemisphere. The left hemisphere’s role is making sense of the “what”, the processing, understanding of that emotion and what it contextually means and its interpretations [17]. It is mainly for the “verbal, conscious and serial information proc-

essing” [14] and [22]. It is connected to the “linguistic behaviours” of an individual [19].

What JAMP® does is use bilateral stimulation to metaphorically create this bridge between the two hemispheres. These “raw” emotions travel across this “bridge” to the left hemisphere to be put together logically through conscious processing.

These unresolved and repressed emotions lead to hyperarousal in the right hemisphere generating a “massive density of intense sympathetic-dominant, energy-expending” negative response. This means that the arousal level would be so high that the individual is heavily socially interactive [14], overwhelming the sanity and impacting the psychological coping mechanism of the individual. A sympathetic response would lead to an increase in blood pressure, heart rate, levels of stress, panic, and rage [14].

JAMP’s® capacity to keep the individual from becoming overwhelmed by hyperarousal is one of the major reasons for its success as a treatment for trauma. It does that by using affirmations as a key method of reassurance. Affirmations such as “I am not scared”, “I am brave” and “I am peace” [23] help integrate the sense of calmness and security within the individual, soothing the overly active sympathetic response, reducing the stress levels [24] within the traumatised individual as they remember the traumatic event.

#### **4. Jungian Advanced Motor Processing® and Psychology**

The JAMP® treatment is also understood through depth psychology, and specifically, the theoretical framework of Dr. Carl Jung.

Focusing on C. G. Jung and his theories and his psychic map, where he endeavoured to draw the map “Jung often referred to himself as a pioneer and explorer of the uncharted mystery that is the human soul [25]”. This map that Jung drew is designed in such a way that what we understand “consciousness” as to be part of our conscious mind, Jung refers to that as the major function of the Ego. The Ego is the reflection of the self in a human’s mind [26], the way they see, “understand” and reflect on themselves.

According to Jung, in the psyche, there is a vast unconscious like a cosmos that is far away and unknown to us, the ego stands as a small moon representing the light of consciousness in the middle of this vast, unseen cosmos. Jung referred to that as “The Unconscious”, in other words, the part of our mind of which we do not know. Jung called this “The Personal Unconscious” [27].

The short-lived information, repressed memories and the emotions and feelings associated with those memories come under this, so a complex is created [28]. This is when a traumatic event breaches the individual’s consciousness. Thus, the organisation and structure of the complex is born out of this monstrous awareness. The complex is designed to defend and repel the original traumatic breach. The complex is only aware of the past trauma that awoke it [23]. The structure of the complexes in relation to trauma is: “a series of associ-

ated images and frozen memories of traumatic moments buried deep in the unconscious, which are not ready to be brought to light by the ego” [6].

The collective unconscious is another Jungian concept representing a sort of repository of all the unconscious elements of all humans throughout time. Individual concepts within the collective unconscious have both personal and collective meaning.

Jung named these “ancestral memories” as “The Archetypes”. They are “eternal principles that reside in the human psyche” [29].

Jung gave a definition to the archetypes as the “mental representation of instinctual drives” [30]. The idea of the archetypes is reflected as one that is based on instincts, the little voice that lies in each one of us. The one that warns us, informs us and perhaps even leads us to particular places. They also organise experiences, like a bell ringing whenever we are reminded of something. Jung also mentioned that the archetypes are the “predisposition to experience life according to certain patterns” and a “powerful way of representing affects” [30]. By affects Jung is implying the link between the body and the psyche and the impact on the spirit, the innate instincts, how they interact, and how this is reflected outwardly [31] and [32].

The Archetypes are divided further into many elements, some of which Jung broke down and identified in his map of the psyche [33]. The archetypes according to Jung lay deep within the unconscious exerting control over everyday events. They are unseen and unknown, yet their power of influence is undeniable [6]. The following represents some of the major complexes.

The “persona”: what we want to show the outer world, hiding our real self. The role of acting that we carry out when we want to present ourselves to other people, “the role we impersonate”, and “It is the functional complex that is necessary for adaptation to interpersonal relations” [34]. A compromise created between what the surroundings want, what we want, and the method that we do things outwardly [34].

The anima/animus: The masculine tendencies in females and the feminine tendencies in males [34]. This is to the extent that it “either predominates in the person’s conscious personality or others will form in the unconscious in compensation” [29].

The shadow: Where energies of creation and destruction are sourced from. It possesses and displaces the ego when it is activated. It functions as an independent entity that lives within the unconscious which is conscious of the ego and its power [34].

The self: Provides the sense of wholeness and unity from within [35]. It is the collection of ego, consciousness, personal and collective unconscious, with “centring” numinous power [34].

Jung encompassed all of these in the map of the soul when he portrayed the psyche. They interlink in such a way that Archetypes create Complexes, in this case, when a traumatic event takes place. The Archetypes use this as a method of

defence against the trauma [36]. In a traumatic experience, the complexes are born and activated. According to Jung, the complexes have a “nuclear core” which leach energy from the rest of the functioning parts of the psyche, draining them of their energy and leaving them lost [6]. So, when the individual is triggered by the encounter, the complexes begin to “charge up”, drawing out more and more energy, thus temporarily taking over the psyche [6].

The complex charges itself by pushing the individual to continuously and repetitively think about the traumatic event that they have experienced repeatedly through the complex, as more energy is drained and one’s feeling state of emptiness and anger takes over [7]. Depression and manic elation are “independent of consciousness”. If there was no “conscious self or identity” there would be no feelings. In here, trauma, the depression that follows it and the damage that it does mentally, would leave the victim with little sense of identity. The depression, associated feelings and “mood”, would “envelop” the Ego [29]. At this stage, the individual would be “possessed” by The Complex [7].

JAMP’s® major role in being able to step in and out of the complexes, gives it a laser-like precision in the treatment of trauma. It goes into the complexes and manoeuvres within them to retrieve the shards of traumatic emotional content without activating the core of the complex, and so triggering the traumatised images and not the individual [7].

## 5. Jungian Advanced Motor Processing’s® Statistics

As we continue to explore the JAMP® treatment, we delve into the study and the data collected from present and former clients who had gone through JAMP®. Their progress has been monitored and tracked carefully, using three different scales to quantitatively measure the progress of the treatment with each individual:

### 1) Adverse Childhood Experience (ACE)

This identifies at any experience or memories of abuse, neglect, addiction in the individual’s family.

Examples of questions asked are:

- “Did a parent or other adult in the household often swear at you, insult you, put you down, or humiliate you?”
- “Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?”

There are ten questions and answers were either yes or no. If it was a yes, then a “1” would be entered.

At the end of the question, the number of yes-answered questions would be added up, making the total an individual’s “ACE Score”.

The ACE scale is used, for the purposes of this study, only once at the start of the treatment to measure traumatic experiences and the effects of trauma in early childhood. The ACE questionnaire “has shown a clear and positive link between trauma as a child and chronic disorders and diseases” [6]. “In various

studies by Dr. Bruce Perry and the Child Trauma Academy, links have been shown between toxic stress damage and the developing structure and function of a child's brain." [6]

2) The Posttraumatic Cognitions Inventory (PTCI) [37]

This measures three things:

a) Negative view of self, for example "I am inadequate", "I feel like I do not know myself anymore", and "I feel like an object, not like a person" [37] and [38].

b) Negative view of the world, for example "the world is a dangerous place", "people cannot be trusted", and "you can never know who will harm you" [37] and [38].

c) Self-blame, for example "the event happened because of the way I acted", "there is something about me that made the event happen", and "I have to be on guard all the time" [37] and [38].

It has thirty-three questions, all of which have to be answered according to a scale from one to seven, one being "totally disagree", gradually increasing to 4 which is "neutral" and finally seven which is "totally agree". A client has to answer them before and after each session and a total score is calculated, with a maximum being two hundred and thirty-one [38].

The numbers are recorded and tracked along the journey of a client with JAMP® treatment. The PTCI is used in this study before each individual treatment to track psychological symptom reduction and overall relief, in the goal of helping the individual to a higher level of functioning without symptom interference [6].

3) Somatic Symptom Scale (SSS) (The American Psychiatric Association, n.d.) [39].

This measures the "severity" of medical disorders.

Bodily changes and symptoms are recorded at the start of the treatment and recorded at the end of the treatment, to track and analyse the changes, if any, from the first session to the last.

The scale looks at a large number of somatic changes, for example (The American Psychiatric Association) [39]:

- a) "Cardiopulmonary: shortness of breath and chest pain"
- b) "Gastrointestinal: vomiting, abdominal pain, difficulty in swallowing and digestion"
- c) Musculoskeletal: back, leg, joint, and arm pain
- d) Urogenital: pain during urination
- e) General somatic symptoms: headaches, dizziness, and problems with sleeping

The treatment takes these factors to be incredibly important as trauma can get so damaging that it not only emotionally and mentally impacts the individual but also it impacts organs in the body. According to Dr. Lahab, hyperarousal caused by trauma has to do with the flow of emotional energy through the body.



His interesting explanation was that this had to do with the “flow of emotional energy”. The negative emotional energy created by the traumatic stress in the individual flows within their body. It is localised in one area, for example neck pain, back pain, chest pain, and stomach pain. JAMP® helps release the negative emotional energy that is held in the body, thus helping the individual integrate this release of energy [6]. That means as the energy is released from this area in the body, the related fragmented, dissociated, and forgotten images that accompany the pain or discomfort that was produced by the trauma are now understood and filed away in memory. Let’s look at an example of how the pain release cycle is implemented in this process.

He related to me the following story about an individual client in the study, who held her fear and anger in her lower abdomen. Dr. Lahab stated, “As we worked on the pain in her abdomen, she would state that it had moved into her chest. After working on the pain some more, it would move to her neck. Continuing to work on it using the JAMP® technique of pain release, it finally moved out of her body”.

The somatic scale (SSS) proves useful as it is not complicated to fill out or the client to complete. It has fifteen questions and a scale of zero to two. Zero is “not bothered at all”, one is “bothered a little”, and two is “bothered a lot”. It is based on the question: “has the individual been “bothered” by those symptoms in the last seven days?” [39]

The SSS is used in this study before each individual treatment to track physical symptom reduction and overall relief, in the goal of helping the individual in a higher level of functioning without symptom interference [6].

Purely from the scales and the wide range of questions used, one can see that JAMP® enables the traumatised individual to express their concerns and experiences, even before the treatment begins. This means that the “transformational coach” can get an individualized idea about the client. The treatment can then be more targeted and focused on that particular individual, what they have gone through or are currently going through, have felt, are currently feeling, thinking, sensing, and hearing. The treatment transforms those states of experience as the individual goes through JAMP®.

This study by Dr. Lahab Al-Samarrai lays out quantitative data for individuals that have undergone the treatment. The data compares the three scales after each session. This is done for 6 sessions and a median, mean, and standard deviation is calculated for each scale. Individuals used for the study were divided into three groups:

“The black group”: 19 clients with 3 or more JAMP® sessions

“The green group”: 13 clients 4 or 5 JAMP® sessions

“The red group”: 8 clients with 6 or more JAMP® sessions

In the first three sessions percentage decreases in the PTCI score ranged from around four percent to sixty four percent. The SSS score percentage decrease ranged from zero to one hundred. Clients that noted zero for their SSS score,

initially had no symptoms.

Here are some examples of the data:

1) Client number 13—black group [6]:

a) PTCI: session 1: “109”, session 2: “108”, and session 3: “39”

The percentage decrease for this client was 64.22%

b) SSS: session 1: “0.67”, session 2: “0.27”, and session 3: “0.27”

The percentage decrease for this was 59.70%

c) ACE score was 1, meaning that the individual had 1 aspect put down as a yes for his family background.

For this particular client there was a significant decrease in the PTCI score as shown by the percentage, and this is only for the first three sessions of the treatment. These numbers mean that the individual has diverted from viewing themselves negatively and placing all the blame for the traumatic event onto themselves, to accepting that they are not responsible. Negative self-view has been channelled to positive self-view, due to the use of the affirmations throughout the treatment. The SSS score decreased by a factor of 2.5 from the first session to the next. The symptoms of hyperarousal due to the traumatic event have decreased here and so the aims of JAMP®, in terms of calming the sympathetic responses and the energy drainage by the complexes, have successfully been achieved with this client.

2) client number 6—green group [6]:

a) PTCI: session 1: “113”, session 2: “80”, and session 3: “58”

The percentage decrease at the end of the three sessions was 48.67%

b) SSS: session 1 and session 2: “0.40”, session 3: “0”

The percentage decrease in this case was 100%

c) ACE: 4. This means that the traumatised individual may have had some factor that led to the progression of trauma, which had to do with childhood trauma.

For this client, we are drawn to the 100% decrease in the somatic scale. This number means that all the physical pain that came along with the trauma as a result of the mental and emotional anguish was gone by the third session, truly showing that the negative emotional energy that this suffering had, was taken out and replaced by the positive emotional energy, as shown by the decrease of 50% found in the PTCI score. JAMP® has enabled this client to be at ease, be at peace with and within themselves, infusing them with positive emotional energy, self-love and wholeness to recognize and integrate the traumatic event without being triggered by that event again. Since this individual is in the green group, the trend of decreasing scores would most likely continue in session 4 and 5, meaning the values of PTCI and SSS would continue to decrease and so the value of percentage decrease itself would increase.

3) client number 16—Red group [6]:

a) PTCI: session 1: “83”, session 2: “68”, and session 3: “59”

The percentage decrease in this is 28.92%

b) SSS: session 1: “1” and sessions 2 and 3: “0.47”

The percentage decrease here was 53%

c) ACE: 4. This means that the traumatised individual may have had some factor that led to the progression of trauma, which had to do with childhood trauma.

The decrease in PTCI score is not as large as the previous examples, however a decrease is present, 29%. As this individual is in the red group, a further decrease in these values is expected by session 6. However, a much larger decrease can be seen in the SSS of the individual. Despite being the red group (meaning more sessions were carried out as they were needed), in the first two sessions the SSS value halved from 1 to around 0.50, in the third session this value stayed the same, however it is probably likely that it will decrease by the next sessions.

Based on the examples I have provided from each group, one can deduce that JAMP® has a particular power when it comes to shifting the negative emotional energy into positive emotional energy to allow the traumatised individual to appreciate their own worth and integrate within themselves and back to external, rather than being locked up in themselves, unable to stop the loophole of self-blame and hate they are in, as shown by the PTCI scores. This in turn reflects on the physical wellbeing of the individual. JAMP® has provided a sense of security, rather than the insecurity that had been living in the individual due to the trauma, enabling them to track the negative emotional energy that had been impacting physically on particular areas in their body, so that they can integrate the release of this energy, as shown by the SSS scores.

To validate this point further, the mean of the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> session have also been calculated in the study.

PTCI:

a) “Negative cognitions about the self”: session 1: “3.42”, by session 3: “2.44”, sessions 4 and 5: “2.10”, and session 6: “1.90” [6].

From session 1 to 3, there has been a decrease of 1 and by session 6 it is almost a 50% decrease. The individuals here would have a much higher ratio of positive thoughts about themselves in comparison to session 1.

b) “Negative cognitions about the world”: session 1: “4.41”, by session 3: “3.26”, sessions 4 and 5: “3.30”, and session 6: “3.30” [6].

A decrease of greater than 1 from session 1 to 3. This decrease continues as more sessions are carried out, and by session 6, a further decrease is seen. The decrease in this category is not as much as the rest, however, it is there and will likely decrease more with more sessions.

c) “Self-blame”: session 1: “3.80”, by session 3: “3.02”, sessions 4 and 5: “2.80”, and session 6: “2.15” [6].

The same trend applies here, with the mean values decreasing as the number of sessions increases, highlighting the successful integration of the key concepts in JAMP®, enabling the individual to realise that they are not the one to blame for their trauma, freeing them from their self-imprisonment.

The PTCI had a mean percentage decrease of “34.40%” by fourth session and

SSS was “30.50%”. By the sixth session, PTCI’s value was “47.50%” and SSS was “55.10%” [6].

Analysing the data from the study has allowed us to clearly see the pattern in the results when the treatment is used. JAMP<sup>®</sup> so far has proven to decrease physical and emotional stress due to emotional trauma. We believe that with further studies and as more individuals undergo the treatment, larger percentages of decrease can be seen with higher number of sessions, highlighting JAMP’s<sup>®</sup> success even further.

## 6. Discussion and Conclusion

Based on our study and findings on this new treatment modality, one can be quite optimistic about Jungian Advanced Motor Processing<sup>®</sup> to help in the treatment of trauma, complex trauma, and complex posttraumatic stress disorder. In particular at this time, with the pandemic raging through societies around the world, trauma affects millions of people [4]. This creative and inspirational treatment gives hope to healing the wounds of childhood and beyond. The treatment opens the path to where the wounds are, allowing the light to enter and heal that which was injured and give affirmations of worthiness to “The Self”.

“JAMP<sup>®</sup> takes us to the depths of our worst fears, despair and brings us back whole” [7]. JAMP<sup>®</sup> is not simply a psychological and emotional tool to aid in moving past trauma. It literally changes brain circuitry flow and increases brain restructuring effects. The bilateral eye movement realigns the connections between both hemispheres of the brain which allows them to then communicate as originally designed. Thus, this triggers many systems in the brain that are important to the restoration of relaxation, increased recall, positive mood, and associative memories, decrease in false memories, self-rationalisation, and realignment of emotional and cognitive processes which increases the capacity and speed of integration. Jungian Advanced Motor Processing<sup>®</sup> treatment carefully infuses these factors to successfully integrate its transformational methods into an individual [7].

This can also be looked at through Jung’s theory of the complexes. The complexes are autonomous sub-personalities that act to replace and subvert the Ego’s central role as master of consciousness. This overthrow of the Ego causes severe distress in the psyche and opens up the possibility of other actors or complexes to cause chaos. This chaos is felt by the individual as severe anxiety, self-doubt, self-blame, self-hate, and an inability to deal with the external [7]. The Complexes are not only independent of the Ego, but can undermine and irritate the Ego’s grasp of consciousness [34]. The undermining and irritation of the Ego causes one to be negatively emotionally charged and unable to complete simple life tasks. “The Complex charges itself by pushing the individual to continuously and repetitively think about the traumatic event that they have experienced repeatedly through the complex, as more energy is drained and one’s

feeling of emptiness and anger takes over” [7].

Trauma is the major destabilising factor to psychic wellbeing in the individual. Thus, the treatment of trauma should be at the core of healing and the individual’s wholeness. The healing of this fracture within our psyche promotes what Jung called “The Individuation Process”, or what we refer to, as wholeness. JAMP® works from that primary calling of healing the fracture within the psyche, advancing the Individuation Process.

Our final thoughts about Jungian Advanced Motor Processing® are that with what we explored and delved into, the treatment shines the light and enables the individuals to “comprehend” the darkness and the light itself too. It truly frees them from their cages and successfully picks up the fragments within them, to arrange them and piece them together, as they originally were. Using these unique and complex methods, we strongly believe that the treatment has a huge potential and is indeed a great leap forward for mental health treatment.

## Recommended Readings

JAMP® and the Resolution of the Glitch [40].

## Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

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## Appendices

### Appendix A

A quote from client “J.C”, December 2020 (Institute for conflict, 2020) [41]

“My partner began treatment about a month before I did, and after experiencing his results after 3-4 sessions...I feel I have had better results with JAMP® in the past 18 weeks than I have in all the previous therapies in which I have engaged, including 15 years of psychotherapy” (Institute for conflict, 2020) [41].

The review of this patient reflects the results obtained in the study and highlights the idea that JAMP®s results were so powerful and noticeable from the start, that the clients strongly felt that they had to continue in it, especially after feeling the change. The treatment has allowed this client to access “old material” and work on it. Seeing and feeling like their “old self”, but a “much better” version than their old self, clearly shows how the client’s soul has been enabled to integrate, accept, and develop their old self, allowing them to move forward. In addition, as expressed by the client, the treatment has provided efficient and fast support, especially after the 15 years of psychotherapy in other treatments which did not benefit them as much as the 18 weeks with JAMP®, emphasising its benefits and success.

### Appendix B

Quote from patient “E.T”, June 2021 (Institute for conflict, 2021)

“After six JAMP treatment sessions, I now am experiencing a singular voice in my head, racing thoughts are now under my own control, the feeling of mental chaos is 90% gone, a 90% improvement in inward emotional control, dreams that no longer contain repetitive and obsessive dream scenes as I dream in full stories now” (Institute for conflict, 2021).

This client continued to say that they are now able to “focus singularly” and “integrate multiple themes of thought” and feel the emotions and meanings of music in their body “instead of only being able to appreciate it from an intellectual or mental point of view” (Institute for conflict, 2021).

The client here is expressing how they were able to feel again after experiencing emotional numbness. Their happiness when listening to music and doing daily matters with full focus, shows how they were able to effectively integrate from within, feel whole after feeling fragmented and dissociated (as mirrored by the dream scenes that came in repetitive and incomplete stories), and regain mental focus and strength again. The treatment has truly delivered its aim and has performed a wonderful job in providing a great deal of support and mental reconstruction in this client.

## Appendix C

Quote from patient “DH”, June 2022 (Institute for conflict, 2022)

“After sustaining an injury that resulted in a partial knee replacement at the age of 27, I was left with constant knee pain, lingering atrophy, and imbalances in my legs and hips that made routine tasks like using a staircase nearly impossible. For over 2 years I had tried everything from extensive physical therapy and personal training to prescription painkillers and joint supplements. After exhausting all known recovery options, to no avail, I was willing to try anything. That is when I found Dr. Lahab. After learning about JAMP® I decided to give it a try in hopes that it would help me recover from my lingering knee pain; what I received was so much more. After just one JAMP session my knee pain was completely gone. I went from not being able to air squat without excruciating hip and knee pain, to back squatting over 400lbs completely pain free. While JAMP helped me recover from my knee pain, it also helped me reach a level of peace and self-awareness that I had never experienced before. In the 5 sessions that I have taken so far, JAMP has helped me heal from traumas of my past that I did not even realise had such a profound impact on my life today. Through JAMP® I have developed the ability to relax, decompress, and acknowledge my ability to choose how I respond and react to the things I cannot control. This treatment has redefined self-awareness for me, allowing me to know, accept, and appreciate myself. Creating a level of internal peace that I believe we can all benefit from. I cannot recommend JAMP® enough to not just those struggling with known trauma, but anyone experiencing any difficulty or hardship in life. I can confidently say that Dr. Lahab and JAMP® have changed my life in ways that I could have never imagined. And for that, I am eternally grateful”.