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--Soul Peace--

Body, Soul, And Spirit

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In the last column of Soul Peace, we talked about how Gwen experienced body memories of her birth trauma. We discussed some of Gwen's struggles from being strangled by her own umbilical cord in the womb.

Before we continue with more information about the soul, we need to take a moment to define the soul that we are talking about. That way, we can begin from the same perspective.

We are a spirit that lives in a body and has a soul. Our spirit is the breath of life and it is either dead or alive. It becomes alive when we receive Jesus as our Savior and Lord. Our body is the part of us that we see in the mirror. It is the home of our spirit and soul. Our soul has three parts: the intellect, the will, and the emotion.

Understanding the interaction of the body, soul, and spirit is very important. We are so preciously made that each part affects the other. Gwen's body memory affected her intellect: she couldn't memorize, and she thought she was stupid. She emotionally felt less than her brother. And her body, soul, and spirit agreed that nothing would touch her neck, because it triggered the traumatic body memory of being strangled.

How do we deal with negative body, soul, or spirit memories that are pre-verbal [without words]? The same as we do with memories that have pictures and words, and feelings.

I enjoy using two methods to desensitize the trauma of these negative memories. The first is Theophostic Prayer Ministry. I use Theophostic with other forms of prayer for trauma. Theophostic prayer focuses on the emotional area of the soul. It connects the negative emotion with the problem situation and invites the Lord Jesus into that emotion to heal it, and thereby heal the situation. I have found Theophostic effective even when there didn't seem to be a situation connected to it.

Connecting the soul (the intellect, will, and emotion) with Biblical Truth and psychological knowledge.

Integrating the soul with body and spirit for peace in all areas of life--business,
personal, marriage, family, and relationships.

"Not by might, nor by power, but by my Spirit says the Lord of Hosts."

Zechariah 4:6

The second method I use to desensitize trauma is with a psychological therapy called EMDR [Eye Movement Desensitization and Reprocessing]. It is not hypnotism. It connects the trauma situation with the negative emotions, negative thoughts and attitudes [cognitions], and the areas in the body affected by the stress.

In my practice, I have found EMDR equally effective whether there has been a physical problem, like high blood pressure, that wouldn't respond to medical approaches. Or whether there was an emotional problem [anger, anxiety, fear] that seemed to have no trauma related to it.

Again, appreciating and understanding and working with the way our soul is made, is strength.

Next time, we will talk about how negative thoughts [from the intellect of the soul], and negative feelings [from the emotion of the soul] direct the will [of the soul] and cause bodily health problems.

Editor's Note: The Mission Statement of Dr. Mardee Alff, Psy.D is as follows:

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