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Book Review

Clear Trauma Now: A Powerful Solution for Getting Unstuck **By Judith Swack, PhD**

Review by
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What if unresolved trauma underlies a wider range of presenting issues than we have realized? And what if it has a precise structure of disruption in the mind, body, and soul that can be identified and cleared? This is the animating question behind *Clear Trauma Now: A Powerful Solution for Getting Unstuck*, a comprehensive and clinically rich guide by Dr. Judith Swack. David Gruder, in his foreword, issues an invitation: “Welcome to the wizarding world of Dr. Judith Swack”. This is apt, for what Swack presents is an integrated healing philosophy and system spanning immunology, energy psychology, depth psychology and soul-level intervention, illustrated throughout with many stories of remarkable and rapid healing.

Dr. Swack brings formidable credentials to this work. Trained as a PhD biochemist and immunologist, she has spent decades as a body-mind healer, developing what she calls Healing from the Body Level Up™ (HBLU™). HBLU is a holistic psychotherapy system drawing on neurolinguistic programming (NLP), energy psychology modalities including meridian tapping, applied kinesiology, craniosacral therapy and Enneagram-based personality work, integrated with shamanic and transpersonal perspectives. She has presented her work and the science underlying energy psychology interventions at the Association for Comprehensive Energy Psychology (ACEP) conferences since 2001. This book shows clinical experience built over decades and is both educational and practical. It aims to explain the structure of trauma and its effects across all levels of human being, and to offer specific protocols for clearing it.

A Map of Trauma and its Healing

The book moves from foundational concepts through increasingly complex trauma presentations. It provides detailed descriptions and multiple illustrative cases for different levels and types of traumas and closes with practical protocols.

Swack begins by establishing her philosophical framework. Each human being is a soul embodied in physical form, having a conscious mind, unconscious mind, physical body and soul. Damage patterns at any of these levels interfere with our functioning; generate negative emotions, limiting beliefs and physiological dysregulation that can be retriggered by environmental cues long after the original event. Crucially, healing requires not only recognizing that these levels exist but communicating with them to identify precisely what is held there.

This is where HBLU is especially distinctive. Swack works with a “parts of self” approach in which the unconscious mind, specific body parts, organs, and the soul are each understood to have their own consciousness, their own emotional experience and hold their own beliefs. A leg can hold anger; an organ can carry fear; the soul can carry grief from experiences beyond ordinary memory. To heal effectively, the practitioner must first identify the particular level, the type of trauma and the way that it is held, as emotion or limiting belief. Swack does this through muscle testing (intuitive kinesiology) and her own developed intuition.

Chapter 1 establishes phobias as the foundational building block of trauma: a conditioned fight-or-flight response paired with environmental elements that can be retriggered repeatedly. Trauma, Swack argues, is essentially a more complex and layered phobia, distinguished by its sense of frozenness, its emotional load (fear, rage, sadness, shame) and the self-limiting beliefs it generates.

Chapter 2 details types of trauma as loss or violence. Each has distinct imprints, limiting beliefs, and emotional residues (the feeling of emptiness characteristic of loss; a sense of pollution or contamination in violence trauma).

Chapters 3 through 5 demonstrate this framework across a wide range of clinical presentations. These include emotional trauma producing physical symptoms, loss in many forms (diagnosis shock, job loss, life transition, near-death experience), and physical injury trauma (birth trauma, illness-related injury, surgical trauma and brain injury). For each category, Swack provides several illustrative cases showing the variation in how these patterns present and the interventions used.

Chapter 6 describes the neurobiology of energy psychology drawing on Swack’s scientific background to explain how meridian tapping regulates the nervous system. Chapter 7

makes the case for early intervention and includes guidance on treating trauma in young children. The book concludes in Chapter 8 with usable protocols: a self-treatment protocol for simple trauma, the full Natural Bio-Destressing (NBD) tapping sequence, Cook's balance process and HBLU protocols for specific situations including surgical preparation, sports performance and job seeking.

A Clinically Rich and Distinctive Contribution

A strength of this book is its comprehensiveness, both in scope and clinical specificity. Swack maps out the complexity of trauma presentations and treatment. She classifies and details the components of loss and violence imprints and a range of clearing techniques, bringing a genuinely useful clinical framework that extends beyond standard energy psychology literature.

The principle that all parts of the being have consciousness – that a body part, an organ or a physiological process can hold a trauma imprint with its own emotional content and belief structure is presented not as a metaphor but as clinical working reality. And the case studies support this compellingly. For example, three clients presenting with an inability to breathe deeply, yet each carried a different emotional root and Swack used a different healing approach. One was cleared through the NBD tapping protocol, a second through Tapas Acupressure Technique, and a third through channelling divine light to the centre of the chest. This kind of clinical differentiation – same presenting symptom, three distinct interventions illustrate Swack's range of presentations and healing methods.

The client case material throughout is a particular asset. Stories are told with warmth and clinical precision of an experienced healer and demonstrate the variety in trauma clearing at different levels of being, types and causative factors. The chapter on neurobiology of energy psychology is clear and anchors the work in science without reducing it to mechanism. This is an authority that Swack's biochemistry background uniquely brings.

Swack accesses a wide range of clinical tools and modalities combining them in her integrative approach. For example, NLP, dialoguing with unconscious mind and parts of self, several energy psychology methods such as Tapas Acupressure Techniques (TAT), and Wayne Cook posture. The NBD tapping protocol can be recognized as the full original EFT tapping sequence including hand points and the 9-gamut procedure.

It is noted that the full HBLU system is complex. While the book provides substantial orientation and usable self-help protocols the deeper clinical work requires training. Diagnostic communication is foundational and it depends on the practitioner's ability to use muscle testing or an equivalent intuitive capacity to identify the specific damage patterns, emotion, and belief structure needing to be addressed. This is not a criticism of the book, but an acknowledgement of scope.

Overall Assessment and Recommendation

Clear Trauma Now is a significant contribution to the literature on trauma healing and energy psychology. It is clearly written, intellectually serious, and clinically grounded in decades of practice. It will challenge readers who have not yet considered the soul or the body's parts as conscious participants in healing – and that challenge is valuable. It will enrich the practice of any serious healer, counsellor, or therapist who works at the intersection of body, mind, and spirit.

The book is particularly recommended for practitioners of energy psychology, somatic therapies, transpersonal psychotherapy, and integrative or holistic medicine who wish to deepen their understanding of how trauma is held across all levels of being and how to address it with precision and care. It would serve well as a text for advanced training programs in any of these modalities. Lay readers with a serious interest in their own healing will find the self-help protocols accessible and the case material illuminating while being appropriately guided toward professional support for more complex presentations.

Dr. Swack has given the healing community a generous gift: the distillation of a lifetime of clinical innovation into a form that is both learnable and immediately useful. Readers who enter the wizarding world of Judith Swack will find it both challenging and transformative. This reviewer recommends it without reservation.

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