

**Judith Ann Swack, Ph.D.**

Healing from the Body Level Up, Inc.

56 Pickering Street, Needham, MA 02492

ph: 781-444-6940 e-mail: [Judith@hblu.org](mailto:Judith@hblu.org) Internet: [www.HBLU.org](http://www.HBLU.org)

**CURRICULUM VITA AND BIBLIOGRAPHY**

**EDUCATION:**

- 1973 BA Oberlin College, Oberlin, Ohio (Biology)
- 1977 MS Case Western Reserve University, Cleveland, Ohio (Biochemical Research)
- 1986 Ph.D. George Washington University, Washington, DC (Biochemistry)
- 1983 PNLN Neurolinguistic Programming Institute of Washington DC (practitioner training)
- 1988 MPNLN Massachusetts Institute of Neurolinguistic Programming (Certified Master Practitioner)
- 1995 Certified Hypnotherapist

**PROFESSIONAL POSITIONS:**

- 1973-1977 Jr. Research Assistant, Dept. of Biochemistry, Case Western Reserve University, Cleveland, Ohio
- 1977-1979 Research Associate, Dept. of Biochemistry, George Washington University, Washington DC
- 1979-1980 Research Associate, Dept. of Biochemistry, Uniformed Services University, Bethesda, Maryland
- 1980-1984 Chemist, Laboratory of Biochemistry, National Cancer Institute, National Institutes of Health, Bethesda, Maryland
- 1984-1985 Senior Research Technician (part time), Litton Bionetics Inc., Frederick, Maryland
- 1984-1985 Chemist (part time), Laboratory of Molecular Pharmacology, National Cancer Institute, National Institutes of Health, Bethesda, Maryland
- 1985 Chemist, Laboratory of Tumor Cell Biology, National Cancer Institute, National Institutes of Health, Bethesda, Maryland
- 1985-1986 Research Fellow, Division of Tumor Immunology, Dana Farber Cancer Institute, Harvard Medical School, Boston, Massachusetts
- 1986-1988 Research Fellow, Division of Rheumatology/Immunology, Department of Medicine, Tufts Medical School, New England Medical Center Hospitals, Boston, Massachusetts
- 1988-1990 Research Fellow, Division of Hematology/Oncology, Department of Medicine, Tufts Medical School, New England Medical Center Hospitals, Boston, Massachusetts
- 1990-1994 Senior Research Scientist, Ciba Corning Diagnostics, E. Walpole, Massachusetts
- 1989-present President, Healing from the Body Level Up, Inc. (formerly Judith A. Swack & Associates), Needham, Massachusetts

**AWARDS:**

- May 2015 ACEP Outstanding Contribution to the Field (of Energy Psychology)

## **PRESENTATIONS:**

### **ACA:** (American Counseling Association)

- The Neurobiology of Trauma and Its Application to Successful Treatment (2019)

### **ACEP** (Association for Comprehensive Energy Psychology)

- Transforming Illness and Addiction Identity Structures (May 2000)
- Energy Psychology Isn't Weird; It's Biology (May 2001)
- Clearing the Lightworker Overtangle (May 2002)
- Eliminate Your Most Misery-Producing, Life-Long, Joy -Destroying Compulsions in Just 1 Hour (May 2003)
- The Seven Secrets to Muscle Testing Mastery (May 2004)
- Achieve and Maintain Your Ideal Weight with HBLU (May 2005)
- Achieve and Maintain Your Ideal Weight with HBLU (May 2006)
- Take Loving Charge of Your Life" (2007)
- Don't Say Yes When You Mean No; Introduction to Seduction (May 2008)
- Forgive Yourself: Heal the Inner Critic (May 2009)
- Create a Successful, Happy, Satisfying, Lasting Marriage (June 2010)
- Neglect Trauma (June 2011)
- The HBLU Approach to Clearing Blocked Memories of Trauma (June 2013)
- Creating and Maintaining Stable Boundaries (2014)
- Attachment/Detachment Disorder: Repairing the Ability to Bond (2015)
- The Betrayal Overtangle: A Dark Cultural Paradigm & Major Cause of Trauma (2016)
- Seduction Patterns: Recipe for Frustration (2016)
- Transforming Personality; The Enneagram and the Essence Process (2017)
- Clearing Date and Marital Rape (2018)
- HBLU Clearing Protocols for Effective Muscle Testing (2019)

### **AHNA** (American Holistic Nurses Association)

- Physical Injury Trauma (2012)
- An Energy Psychology Approach to Preventing Physical Injury Trauma and Promote Healing from Surgery (2015)
- "How to Create Stable Boundaries and Prevent Burnout" (2016)
- An Energy Psychology Approach to Preventing Physical Injury Trauma and Promote Healing from Surgery (2017)

### **AHP** (Association for Humanistic Psychology)

- "Rapid Recovery from Physical Trauma: a new and revolutionary treatment" (8/16/96) and (1997)
- "Healing the Deathwish Pattern" (3/21/99)

- “Healing the Broken Heart: Clearing Loss & Violence Trauma From Mind, Body & Soul” (March 2000)

**AMHCA** (American Mental Health Counselors Association)

- “History Trauma: The HBLU Approach to Treating Post Traumatic Stress Disorder (PTSD) & Panic Attacks” (July 2013)
- “The Neurophysiology of Trauma and its Application to Successful Treatment” (2016)
- “The Neurophysiology of Trauma and its Application to Successful Treatment” (2017)
- “The Neurobiology of Trauma and Treatment Implications” (2018)

**ASP** (Association for Spirituality and Psychotherapy)

- The Body Is the Doorway to the Soul (May 2005)

**CANLP** (Canadian Association for NLP)

- “Healing the Deathwish Pattern” (4/18/99) (4/30/00)

**EPC** (Energy Psychology Conference, Toronto)

- “Cure Learning Disabilities and Other Brain Dysfunction with HBLU” (2003)
- “Achieve and Maintain Your Ideal Weight with HBLU” (2004)
- “Does Your Consciousness Currently Reside Within Your Physical Body and Is Your God Switch Turned On?” (2005)
- “Take Loving Charge of Your Life” (2006)
- “Don’t Say Yes When You Mean No; Introduction to Seduction” (2007)
- “Create a Successful, Happy, Satisfying, Lasting Marriage” (2011)
- “History Trauma: The HBLU Approach to Treating Post Traumatic Stress Disorder (PTSD) and Panic Attacks” (2013)
- "How to Create Stable Boundaries and Prevent Burnout" (2015)
- “Combining Energy Transmission with Meridian Tapping Techniques for Rapid Healing of Physical and Emotional Trauma” (2016)
- Transforming Personality; The Enneagram and the Essence Process (2017)
- Communicating with the Soul through the Body: Muscle Testing Demystified (2018)
- What to Do When the Symptoms You Are Having Are Not Your Own (2019)

**IANLP** (International Association for NLP)

- Allergies (91 Toronto),
- Allergies (92 NYC),

- “Use of Callahan Tapping to Facilitate Healing Following Physical Injury” (4/25/93)

**IASH** (Institute for the Advanced Studies of NLP)

- “Healing the Deathwish Pattern” (6/24/97),
- “Cure Learning Disabilities and Other Brain Dysfunction with HBLU” (5/2004)
- “Overcoming Medically-Related Fears, Phobias, and Traumas with Natural Bio-Destressing” (9/2006)
- History Trauma: Treating Post-Traumatic Stress Disorder and Panic Attacks (September 2012)

**IEA** (International Enneagram Association):

- “Transforming Illness and Addiction Identity Structures” (August 2000)
- “The Enneagram Wound is Caused by Embodiment Trauma” (August 2001) )
- “Eliminate Your Most Misery-Producing, Life-Long, Joy -Destroying Compulsions in Just 1 Hour” (August 2003)

**ISSSEEM (International Society for the Study of Subtle Energies & Energy Medicine)**

- “The Look” An Energy Transmission Technique that can Clear Traumatic Reactions in Seconds (2014)
- Clearing Curses in Seconds (2015)

**Movement and Cognition Conference**

- **Rapid Recovery from Physical Trauma: A New and Revolutionary Treatment (2018)**

**The Milton H. Erickson Foundation Brief Therapy Conference**

- The Soul Orientation Process (2011)

**NASW-MA (National Association for Social Workers – Massachusetts Chapter)**

- The Neurobiological Treatment of Trauma (2018)

**NICABM** (National Institute for the Clinical Application of Behavioral Medicine):

- “Clearing Traumas from Mind/Body/Soul: A Rapid and Revolutionary Process” (March 2000)

## **NLP Comprehensive**

- “Making Decisions with All of You” (3/8/97)

## **SUNY Stony Brook - Complementary and Alternative Medicine Conference**

- “The Body is the Doorway to the Soul: An Introduction to Healing from the Body Level Up” (June 2000)

## **HEALING FROM THE BODY LEVEL UP™ WORKSHOPS SPONSORED BY NATIONAL ORGANIZATIONS**

- ESALEN INSTITUTE (1999) (2000)
- WOMCA (Washington Mental Health Counselors Association) (1997-99)

## **OTHER PROFESSIONAL TRAININGS**

- BUSSW (Boston University School of Social Work) “ (2004, 2005, 2006)
- PROFESSIONAL TELECLASSES “Overcoming Fears, Phobias, and Traumas with Natural Bio-Destressing” (2005, 2006)

## **MIND/BODY PUBLICATIONS:**

1. Swack, JA. “A Study of Initial Response and Reversion Rates of Subjects Treated with the Allergy Technique.” *Anchor Point* 6, 3:1-10, 1992. (reprinted on website)
2. Swack, JA. “The Basic Structure of Loss and Violence Trauma Imprints.” *Anchor Point* 8, 3:3-23, 1994. (reprinted on website)
3. Swack, JA. “Healing from the Body Level Up and How It Evolved from NLP.” *Anchor Point* 15, 6:27-32, 2001. (reprinted on website)
4. Swack, JA. “The Antidote to the Psychological Effects of Terrorism.” *AHP Perspective*, Dec. 2001/Jan. 2002 pg. 28-31. (reprinted on website)
5. Swack, JA. “Healing from the Body Level Up.” Chapter 4. *Energy Psychology in Psychotherapy: A Comprehensive Source Book*, Norton Professional Books, Gallo, Fred, (Editor), 2002.
6. Swack, JA, “Transforming Personality with HBLU™: Explanation of the Enneagram Operating System.”  
*The Energy Field*, Volume 7:4 Winter 2006

## **PEER REVIEWED MIND/BODY RESEARCH PUBLICATIONS**

7. Swack, JA, “Diagnosis Shock, the Unrecognized Burden of Illness.” *International Journal of Healing and Caring Online*. Volume 8:1, January 2008.  
([HTTP://www.IJHC.org](http://www.IJHC.org) )

8. Swack, JA, "Healing the Collective Consciousness with Healing from the Body Level Up™." *International Journal of Healing and Caring Online*. Volume 8:3, September 2008. ([HTTP://www.IJHC.org](http://www.IJHC.org) )
9. Swack, JA "Elimination of Post Traumatic Stress Disorder (PTSD) and Other Psychiatric Symptoms in a Disabled Vietnam Veteran with Traumatic Brain Injuries (TBI) in Just Six Sessions Using Healing from the Body Level Up™ Methodology, an Energy Psychology Approach ." *International Journal of Healing and Caring Online*. Volume 9:3, September 2009. ([HTTP://www.IJHC.org](http://www.IJHC.org) )
10. Swack, JA, "Breaking the Habit and Reversing the Effects of Pretending to Be Alright." *International Journal of Healing and Caring Online*. Volume 10:3, September 2010. ([HTTP://www.IJHC.org](http://www.IJHC.org) )
11. Swack, JA "Elimination of PTSD and Psychiatric Symptoms in One to Six Sessions in Two Civilian Women and One Female Iraq War Veteran Using Healing from the Body Level Up (HBLU™) Methodology, an Energy Psychology Approach". *International Journal of Healing and Caring Online*. Volume 12:3, September 2012. ([HTTP://www.IJHC.org](http://www.IJHC.org) )

#### **PUBLICATIONS (OTHER):**

12. Swack, Judith A., Ph.D. & Rawlings, Wendy, LMHC (2017, November). Understanding Neurobiology of Trauma Will Enable Counselors to Help Clients Heal Permanently From It, *AMHCA The Advocate Magazine*, 40 (4) 9 – 12.
13. Swack, Judith A., Ph.D. (2018) "Why Do I Do That?" Chapter 13 in *Success Starts Today*, Orlando, FL: Celebrity Press, pp. 133-139.

#### **MAJOR TELEVISION APPEARANCES:**

1. ABC Boston Affiliate WCVB-TV Channel 5 News: Therapist Says Technique Can Cure Phobias Patients Claim Method Eliminates Fears, February 2003. (available to view on website)
2. TBS Superstation's Worst Case Scenario: Afraid of the Dark. February 2003 (available to view on website)
3. CBS Boston Affiliate WBZ-TV Channel 4: Sundays with Liz Walker: Letting Go. March, 2005. (available to view on website)

**BIOCHEMISTRY AND IMMUNOLOGY PEER REVIEWED RESEARCH  
PUBLICATIONS:**

1. Swack JA, Zander GL, Utter MF. Use of avidin Sepharose to isolate and identify biotin polypeptides from crude extracts. *Anal. Biochem.* 87:114-126, 1978
2. Deterra, SD, Becerra, SP, Swack, JA, Wilson, SH. Studies on the mechanism of DNA polymerase alpha nascent chain elongation, steady state kinetics, and the initiation phase of DNA synthesis. *J. Biol. Chem.* 256:6933-6943, 1981
3. Karawya E, Swack JA, Wilson SH. Improved conditions for activity gel analysis of DNA polymerase catalytic polypeptides. *Anal. Biochem.* 135:318-325, 1983.
4. Karawya E, Swack J, Albert W, Fedorko J, Minna JD, Wilson SH. Identification of a higher molecular weight DNA polymerase alpha catalytic polypeptide in monkey cells by monoclonal antibody. *Proc. Natl. Acad. Sci. USA* 81:7771-7781, 1984
5. Swack J, Karawya E, Albert W, Fedorko J, Minna J, Wilson SH. Properties and applications of new monoclonal antibodies raised against calf DNA polymerase alpha. *Anal. Biochem.* 147:10-12, 1985
6. Chatteraj, DK, Pal SK, Swack JA, Mason RJ, Abeles AL. An autoregulatory protein is required for P1 plasmid replication. In: Calendar R, Gold L, eds. *Sequence specificity in transcription and translation.* New York: Alan R. Liss, p.271-280, 1985
7. Pommier Y, Kerrigan D, Schwartz RE, Swack JA, McCurdy A. Altered DNA topoisomerase II activity in Chinese hamster cells resistant to topoisomerase II inhibitors. *Cancer Res.* 46:3075-3081, 1986
8. Swack JA, Pal SK, Mason RJ, Abeles AL, Chatteraj DK. P1 plasmid replication: Measurement of initiator protein concentration in vivo. *J. Bacteriology* 169:3737-3742, 1987
9. Swack JA, Nakatsuji T, Ito K, Tsuji K. Preservation of membrane glycoprotein labile epitopes during Western blotting with monoclonal antibodies. *BioTechniques* 5:564-571, 1987
10. Swack JA, Morimoto C, Schlossman SF, Rudd CE. The structure and function of a novel activation antigen (2H1) on T-lymphocytes. In: McMichael AJ, et al. eds. *Leukocyte Typing III.2* Oxford: Oxford University Press, p.550-554, 1987
11. Rudd, CE, JM Trevillyan, JD Dasgupta, JA Swack, SF Schlossman. The CD4 and CD8 antigens are associated in detergent lysates with a protein-tyrosine kinase (p58Lstra/Lck) from T cells. In *Cellular Basis of Immune Modulation, Vol 9: Modulation of the Immune Cell Response.* JG Kaplan, DR Green, RC Bleackley, eds. Alan Liss, New York, p.79, 1989
12. Swack, JA, Gangemi RMR, Rudd CE, Morimoto C, Schlossman SF, Romain PL. Structural characterization of CD6: properties of two distinct epitopes involved in T cell activation. *Mol. Immunol.* 26:1037-1049, 1989
13. Gangemi, RMR, Swack, JA, Gaviria, DM, Romain, PL. Anti-T12, an anti-CD6 monoclonal antibody, can activate human T lymphocytes. *J. Immunol.* 143:2439-2447, 1989
14. Edwin, C, Swack, JA, Williams, K, Bonventre, PF, Kass, EH. Synthetic peptide derived from toxic shock syndrome toxin 1 activates human T cell proliferation in the presence of monocytes and induces tumor necrosis factor production. *J. Infectious Diseases* 163:524-529, 1991
15. Swack, JA, Mier, JW, Romain, PL, Hull, SR, Rudd, CE. Biosynthesis and post-translational modification of CD6 a T cell signal-transducing molecule. *J. Biol. Chem.* 266:7137-7143,