

THE Energy Field

FALL 2020

THIS ISSUE

[Mind-Body Tools for Children](#)

Cindy Baker, MEd, DCEP; Gail Gillespie, PhD; Jeannette Folan, Suzanne Velasquez-Sheehy, EdD; Jondi Whitis
Page 1

[From Pain to Gain](#)

Fred P. Gallo, Ph.D.
Page 8

[Thriving During the Pandemic](#)

Page 12

[From the Desk of the Executive Director](#)

By Robert Schwarz, PsyD, DCEP
Page 13

[3 Keys to Managing Liability for the Holistic/Energy Practitioner](#)

Page 14

[ACEP's Higher Energy Podcast](#)

Page 18

[New Posts on the ACEP Blog](#)

Page 20

[Moving EP Into the Mainstream](#)

Page 21

[Research Review](#)

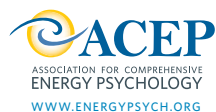
By John Freedom, CEHP
Page 23

[Book Review](#)

By John Freedom, CEHP
Page 27

[Taking a Breath](#)

Page 30



Mind/Body Tools for Children

Effective techniques for trauma, resilience, self-confidence and performance

Cindy Baker, MEd, DCEP; Gail Gillespie, PhD; Jeannette Folan, Suzanne Velasquez-Sheehy, EdD; Jondi Whitis

“During the 2019-2020 school year, I met on a monthly basis with teachers serving grades pre-k through 8 in the U.S. to introduce energy psychology (EP) skills to staff and students. I first introduced teachers to the research and science behind EP and outlined potential outcomes and benefits of integrating EP skills into their existing social emotional learning curriculum and daily classroom routines. Next, so they could experience the results themselves, teachers practiced using Emotional Freedom Techniques (EFT) to self-regulate emotions and reduce stress and anxiety. Each month we practiced using EFT for a variety of issues until they were comfortable introducing the technique to their students. Teachers then learned and practiced ways to introduce EFT to students of various age/grade levels and received age-appropriate lesson plans and resources. When ready, teachers introduced EFT to their students and incorporated the practice in their daily routines. I continued to support teachers by doing in-class demos with students and provided additional resources as needed. *Overall, teachers reported that students were more focused and attentive and that they witnessed students using the technique on their own.* Once school was abruptly closed as a result of covid-19, the principal and I co-hosted Tapping Tuesdays online to help parents manage their stress and anxiety.” — Suzanne Velasquez-Sheehy, EdD

Teaching self-care and resiliency is as crucial for our children’s wellness as it is for the adults and families who support and nurture them. The ongoing health crisis, as well as broader crises in our society demand that we embrace new, more effective methods to quickly deliver these skills and outcomes.

Current research validates and reinforces both the myriad ways that trauma impacts children and how EP techniques can help alleviate and even clear the

[Continued on page 2](#)

[Continued from page 1](#)



emotional blockages that, left unprocessed, can negatively impact an individual throughout their lifetime. Furthermore, EP is shown to be a powerful tool to support healthy mental, social-emotional and physical development.

The Necessity of Energy Psychology for Children

Exposure to traumatic experiences in childhood is more frequent than uncommon and can have a significant impact on the development and social-emotional health of children and adolescents. A recent national study revealed that approximately 34 million children in the United States have experienced at least one of nine adverse childhood experiences that have the potential to lead to traumatic stress and to negatively impact a child's psychological well-being (Bethell, Davis, Gombojay, Stumbo, & Powers, 2017). It is estimated that 26% of children will have either experienced or witnessed a traumatic event before their fourth birthday (Briggs-Gowan, Ford, Fraleigh, McCarthy, & Carter, 2010).

Traumatic stress reactions in children differ from those experienced in adults — particularly for children who have undergone repeated or multiple traumatic events (Van der

Kolk, 2003). Emotionally, some traumatized children may struggle to regulate their feelings and may exhibit anger, rage, and irritability, while other traumatized children may appear sad, anxious, and overwhelmed. Behaviorally, traumatic responses may manifest as aggressive, disruptive, and self-destructive behaviors. Socially, traumatized children may not trust others. They may feel betrayed by adults who did not protect them, which can negatively affect their interpersonal relationships and ability to make friends. Cognitively and academically, substantial decrements in IQ scores and reading achievement have been reported in young children experiencing traumatic stress (Cole et al., 2005; NASP, 2015b).

Traumatized children may also be preoccupied with worries about their safety and experience a sense of foreshortened future which can impact their concentration and motivation to engage in school work. These types of problems, coupled with frequent school absences, can impact school performance (APA, 2008; Cole et al., 2005; NASP, 2015b).

Recent research shows that trauma can be passed down generationally and have a debilitating effect (Yehuda et al. *Biological Psychiatry*, August 12, 2015, Volume 80, p 372-380). Reactive attachment disorder (RAD) is another issue that is

[Continued on page 3](#)

[Continued from page 2](#)

increasingly common. It occurs when an infant or young child does not establish healthy attachment with parents or caregivers as a result of not having their basic needs for comfort, affection, and nurturing met.

This results in the inability to establish loving, caring, stable attachments with others, as well as rarely seeking comfort when distressed, exhibiting limited positive affect and unexplained episodes of irritability, sadness, or fearfulness in response to caregiver interaction.

Results of the Adverse Childhood Experiences (ACE) study by the Centers for Disease Control (CDC), in collaboration with Kaiser Permanente, assessed the significant emotional and physical health impact that trauma has on children. This meta-analysis linked child abuse and other adverse childhood experiences to several chronic diseases in adulthood (Anda, Felitti, Edwards, et al., 1998).

In addition to the growing number of children impacted by trauma, a trait known as sensory processing sensitivity has been identified in 20% of the population, affecting adults and children alike. This trait involves the central nervous system which, becoming overstimulated from environmental sources, results in highly reactive behavior and anxiety, affecting social-emotional development (Boterbert & Warreyn, 2016).

Energy psychology tools have demonstrated effectiveness in reducing stress and anxiety in children (Jain & Rubino, 2012; Stapleton, Mackay, Chatwin, et al., 2017). They show great promise as a tool to support stress management, social and emotional competencies, and enhance learning goals, as well as a “preventive medicine” tool — an intervention to mitigate the risks of later onset of adult chronic diseases such as heart disease, stroke, high blood pressure, and diabetes.

Setting the Stage for Energy Psychology Facilitators

Although EP techniques are gaining wider acceptance, they are far from “mainstream”. Most educators, caregivers, school social workers, therapists and psychologists have never heard of EP techniques, let alone used them in their work.

However, the concept of self-regulation versus self-control has broken through into mainstream educational thinking, providing opportunities to facilitate more successful outcomes for students and educators. This conceptual framework of self-regulation looks beyond merely achieving a desired behavior,



and instead addresses the root issues involving a child’s self-worth and self-identity that often motivate disruptive or ‘negative’ behavior. EP can provide both a theoretical and a strategic framework for self-regulation — one that immediately engages the autonomic nervous system and limbic system of the body, offering rapid relief and a return to more resourceful, ‘choice’ states.

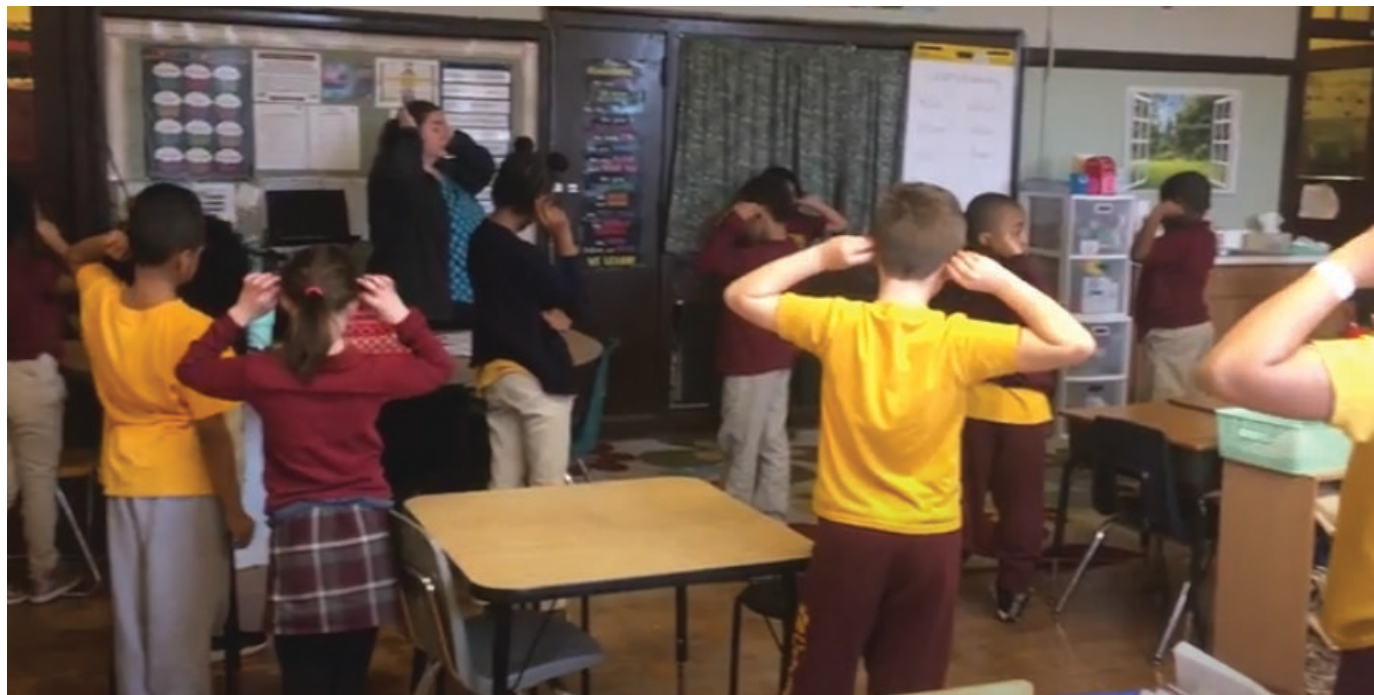
Knowing how to effectively approach school leaders and youth professionals about the benefits of energy psychology is vital to adding EP techniques into school curriculum and programs. A successful approach includes discussing how EP can help children/teens overcome the obstacles that impede success in several areas key to academic, social-emotional and psychological development through:

- Increased motivation, focus, concentration; the development of positive habits and attitudes, ability to regulate behaviors, ability to make better choices and decisions, increase in self-confidence and self-efficacy, and enhanced overall well-being.
- Enhanced self-awareness, self-management, social awareness, relationship skills, and responsible decision-making — the five social-emotional learning competencies targeted by schools.
- Improved ability to self-regulate emotions and reframe limiting thoughts, self-perceptions and beliefs that interfere with a child’s ability to reach their full potential.

Emotional Freedom Techniques (EFT) is a powerhouse in the EP toolbox. It is easy to learn and can be used by people of all ages. It shows great promise for supporting learning goals and performance in educational settings. It has been

[Continued on page 4](#)

[Continued from page 3](#)



shown to be effective in reducing stress and anxiety in students (Gaesser, 2018; Jain & Rubino, 2012; Stapleton, et al., 2017), burnout in teachers (Reynolds, 2015) and increasing academic performance (Aremu & Taiwo, 2014). Using EFT with children can have significant implications for learning, behavior, emotional regulation and healthy development.

Successful Implementation

When a school or organization is ready to implement EP, it is important that they are fully prepared in the mechanics and logistics of teaching and learning EP. **The techniques will be more rapidly and accurately acquired if these conditions are met:**

- Presented in a safe, supportive environment
- Practiced regularly for easy recall
- Modeling and normalizing use, both as a daily routine and proactive response
- Reinforced by assisting students to experience the feeling and relief of being in control of self, and the feeling of being empowered to create a sense of inner safety/calm
- Fostering expanded awareness of a greater 'window of tolerance' on one's behavior and capabilities

- Reinforced by the community, peers, and family buy-in

Perhaps the most important aspect of successfully integrating the teaching of EP in schools is that it is presented, languaged and modeled in age-appropriate formats. Offering information in a developmentally appropriate, stair-stepped acquisition model makes learning easier and improves outcomes. Some examples of age-appropriate teaching for EP techniques include:

- Pre-schoolers typically have narrow windows of attention, so it is beneficial to introduce one simple strategy such as a 'magic button' acupoint stimulation, and repeating it with proper cues and facial/body language.
- Kindergartners easily learn in a serial format, such as combining a song or kinetic dance sequence with acupoint stimulation as a fun routine to begin the morning or group meeting.
- Older elementary children are well-served by story examples and modeling. This appeals to their budding reasoning and expands their individual capabilities as problem-solvers.

[Continued on page 5](#)

[Continued from page 4](#)

- Middle school children can benefit from using a discussion format that supports different kinds of problem solving, with EP presented as a brain strategy that works on the body. It is also easily combined with more calming, noticing activities, such as yoga, meditation or guided imagery.
- High school children are typically over-exposed to stimulation, so presenting EP as a rapid respite from overwhelm or a performance-prep toolset reduces anxiety before tests or competitions.

Finally, creating an action plan, building a support system and maintaining a daily self-care routine will help to ensure successful integration of EP tools for children into your practice, agency, school system or organization.

The Action Plan serves as a guidebook for success. It provides clarity and direction for the steps to be taken to make your vision a reality. An example of a process you might follow is:

- Identify the group(s) you want to help with EP (for example: highly sensitive children, children with ADHD, English as a second language groups, students with diverse needs, gifted students, sports teams, fine arts students, grief support groups)
- List ways that EP will help this group (goals and “selling points”)
- Identify those people that you need to support you in your integration of EP into the organization
- Decide how to present the techniques (i.e. think of your audience)
- Establish mechanisms to maintain the practice of these tools within your organization. Sustainability is key to successful implementation into the school or group.
- Plan the first step you will take to introduce EP to your group

Your Support System in the organization provides the bolstering you will need to overcome obstacles and meet challenges with grace and confidence. Enlisting the support of coworkers, administrators and stakeholders helps to create buy-in and to promote EP tools both short-term and long-term. Some ways to build a support system include:

- Create or join a Facebook group with similar schools/ organizations doing EP

Implementing EP techniques with one student

In a single-case study in New Orleans, Louisiana, a nine-year-old male diagnosed with autism spectrum disorder had a special education classification of emotional disturbance and was in a self-contained setting. He was referred for psychological services due to his inability to remain in any setting without becoming emotionally labile and aggressive. After a thorough assessment it was revealed that he had a phobia of all insects and had been resistant to all settings outside of the classroom due to this phobia. After one session of EFT he was immediately able to go into any setting without any disruptive reactions or behaviors. At last communication with the school and family, he was on course to being mainstreamed into all regular education settings and to being re-evaluated to possibly remove the classification of emotional disturbance.

- Form a group within your organization and meet on a regular basis (ie. to prevent burn-out and compassion fatigue)
- Get a one-on-one support buddy — meet, text or call when needed
- Get professional help, if needed

Daily Self-Care tops the list of essential practices to ensure the success of EP with children. When working with youth, your mind/body state is always the most influential energy in the room. When you are centered, balanced and grounded, you are an effective role model. Use EP tools throughout your own daily routine to maintain your personal power and move through your day with grace and ease. A good self-care routine starts with a plan:

- Recognize and prioritize the importance of your own self-care
- Identify your stressors and their impact on your mind and body
- Create a sustainable self-care routine

[Continued on page 6](#)

[Continued from page 5](#)

- Build a stress management practice into your daily routine
- Talk to your peers and debrief after stressful events

With these highly effective, evidence-based techniques readily available and easily teachable, it is essential — especially during this period of world crisis — to distribute these tools to schools and to professionals working with children. EP will not only have positive effects on the mental, emotional and physical well-being of these individuals; it will reverberate throughout school communities and beyond. ■

Contributors

Cindy Baker, MEd, DCEP is a licensed school psychologist and certified energy psychology practitioner specializing in teaching energy psychology tools to treat stress and anxiety.

Gail Gillespie, PhD, is a licensed school psychologist who teaches EFT and specializes in the evaluation and treatment of school-aged children and their families.

Jeannette Folan is a registered integrative health coach, author of EP activity books for children and teens, and educator specializing in the Highly Sensitive trait. Learn more at: www.jeannettefolan.com

Suzanne Velasquez-Sheehy, EdD is a certified energy psychology practitioner and licensed teacher and school administrator specializing in increasing academic performance. She is the creator of Stress Less and BOLT to Success SEL programs and the author of *BOLT TO SUCCESS EP Toolkit for Primary and Upper Grades*. Contact Suzanne at suzanne@bolttosuccess.com. Learn more at: www.bolttosuccess.com

Jondi Whitis is an accredited certified advanced practitioner and master trainer of trainers for EFT International, an author and a former teaching artist based in NY. Her resources include the TappingStar.com site for relieving stress in the classroom, *Creative Tapping Techniques for Children and Compassion In Action: Emotional First-Aid for Children*. Contact: jondi@eft4Results.com

References

- Aremu, A. O., & Taiwo, A. K. (2014). Reducing mathematics anxiety among students with pseudo-dyscalculia in Ibadan through numerical cognition and emotional freedom techniques: Moderating effect of mathematics efficacy. *African Journal for the Psychological Studies of Social Issues*, 17(1), 113-129.
- American Psychological Association. (2008). Trauma and children: Update for mental health professionals. Retrieved from <http://www.apa.org/pi/families/resources/update.pdf>
- Bethell, C. D., Davis, M. B., Gombojav, N., Stumbo, S., & Powers, K. (2017). Issue brief: A national and across state profile on adverse childhood experiences among children and possibilities to heal and thrive. Johns Hopkins Bloomberg School of Public Health. Retrieved from http://www.cahmi.org/wp-content/uploads/2017/10/aces_brief_final.pdf
- Boterberg, S., & Warreyn, P. (2016). Making sense of it all: The impact of sensory processing sensitivity on daily functioning of children. *Personality and Individual Differences*, 92, 80-86. doi: 10.1016/j.paid.2015.12.022
- Briggs-Gowan, M. J., Ford, J. D., Fraleigh, L., McCarthy, K., & Carter, A. S. (2010). Prevalence of exposure to potentially traumatic events in a healthy birth cohort of very young children in the northeastern United States. *Journal of Traumatic Stress*, 23, 725-733.
- Cole, S. F., O'Brien, J. G., Gadd, M. G., Ristuccia, J., Wallace, D. L., & Gregory, M. (2005). Helping traumatized children learn: Creating and advocating for trauma-sensitive schools (Volume 1). Boston, MA: Massachusetts Advocates for Children.
- Gaesser, A. (2018). Befriending anxiety to reach potential: Strategies to empower our gifted youth. *Gifted Child Today*, 41(4); 186-195. <https://doi.org/10.1177/1076217518786983>
- Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(2), 13-24. doi:10.9769.EPJ.2012.4.2.SJ
- National Association of School Psychologists. (2015b). Trauma: Brief tips and facts. Retrieved from <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/trauma>
- Reynolds, A. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques (EFT)? A controlled trial of teacher burnout. *Energy Psychol Theory Res Treat*, 7 (1), pp. 14-21.
- Stapleton, P., Mackay, E., Chatwin, H., Murphy, D., Porter, B., Thibault, S., & Pidgeon, A. (2017). Effectiveness of a school-based Emotional Freedom Techniques intervention for promoting student wellbeing. *Adolescent Psychiatry*, 7(2), 1-15. doi:10.2174/2210676607666171101165425
- Van der Kolk, B. A. (2003). The neurobiology of childhood trauma and abuse. *Child and Adolescent Psychiatric Clinics of North America*, 12, 293-317.
- Yehuda et al. *Biological Psychiatry*, August 12, 2015, Volume 80, p 372-380

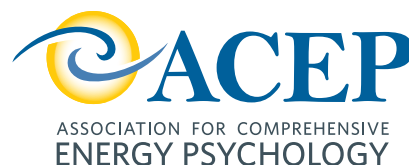


Join the ACEP Family Today!

Your resource for research, training and global impact

- **Connect and collaborate**
You are no longer a lone voice in an emerging field: you are part of a vibrant, collaborative community of energy health, and energy psychology professionals.
- **Increase your impact**
Access opportunities to present workshops and exchange ideas with thought leaders.
- **Expand awareness of energy healing methods**
You can help ACEP achieve what is not possible as an individual. Together, we can raise awareness and work to integrate energy healing into mainstream healthcare.
- **Advance the science of energy healing and energy psychology**
Stay current with the latest science and conduct your own research projects with ACEP's support.
- **Save \$ on the training you want**
Get discounts on all ACEP trainings plus CE/CNE/CME if you need it.
- **Enhance professionalism and manage risk**
Access standards of practice, a code of ethics, and general liability insurance tailored for energy healing professionals.

New members: save \$30 when you sign up by October 15!
Use promo code EF2020



Our family includes... Energy Health Practitioners - Psychologists - Coaches - Nurses - Counselors - Physicians - Marriage & Family Therapists - Social Workers - Chiropractors - Acupuncturists - Educators & more!

EnergyPsych.org

From Pain to Gain

Holistic Treatment for Chronic Pain

© 2020 Fred P. Gallo, Ph.D.

“Pain is only bearable if we know it will end, not if we deny it exists.” –Viktor Frankl

“The cure of the part should not be attempted without treatment of the whole.” –Plato

When I was 21, I had a severe automobile accident and my spleen was ruptured. I was experiencing excruciating pain in the emergency room as they were preparing me for surgery. After surgery and in intensive care, I continued to experience pain. I recall asking a nurse to give me something for the pain since it was so intense. She informed me that I had to wait for a couple hours according to doctor's orders. I wondered what I could do about this. As I observed the pain, I felt that it was even worse than the pain I experienced in the ER, since now my spleen had been removed and there was a very large incision on the left side of my abdomen. I was actually frightened about the pain, since it seemed that it would not relieve until I received a shot of morphine. Then I had an epiphany. I realized that while the pain was even more intense now than it was prior to the surgery, it was in some way quite different and acceptable. The pain that I was suffering in the ER was what could be called “dying pain,” while this was “surviving and healing pain.” That gave me a sense of security! And while the pain continued to be there, it was no longer intense and this honest reframe made the pain an experience of security. That made it possible for me to be present with the pain from a different emotional and consciousness perspective. It wasn't frightening anymore.

As a result of this and other experiences with pain, I developed an interest in relieving pain for myself and others. In time, my practice as a psychologist led me to specializing in the treatment of pain and trauma. Besides using hypnosis, visualization, and biofeedback, in 1992 I discovered the work of Dr. Roger J. Callahan. I found his approach a wonderful addition in the treatment of many psychological and physical problems, including chronic pain. This article covers aspects of my approaches to treating pain with energy psychology.

Energy psychology proposes that treatment at the energetic level addresses and affects the whole person: physical, emotional, mental and even spiritual. All matter is fundamentally energy arranged in various patterns, and at the

core, human beings — and possibly all sentient beings — are consciousness — energy. Our values and beliefs also manifest in patterns. Therefore, to treat pain we need to treat all aspects — the whole person.

Pain is a Middle English term that comes from the Latin: *poena* and the Greek: *poine*, meaning *punishment*, *penalty*, and *payment*. The experience many people have of pain and their feelings around it are reflected in these linguistic roots. But these thoughts and feelings actually add to the subjective experience of pain itself, and must be a focus of any treatment approach for it to be successful.

The Price Tag of Pain

Pain represents tremendous costs and suffering. It is practically impossible to calculate the monetary cost of physical pain. Adjusted to include lost productive work due to arthritis, back pain, headache, and musculoskeletal pain, the figure soared to over \$61 billion in the US alone in 2003 (Stewart et al. 2003). Adjusted for inflation, this is equivalent to \$85 billion in 2020. An internet search suggests that this increases to as much as \$600 billion today if, in addition to missed work, we include costs of surgery, medication, implantable devices, physical therapy, psychological treatment, and addiction treatment. Most important is the personal cost of suffering and the effects of chronic pain on the quality of couples' and family life.

The Complexity of Pain

The experience of pain is a composite of physical sensations, emotions, and thought. Pain is not simply a biological response to an injury or disease; it is an experience that is also psychological and social. Therefore, successful treatment interventions often need to address all three, and even more. On the biological side, pain involves three aspects of the nervous system: peripheral nerves, the spinal cord, and the brain. The peripheral nerves extend from the skin, muscles, and internal organs to the spinal cord. Many of these nerves

[Continued on page 9](#)

[Continued from page 8](#)

contain nociceptors, which sense real or potential damage to the areas of the body where they are located. When an injury occurs, these cells will send electrical impulses along the peripheral nerve to the dorsal horn of the spinal cord. Then neurotransmitters are released which in turn, stimulate other spinal cord nerves to transmit information about the injury to the brain. These signals travel to the thalamus — a relay station in the brain — that sends signals to three distinct regions of the brain: the somatosensory cortex (where physical sensations are registered), the limbic system (where certain emotions occur), and the frontal cortex (where you do much of your thinking, attending, emotional regulation, executive functions, and empathy).

While some injuries can cause chronic pain, habitual tension, postures and movements can intensify pain and wear away at joints and vertebrae (Alexander 1932, Hanna 2004). For example, bending your neck to text can eventually result in a habitual posture that places strain on your neck, resulting in vertebrae damage and pain in your neck, upper back, and shoulders. By becoming conscious of these postures and consistently correcting them you can alleviate a root cause of chronic pain and prevent further damage. Different forms of stretching exercises can also prevent degeneration and pain; for example, the *pandicular response* — stretching much like cats and dogs do — releases tension and restores voluntary control of muscles. This is similar to many qigong and yoga exercises, especially the yoga *Sun Salutation*.

Psychological Aspects of Pain

It is well known that emotional reactions such as depression and anxiety can magnify the perception and experience of pain which, in turn, can intensify the emotional/ psychological reaction. The neural circuitry of pain is intertwined with emotions. In some respects, pain can even be considered an emotion. Both emotions and pain involve physical, sensory experiences and share brain circuitry. If you can change the emotional reactions to the pain or the injury, the experience of pain will often change for the better. There is a huge difference between the actual physical sensations of pain and feeling distressed about the pain. Feelings of distress are a function of negative thoughts, emotional reactions and beliefs about the pain. While emotional reactions can precede thought, there is a reciprocal relationship between them. Sometimes thoughts

come first and activate emotions. Therefore, it is important to explore and address both of these psychological aspects.

Social

Our relationships with others form part of the pain experience. For example, another survival feature of pain is that it can elicit sympathy from others who, in turn, may come to the injured person's rescue. However, in the case of chronic pain, sympathy from another person can also reinforce the experience of pain, in the same way that a reward following any kind of behavior can increase the frequency of that behavior. Sympathy and assistance can become a reward that subconsciously reinforces the idea of a benefit to the pain. This can even become a cycle in which the sympathy reward serves as a way of gaining more sympathy and ultimately manipulating others. The experience of pain is therefore also embedded in a system of social and family relationships. I'm reminded of the movie "White Christmas" where Phil Davis (played by Danny Kay) had incurred a war injury as a result of rescuing Bob Wallace (played by Bing Crosby). Throughout the movie he frequently points to his arm to manipulate Wallace. However, in time others' patience can wear thin and their negative reactions can also paradoxically reinforce the pain, when a person feels rejected or abandoned.

Pain's Value

Pain is a signal that something is wrong and needs to be attended to, protected and corrected. Therefore, it has value. The same holds true for emotions. Each emotion is a signal to pay attention. Thus, fear informs us about danger, anger prepares us to fight, (healthy) shame preserves our relationships and protects us from being ostracized by the group, sadness primes us to grieve, and so on.

When we have physical pain, there is usually an organic factor involved. For example, there could be an injury to a part of the body. However, the experience of pain is produced in the brain and registered in the brain: no brain, no pain. No subjective perception, no pain. But even though pain is registered in the brain, the pain experience would be exceedingly diminished or absent if there were not an emotional response to the pain. Shifting the perception of pain can make it more tolerable, more acceptable, less intense.

[Continued on page 10](#)

[Continued from page 9](#)

Aspects of Chronic Pain

While acute pain can have a beneficial purpose, in many respects chronic pain does not. It is by definition ongoing, “stuck” pain which involves a confusing message. Sometimes the pain causes a person to reduce their activity to the point where their muscles atrophy, or to brace against the pain, which actually increases its intensity. People sometimes *hate* the pain, are *angry* about the pain, feel *worthless* because of the pain, etc. All of those factors contribute to what might be referred to as the *chronic pain syndrome*. What are some practical ways to help people in such situations?

Pain Relief Protocols

One way to help is to mindfully observe the pain structure and emotional sensations while applying tactile stimulation at acupoints. By applying this process, the tension and emotions release, and therefore the experience of pain becomes more acceptable and even diminished greatly, sometimes dissipating altogether.

One technique for accomplishing this (Triple-Warmer-3 or TW3 Technique), is to focus on the pain structure, observing it in its various aspects, relaxing into those sensations, letting go of bracing against the pain, and then simultaneously holding, rubbing or tapping between your little finger and ring finger carpals on the back of either hand while attending to your breathing and continuing to monitor the pain structure. For example, from moment to moment you would observe the intensity on a 1-10 scale, the temperature, sensations (throbbing, shooting, aching...), the area covered by the pain including shape, and so on. In many instances the intensity of the pain begins to diminish within a matter of a few minutes, and in many cases the pain dissipates altogether. As part of this protocol, you may also attend to each of the emotions associated with the pain, one after the other, applying the same technique. As the emotions dissipate, so does the pain.

Jaw Pain

Several years ago I was teaching an Advanced Energy Psychology Certification Program in Heidelberg, Germany. At the end of the first morning, one participant said that she would not be able to continue because of severe jaw pain. Instead of allowing her to leave in pain, I asked her if she would like to try a pain-relief technique. She agreed. Focusing

on the pain, she said that the pain intensity was a 10 on a 0 to 10 scale. Five minutes of tapping brought the pain down to a 1. She decided to attend the rest of the day. With continued self-treatments each time the pain intensified, by the second day she was pain free and she remained pain free for the remainder of the four-day seminar. Several months later, she returned for the second half of the training and reported that she no longer suffered from jaw pain. She did not require further dental and medical treatment for the condition. Based on that, I surmise that the treatment not only relieved immediate pain in the moment, but also made it possible for her to relax and reeducate her jaw muscles to prevent ongoing damage to the temporomandibular joints.

Back Pain

Recently, an eighty-five-year-old gentleman arrived at my office in pain and walking with canes. Accompanied by his son, he was there for a spinal cord stimulator clearance. He had undergone a spinal fusion and still had severe back pain. During the interview he said that he didn't want another surgery. He was disgruntled that the fusion did not relieve his pain and that now he could also feel “the cage that the surgeon put in my spine.” I explained that the purpose of the evaluation is to determine if SCS is appropriate for him, and that it was up to him if he wanted to have a stimulator surgically implanted. I also offered him a treatment similar to the one I offered the person with jaw pain. Within about ten minutes, his pain was gone. He was able to get up from his chair and move about the office without the help of canes. He immediately exclaimed, “Did you hypnotize me, Doc?” I said that I didn't think he was hypnotized, and asked him if he thought he was hypnotized. After a brief moment, he agreed that he didn't think he had been hypnotized. He also reported that the feeling of the “cage” was also gone. From then on, he was able to use this technique to manage pain without the need for pain medication, and he opted not to proceed with the spinal cord stimulator.

Theoretical Explanations

How do we explain the benefits derived from a technique such as this — or any tapping routine? A longstanding explanation is that tapping sends kinetic energy into meridians and causes the blocked or stagnant energy to flow. Callahan proposed that there are perturbations or active information in thought fields,

[Continued on page 11](#)

[Continued from page 10](#)

and that the tapping subsumes or collapses the perturbations at the source of the problem. Energetic information is fundamental and catalyzes the cascade of neurochemicals, neurologic structures, and cognition. We can cite the quelling effects of endorphins, calming of the amygdala, and changing the pattern of neurons firing by pairing the pain signals with the neurons involved in calming effects (Hebb's Principle). This can be explained as reciprocal inhibition and maybe something more.

Other Considerations

There are other ways to approach chronic pain whenever this basic technique isn't sufficient. Besides techniques that directly relieve pain sensations and emotional reactions associated with pain, it's often necessary to expand the "unit" to include the family, the work environment, etc.

Exploring and addressing the role of "psychological reversal", and of beliefs is also sometimes a critical component of treating the whole, as is addressing values and primary human needs. Finally, a person's spirituality can be an

important aspect of their experience, and therefore an important focus in treatment. ■

Fred Gallo PhD, DCEP, coined the term energy psychology with the publication of his first of 8 books and numerous articles in the field. He maintains a group practice and offers presentations and training worldwide. His "From Pain to Gain Seminar" covers various techniques in depth: integration of mindfulness with tapping and specific affirmations and questions (the Gallo Process).

References

- Alexander, F.M. 1932. *The Use of Self*. Great Britain: Methuen & Co, Ltd.
- Gallo, F.P. 2000. *Energy Diagnostic and Treatment Methods*. New York: W. W. Norton.
- Gallo, F.P. 2005. *Energy Psychology: Explorations at the Interface of Energy, Cognition, Behavior, and Health* (2nd Edition). Boca Raton, FL: CRC Press.
- Hanna, T. 2004. *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health*. Cambridge, M.A.: De Capro Press.
- Stewart, W.F., J.A. Ricci, E. Chee, D. Morganstein, and R. Lipton. 2003. Lost productive time and cost due to common pain conditions in the US workforce *Journal of the American Medical Association* 290:2443-54.

IT PAYS TO BE A MEMBER OF ACEP

Not only can you save more money than it costs to be a member, you will be supporting ACEP's work to integrate energy psychology methods seamlessly as a standard part of healthcare.

Member Benefits

- Up to \$160 discount on annual conference
- Up to \$200 off fees for certification in Comprehensive Energy Psychology (CEP)
- 66% off email blast advertising
- Listing in web based Energy Psychology Therapist Locator
- Posting your EP related workshops on the website.
- Discounts on journals and other programs

[Click here to check out our 4-minute video from the experts on why you should join ACEP](#)

Join or renew your membership today
www.energypsych.org

PLANNED GIVING

Remember ACEP in Your Will

Many ACEP members have wills and trusts. Particularly if you are writing or revising yours, please consider including a bequest to ACEP. It's an easy way to help ensure the continuity of your organization, dedicated to increasing the credibility, research and use of energy psychology throughout the world. Bequests, like other donations, can be earmarked for Highest Need, Research, Scholarship and/or Humanitarian funds.

Board member and elder law, estate planning attorney Sandy Mall is happy to discuss options with you, including beneficiary designations, trusts, annuities, etc. You may contact him at smjd@teclf.com.

Thriving During the Pandemic

Valuable Resources for You, Your Clients, Your Community



These are challenging times. And they offer profound opportunities for growth. ACEP has created these resources to help you, your clients, and your community reduce stress and anxiety while increasing resilience and calm. You'll also find timely tips about working online while you enhance your wellness.

For You, Your Clients and Your Community

Please share these short blogs and videos widely.

[Feeling Frustrated and Stressed at Work? Try This](#)

[Help Your Kids Calm Down Faster](#)

[Try This Next Time You Are Feeling Anxious](#)

[How to Reduce Emotional Shock Quickly](#)

Plus... ACEP's Resources for Resilience has free videos and downloadable printed instructions for many more simple, self-help methods. [Please share it!](#)

For You

[Evolve Your Therapy Practice for a Dynamic Future](#)

[Feeling Fatigued? 15 Tips to Turn Your Online Work Space into a Wellness Space](#)

Help your community recover more quickly and easily from stressful events. Get trained in how to share quick, energy-based, self-help methods. [Sign up now for Emotional First Aid training. It's free!](#)

From the Desk of the Executive Director

By Robert Schwarz, PsyD, DCEP



It's been 6 months since my last letter. It seems more like 6 years! The amount of energy that has been happening is simply incredible. And I don't think it is going to be letting up any time soon.

As practitioners and people who are aware of energy, we have the advantage of seeing everything that is going on as energy. I am emphasizing this because it may help each of us individuals and our collective community to maintain some balance in the swirling vicissitudes of these times. It may help us recognize that there is more going than something simply being good or bad, right or wrong — at least if you look over a longer time frame.

There is a great Taoist teaching tale about a man who loses his horse. His neighbors are all upset for him, and tell him how it is such bad luck. He replies, "Perhaps it is and perhaps not." Then the horse comes back with a second wild horse and the neighbors all say it is good luck. The man replies, "Perhaps." Then the horse rears up and breaks the leg of the man's son. All the neighbors say how horrible this is. The man says, "Perhaps it is and perhaps not." As a result of the broken leg, when the army comes by to conscript young men to be soldiers, the young man is spared. The neighbors all say it is good luck. The man replies, "Perhaps..." This goes on for many iterations. You can listen to a *wonderful song* by Joe Crookston about this. One potential example of this from the current time is, that as bad as covid19 has been, it is probably partly responsible for the wide acceptance and reckoning around racial injustice that is now taking place in the United States, that has been far too long in coming.

I am not suggesting that we become apathetic and complacent. Far from it. According to the work of David Hawkins, apathy is the third lowest level of energy. I think it is important that people become engaged with the many issues around us such as social injustice. If I might delve into the work of Hawkins a bit more, he essentially described the levels of consciousness as having an inflexion point between negative or catabolic energy and positive or anabolic energy. The label he chose for the level where you cross over into life

enhancing energy as the level of courage. He states the crossing over into this level of consciousness is "the most critical step in the evolution of consciousness" (Hawkins, 2006). At this level of consciousness, there is a "concern for others and a capacity for social responsiveness". At this level of consciousness, there is a recognition that we all have some personal accountability and responsibility to be part of the solution. The concept of a participatory democracy that we all are responsible for would certainly be at this level or above. If you've never read any of David Hawkins works, I highly recommend it. I will list three of the main books below. I would also add that I disagree with Hawkins on one main point. He tends to describe people as being at one level of consciousness or another. I don't see a lot of evidence for that. I see people as moving between different levels of consciousness on a moment by moment basis. Yes, a given person will have preferred ways or common patterns of consciousness. But we all can exercise our skills at raising our consciousness. When you use an energy psychology protocol to clear trauma, you are reducing the pulls toward lower levels of consciousness. When you engage in deliberate action from a place of service to others you are coming from a higher place of consciousness. It is certainly my intention and hope that ACEP is an organization that usually comes from this higher place of consciousness and that we support our members and others to do the same.

In these very challenging times, it can be a good practice to repeatedly check, and ask the question, "What level of consciousness am I coming from"? We need the courage to really look and see the truth about the answer to that question and then make adjustments accordingly.

Together, we are going to get there.

Namaste,

Bob

Robert Schwarz, PsyD, DCEP

Hawkins, D. (2014) *Power versus Force*

Hawkins, D. (2015) *Letting Go: The Pathway of Surrender*

Hawkins, D. (2006) *Transcending the Levels of Consciousness*

3 Keys to Managing Liability for the Holistic/Energy Practitioner

Regardless of the energy psychology modality you practice, your gift compels you to share your spiritual energy with the world. With your focus on helping others, you might lose sight of the importance of protecting yourself and your practice from harm. Or maybe you are aware of the necessary steps to ensure your business is not endangered but, as so many of us do, you put off taking care of basic business essentials.

Having a business entails taking responsibility to protect yourself and your practice from loss. There are important liability management documents and actions that can safeguard you and your practice from the unexpected.

- Do you protect yourself and your practice with liability insurance?
- Do you have a signed informed consent and client in-take forms?
- What about your marketing material and website? Does any of the language or vocabulary overpromise or lack compliance with relevant and applicable regulations?

If you have only invested in one, or perhaps none of these basic liability protections, then consider that you are putting yourself at risk. It is worth stopping to examine the reasons why, to make sure that the choice is a sound one. If cost is an issue, consider that you are potentially risking incurring a loss that is greater than the amount you would spend to protect yourself. Considering the alternative, protecting yourself fully is ultimately very cost effective

Key # 1 Liability Insurance

The single biggest risk faced by energy psychology and energy healing practitioners is a liability claim. This type of claim could entail financial loss, consequences for violation of state laws, loss of professional reputation, inability to compensate

clients for any harm or perceived harm, and injury to your own practice and reputation — not to mention all the stress and worry. Liability insurance is an insurance policy that protects an individual or business from the risk that they may be sued and held legally liable for something such as malpractice, injury or negligence. The intent is to protect you against the expenses you might incur should you be accused of failing to meet the standard of care for your practice or if some sort of accident were to occur on the premises during a session. We often overlook the “business” part of our practice, but part of our service, and professional responsibility to our clients, is to have the proper insurance so that if there is negligence or perceived negligence or, for example, if a client slips and falls during our care, they are taken care of.

Choosing your coverage

Many companies offer liability insurance, and no two policies are exactly alike. When choosing liability insurance for your practice there are three main areas to consider: price, coverage, and benefits. Comparing the details in these areas will allow you to simplify the process and to select the liability insurance policy that is best suited for your practice. At minimum, coverage should include:

- malpractice or professional insurance
- general liability insurance
- product liability insurance

With coverage taking care of you and your practice, you not only establish protection, it demonstrates professionalism and raises your credibility. Imagine the freedom from worry and the positive energy and dynamic this creates. In a way, taking care of this very practical aspect of your practice furthers your mission as an energy healer, since you can focus on your skills.

[Continued on page 15](#)

[Continued from page 14](#)

Key # 2 Informed Consent

While liability insurance assures your clients about the viability of your practice, you still require something in kind from your clients. Having your clients complete an informed consent statement is a way for you to protect yourself from any misunderstanding. Informed consent is a protocol for getting explicit permission before conducting a healthcare intervention with a person, enabling this person to participate in healthcare decisions. For example, it's common knowledge that prior to a medical procedure, a person must first give consent. Although laws vary from state to state, informed consent documents a client's confirmation of having received all relevant information about a procedure or treatment and of agreeing that treatment decisions were based on the provided information.

The most important goal of informed consent is to give clients

an opportunity to be an informed participant in their health care decisions. A thoughtfully crafted informed consent clearly defines and establishes client-practitioner boundaries while offering some protection from liability — as long as it includes:

- Information about the practitioner, training and skills
- Assessment of patient understanding about the treatment
- Description of the services provided including effectiveness and safety
- Relevant risks and benefits related to the treatment
- The acceptance of the intervention by the patient
- A statement indicating whether the practice is covered by liability Insurance

[Continued on page 16](#)

Tired of Dabbling?

Make Energy Psychology Second Nature To You

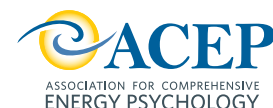


ACEP's certification program in **Comprehensive Energy Psychology (CEP)** is designed to give you in-depth training and mentorship that will help you:

- More skillfully guide your clients from emotional distress to well-being in less time
- Engage with a community of professionals at the leading edge
- Gain high-quality credentials to attract more clients
- Learn to effectively manage risk in this pioneering field

Go For Quality! ACEP's certification is seen as the highest professional credential in the field of energy psychology today.

[Click here to learn more about becoming certified in CEP!](#)



[Continued from page 15](#)

The following sample illustrates an energy healer's "scope of practice and limitations" that clearly outline the types of services the practitioner offers:

I am (practitioner's name) and I am an energy psychology practitioner. The modality is a gentle, complementary, energy-based approach to health and healing that can assist in bringing a body to its natural ability to heal. I do not diagnose or treat disease and I am not a physician. These sessions are not a substitute for diagnosis or treatment from a qualified health practitioner for illnesses, injuries, or other medical conditions. My services are not licensed by the state of (your state's name) and my practice is guided by the [Energy Psychology Code of Ethics and Standards of Practice](#).

The consent form clearly states that the practitioner is not trained to diagnose illness, make recommendations involving pharmaceutical drugs or surgery, or handle medical emergencies (unless the practitioner has specific training and it falls within the practitioner's scope of practice.) With this clear communication and agreement between practitioner and client, an informed consent helps to manage client expectations and set boundaries between the client and the practitioner creating an opportunity for consistently positive outcomes. The disclosure establishes a positive practitioner-client energetic connection from the start, and invites full participation in the healing process by the client.

Failure to obtain written informed consent can leave you open to claims of malpractice, negligence, misrepresentation, or other legal claims. Additionally, most ethics codes require informed consent agreements. A client's informed consent is a legal agreement that needs to comply with applicable state laws, but it also needs to be drafted specifically for the practitioner's practice. By having a client read and discuss your informed consent with you, it helps to establish that the client is competent and has voluntarily agreed to engage in your services. When a provider offers information and explanations of what will occur and the client gives full consent in writing, it decreases the risk of litigation in the future.

Key # 3 Marketing Liability

After considerable thought has been given to developing the informed consent form, the careful and clearly written information can be duplicated in any marketing materials such as brochures, flyers and websites. It is important to make sure that there is consistent and compliant wording in all marketing communications components, including social media. Part of an energy healer's risk management strategy involves managing perceptions and there is no greater opportunity to succeed or fail at this than in marketing an image. The creative process doesn't have to be difficult, since there are many templates that can be accessed and used to design a brochure or website. Focus on the important details such as describing your services and maintaining consistency across all marketing channels.

In describing scope of services, an energy practitioner does not want to give the impression of providing services which are the domain of traditional medicine. An obvious place to start concerns the terminology used to describe a practice and the services provided. For example, do not refer to having expertise in treating medical conditions such as diabetes, cancer, or heart disease. Additionally, unless you are a licensed mental health provider, avoid the use of words like anxiety, depression, and trauma which are associated with the field of psychology. Instead, focus on the outcomes that can be achieved through your healing talents.

It helps to have guidance in this area, so finding a reliable source for guidance regarding marketing your practice is useful. The article "Compliance Words" which was recently posted on [YL's website](#) provides some suitable wording for energy healers. These include:

Aids in	Provides	Helps
Promotes	Enhances	Balance
Harmony	Relaxation	A sense of...
Clarity	Facilitates	Supports

You also want to educate yourself on words to avoid. Take the time to identify what local and federal governments consider

[Continued on page 17](#)

[Continued from page 16](#)

illegal or inappropriate wording. To learn more about state regulations and acceptable practices, the website onetreeguild.com has information about each U.S. state. Research should reveal information about appropriate terminology and scope of practice on a state-by-state basis. With the goal of helping to promote well-being vs. a cure, you want to avoid any misperception of you as a medical practitioner.

ACEP has developed marketing guidelines for professionals. [You can view and download them here.](#)

While you entered the energy healing field with the mission of sharing your gifts, approaching your practice through a liability management lens is essential. Unless you have someone who can help you with this aspect, it is necessary for you to learn about these practical aspects of running a business to protect yourself and your practice. Like any business, you have documents to complete and protocols

to establish. However, since you have to take extra care to avoid the appearance of misrepresentation and to maintain compliance, energy healing might require a few more steps than some businesses. Keep in mind that your professional caution comes from the goal of safeguarding yourself, your clients and your practice. Giving issues of liability the respect and attention that they deserve will lead to years of satisfied clients and a fulfilling professional path.

If you're interested in protecting your practice from unexpected loss, ACEP can offer energy professionals a 10% off liability insurance rates with coverage through Energy Medicine Professional Association. Just visit ACEP's website with this [link](#) to take advantage of the discount. ■

Mary Ann Mace, Energy Medicine Professional Association



Thought Field Therapy

Online Certification and 13 CE's
for RNs, MFTs, Counselors, Social Workers
www.ThoughtFieldTherapy.net/acep1/

Learn to use Thought Field Therapy (TFT)
the original tapping therapy. Quickly
treat trauma, fear, anxiety and more.

Suzanne Connolly, LCSW, MFT, LISAC, has been teaching the easy-to-learn basic level of TFT throughout the world since 1996. She has led numerous trauma relief training and interventions in Africa, Asia, the Middle East, Mexico, and the U.S.

Suzanne will donate \$100 to ACEP for every individual who registers for the online TFT course using the link above.

Only
\$249

ACEP's Higher Energy Podcast

Our podcast brings energy psychology, energy healing and other integrative healing methods further into the world.

It's a great resource for you, and for you to share with colleagues, clients and the general public.

Join our hosts Paula Shaw and Dr. Robert Schwarz for inspiring, thought provoking content.

Here's a taste.

The Magic of Music and Forgiveness with Amikaeyla Gaston

Amikaeyla Gaston is a Cultural Arts Ambassador for the State Department and a highly sought-after performer and public speaker. Ami joins us to discuss healing, forgiveness, and using the superpower of song to help individuals turn their fear and pain into power and fuel for self-exploration. She shares how we can create a healing environment to grow with those around us, have heartfelt conversations regarding health, healing, culture, and race, and cultivate a more sustainable world filled with greater tolerance and compassionate understanding.

Your Health and 5G — Facts and Fiction with Dr. Beverly Rubik

Dr. Beverly Rubik is a leading scientist and scholar internationally renowned for her pioneering work in frontier science that embraces the consciousness and the energy fields of living systems. She discusses the dangers of a global rollout of 5G and the detrimental health risks that humans are exposed to through wireless radiation. She explains why we can expect that 5G will further exacerbate current health and environmental issues.

Clearing Unresolved Trauma, Stress, and Anxiety with the Tapas Acupressure Technique (TAT) with Tapas Fleming

Tapas Fleming is a California licensed acupuncturist and the founder and creator of a simple technique called TAT® that can gently and easily reduce stress, end limiting beliefs, and greatly enhance presence. She shares how to do the TAT® pose while leading us through how the technique works to clear emotional connections to trauma, negative experiences, and unpleasant thoughts that may cause stress and anxiety in our lives, including current worries regarding the outbreak of the coronavirus.

The Energies of the Seasons and Mindfulness Practices for Living in Peaceful Harmony with Dr. Joan Borysenko

Dr. Joan Borysenko, is a distinguished pioneer in integrative medicine, and a world-renowned expert in the mind/body connection. She discusses how ancient wisdom and modern science come together in the service of healing, by not only curing our physical ills but bringing us into a state that positive psychology calls our “best self” or true nature. She provides insight on the special benefits of different forms of meditative practice, and how the epigenetic effects of mindfulness meditation may reduce harmful inflammation in the body, decrease anxiety, improve energy levels, and increase our overall well-being.

[Check out these free podcasts here.](#)

When you subscribe you'll be notified each time a new podcast is available.

Brought to you by the Association for Comprehensive Energy Psychology



**THIS
ISSUE**

Mind/Body Tools for Children, **1**

From Pain to Gain, **8**

Thriving During the Pandemic, **12**

From the Desk of the Executive Director, **13**

3 Keys to Managing Liability for the
Holistic/Energy Practitioner, **14**

ACEP's Higher Energy Podcast, **18**

ACEP's Blog, **20**

Moving EP Into the Mainstream, **21**

Research Review, **23**

Book Review, **27**

Taking a Breath, **30**



AMERICAN
*Holistic
Nurses*
ASSOCIATION

2021 AHNA ANNUAL CONFERENCE
June 8-13, 2021



Orlando, Florida
WWW.AHNA.ORG/ANNUALCONFERENCE

NEWS FLASH!

ACEP's blog has fresh NEW posts you don't want to miss!

acepblog.org

You'll get

- Great tips for you and your practice
- Wonderful resources to share with your clients, colleagues and friends
- Research updates
- Thought provoking articles

Here's a taste of the latest posts. Please help us spread the word, and share them widely!

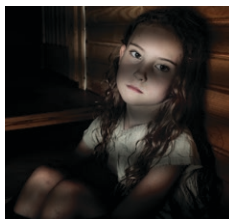
[The easy-to-read research summary you've been waiting for](#)

Many practitioners understand that energy psychology works, but find that they are hesitant to introduce it to neophytes, or stumble when defending it to critics. Being familiar with the research can make a big difference. And this is the easy-to-read research summary you need.



[Biography, Biology, and Destiny: How energy psychology might break the chain](#)

Obesity. Diabetes. Depression. Heart disease. Asthma. Addiction. Cancer. What common denominator increases the likelihood of developing any of these conditions? Adverse childhood experiences, or ACEs. With its track record of helping people recover from trauma, perhaps energy psychology has a key role to play in helping people heal from the effects of childhood trauma.



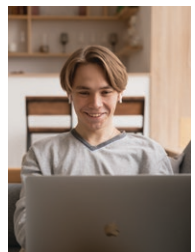
["White fragility" — my journey exploring diversity and inclusion so far](#)

This blog is about my personal journey of coming to terms with diversity issues that had been instigated by ACEP's Diversity and Inclusion (D&I) Initiative. Just so readers have the appropriate context, I have supported the D&I Initiative since its' inception. Even though I already accepted the concept of systemic racism, I had no idea about the journey I was beginning.



[The Pandemic, Zoom and Polyvagal Theory](#)

Polyvagal theory says that we need to connect to co-regulate. We use the minimal cues that come from the face and the tone of voice of each other to co-regulate our nervous systems. These cues let us know we are safe. The problem is that during the pandemic, we are being given the imperative that we need to stay away from each other in order to be safe. How can we maximize the use of teleconferencing technology to provide the cues for safety toward each other to increase co-regulation?



Moving EP Into the Mainstream



This column highlights ACEP members' efforts and achievements in bringing energy psychology to the wider world. It has two purposes.

1. Acknowledge and celebrate these achievements.
2. Inspire you, the reader, to think of ways within your own sphere that you might help make more people aware of energy psychology and its benefits.

Please let us know about things you or others are doing that we can share.

- **Cindy Baker, MEd, DCEP** provides energy psychology sessions for stress management via Zoom to Syrian women

through US Together, an organization that supports refugee & immigrant resettlement in Ohio. They have recently decided to add energy psychology to their mental health and psychosocial support group curriculum. She also facilitated Zoom meetings called Mind/Body Tools for Calming, Centering & Grounding to two groups of social workers working for Lucas County Board of Developmental Disabilities.

- **Tricia Chandler, PhD, LPC, MAC**, presented the “Energy Psychology: Techniques for Reducing Trauma and Addiction” webinar for NAADAC and 1200 people signed up. ACEP got quite the plug for comprehensive training in EFT and other energy approaches. “I am just so excited that there was such interest in this and had to share!”

[*Continued on page 22*](#)

[Continued from page 21](#)

- **John Freedom, CEHP**, has posted a guest blog, [R4R Resources with ACES](#), on [ACES Connection](#), an online portal linking people, organizations, systems and communities in the ACEs movement. The blog was written by Jondi Whitis, Master EFT Trainer,
- **Amy Frost, MBA, MA**, met with the president of UNLV veteran alumni, the organization All Things Veteran and Community Connect to help collaborate and facilitate veterans support meetings. Amy will ensure the meetings start with prayer and/or tapping.
- **Jennifer Groebe, MFT**, led a support group for women with cancer at the Charlotte Maxwell Clinic in Oakland called *EFT* and *Guided Imagery*.
- **Rachel Michaelsen, MSW, DCEP**, taught a two-day online class at Smith College School for Social Work's Professional Education, "Understanding and Addressing Shock and Developmental Trauma Using Energy Medicine and Energy Psychology Techniques." She also led a one-day virtual class for A Better Way, an adoption agency in the SF Bay Area, "Using Energy Medicine and Energy Psychology to Address Dysregulation in System Involved Youth and Families." In response to the covid-19 pandemic, Rachel has provided multiple trainings, teaching energy practices to regulate the nervous system for mental health and social services professionals.
- **Kristin Miller, PhD, DCEP**, along with The Emotional First Aid (EFA) Humanitarian Subcommittee, did a Zoom training on bringing EFA to your community. She created new training videos and has built a mentoring team to support people in bringing EFA to their communities. Soon others will be able to email a request for a mentor to support them in developing a project. In Northern California, Kristin is running a Zoom CMBM group, has done some EFA Zoom trainings, and has worked with the schools to bring our curriculum to students, teachers, and parents virtually.
- **Lorna Minewiser, PhD** has shared the R4R website and several R4R exercises with 2 online workshops for substance abuse professionals.
- **Robert Schwarz, PsyD, DCEP, ACEP Executive Director** participated in a summit integrating the body and psychotherapy in September. His topic "Energy Psychology: A Body Mind Approach to Rapidly Transforming Stress & Trauma". [Integrating the Body in Psychotherapy Summit](#)
- **Peta Stapleton, PhD**, wrote the chapter on *EFT* for "Psychological Symptoms and Disorders" for a new book named *Holistic Treatment in Mental Health: A Handbook of Practitioner's Perspectives*. The first of its kind, this guidebook provides an overview of clinical holistic interventions for mental health practitioners.
- **Greg Warburton, LPC** and **Rick Leskowitz, MD**, along with former NFL football linebacker Dave Meggyesy, USPTA elite tennis coach Scott Ford and Integral Transformative Practice coach Barry Robbins founded SEC, the Sports, Energy, and Consciousness Group. The Sports Energy and Consciousness Group has recently evolved into the *Evolutionary Sports Collective: An Integral Approach to Performance for Coaches, Athletes and Practitioners*. Their mission is to accelerate the global evolution of human consciousness and, through sports, to explore the highest range of the human spirit and potential. [evosportscollective.com](#)
- **Jondi Whitis, Master EFT Trainer**, gave introductory Emotional First-Aid training to Native American teachers and female veterans. She also shared Emotional First-Aid with a children's leadership and development foundation in Manhattan. Jondi also is working with fellow ACEP members Robin Bilazarian and Craig Weiner to create a Chaplains' Corps proposal, that would serve both the chaplains' needs for self-care as well as strategic use of simple EFT Tapping with the first responders they serve daily.

Research Review

By John Freedom, CEHP

Annual Research Symposium

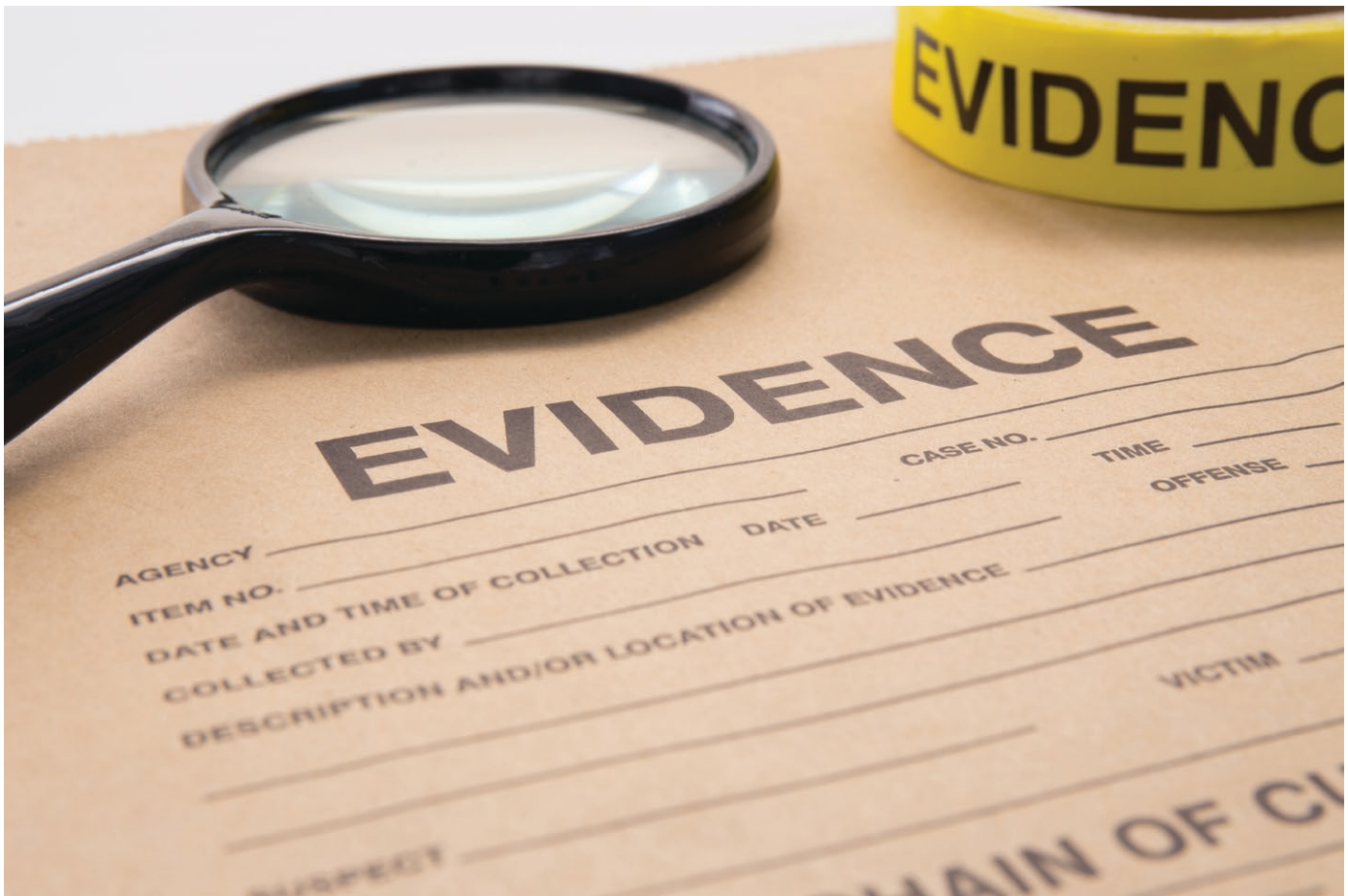
Although we missed our usual onsite conference that was scheduled in Baltimore this year, we enjoyed the virtual conference. However, I regret that we were unable to hold our annual EP Research Symposium. Fortunately, most of our presenters will be able to join us next year in Albuquerque.

New Research in Iraq Compares CBT and TFT

Dr Pegah Seidi is a psychotherapist and lecturer at Garmian University in Iraq. She has witnessed firsthand the effects of wartime atrocities against the Kurdish people in Kurdistan,

who are an ethnic minority. Access to mental health professionals and effective interventions are scarce. Many folks are suffering with chronic anxiety and PTSD.

In an effort to determine effective treatments, she and colleagues Suzanne Connolly, Dilshad Jaff and Asle Hoffart recently conducted a research study comparing CBT to TFT treatment for PTSD. Dr Seidi treated 31 people with either CBT or TFT, using a retrospective case study method. Thirteen patients received Cognitive Behavioral Therapy. Only one improved; the others showed either no improvement, deterioration of symptoms, or dropped out of treatment. All 11 clients who received only Thought Field Therapy showed



[Continued on page 24](#)

THIS ISSUE

Mind/Body Tools for Children, **1**
 From Pain to Gain, **8**
 Thriving During the Pandemic, **12**
 From the Desk of the Executive Director, **13**

3 Keys to Managing Liability for the
 Holistic/Energy Practitioner, **14**
 ACEP's Higher Energy Podcast, **18**
 ACEP's Blog, **20**

Moving EP Into the Mainstream, **21**
 Research Review, **23**
 Book Review, **27**
 Taking a Breath, **30**

[Continued from page 23](#)

improvement in their symptoms. Seven clients who received Cognitive Behavioral Therapy and showed no improvement, then received Thought Field Therapy and showed significant improvement following TFT treatment.

The authors' conclusion: *"Thought Field Therapy had positive results in reducing anxiety disorders and trauma related symptoms, as compared to Cognitive Behavioral Therapy..."* This is one of very few studies comparing "head to head" results of "gold standard" CBT to an EP modality. The study was published in the June issue of *Explore*: https://www.sciencedirect.com/science/article/abs/pii/S155083072030210X?dgcid=raven_sd_aip_email

ACEP Funds New Study on EFT and Adverse Childhood Experiences

Most of you are likely familiar with ACEs — adverse childhood experiences. The original ACE study was conducted by Drs Vincent Felitti and Robert Anda at Kaiser Permanente in San Diego. They followed 17,000 patients over a twenty-year period. They found that adverse childhood experiences are correlated with alcoholism, addictions, obesity, promiscuity and self-directed violence. This was not a surprise — the connection between trauma and behavioral issues is well known. What shocked them was the discovery that ACEs were a major risk factor for cancer, strokes, heart attacks, diabetes and 13 other major medical conditions. Even today, most physicians do not ask their patients about their childhoods, and few screen for ACEs.

As a recent review in the *Lancet* stated, *"Individuals who have adverse childhood experiences tend to have more physical and mental health problems as adults than do those who do not have ACEs and ultimately greater premature mortality."*^{1,2} *ACEs include harms that affect children directly (eg, abuse and neglect) and indirectly through their living environments (eg, parental conflict, substance abuse, or mental illness). Physiological and biomolecular studies are increasingly establishing how childhood exposure to chronic stress leads to changes in development of nervous, endocrine, and immune systems, resulting in impaired cognitive, social, and emotional functioning*

and increased allostatic load (ie, chronic physiological damage).^{3,4} *Thus, individuals who have ACEs can be more susceptible to disease development through both differences in physiological development, and adoption and persistence of health-damaging behaviours.*

Recently a movement — the ACE movement — has arisen to educate people about the impact of adverse childhood experiences. These include the use of trauma-informed care in medical practice, and trauma-informed education in our schools. Much of the emphasis has been on education and prevention. Yet there has been little research on how to treat ACEs effectively. The potential cost savings to our (US and Canadian) healthcare systems is estimated to be in the millions of dollars.

From the growing base of evidence for energy psychology, we know that EP can be very effective in treating traumas and PTSD. But we do not have any research explicitly documenting the effectiveness of EP methods to treat ACEs. Our research committee has decided to grant Dr. Peta Stapleton \$7,000 to conduct a research study entitled, "The Impact of Online EFT in the Treatment of Adverse Childhood Experiences." This study will be the first of its kind to explore the use of EFT to mitigate the effects of ACEs, and is currently in progress.

EP Research Grows Throughout the World

Research in energy psychology continues to grow throughout the world, with new studies coming out of Korea, India, Turkey and Indonesia. Faiz Zainuddin has developed a variation of EFT called SEFT: "Spiritual Emotional Freedom Technique." SEFT is a hybrid technique combining somatic stimulation of the body's energy system with spiritual therapy. "SEFT focuses on certain words or sentences pronounced several times in a rhythm, followed by resignation to God as in the patient's belief." Recent studies from this region are documenting the effectiveness of EFT and SEFT to treat pain, anxiety and depression, as well as smoking and high blood pressure. Here is a sampling of recent studies from this region:

[Continued on page 25](#)

[Continued from page 24](#)

- Ardan, M. Zulkifli, A., Jafar, N. (2020). Therapy SEFT for controlling the level of depression in people with HIV and AIDS. *Enfermeria Clinica*, 30(4). doi: 10.1016/j.enfcli.2019.10.119
- Dewi, I. & Fitri, S. (2020). Utilization of SEFT as a community therapy model for mental and spiritual health of drug addicts. *Jurnal Pengabdian Untuk Munege RI*, 4(1). <https://doi.org/10.37859/jpumri.v4i1.1895>
- Fitri, R. (2020). The effectiveness of EFT to reduce anxiety in the face of degenerative disease in the elderly viewed from social support. *Al Ulya: Journal of Islamic Education*, 5 (1), 52-66. <https://doi.org/10.36840/ulya.v5i1.240>
- Inangil, D., Vural, P., Dogan, S. Korpe, G. (2020). Effectiveness of music therapy and Emotional Freedom Technique on test anxiety in Turkish nursing students: A randomized controlled trial. *European Journal of Integrative Medicine*, 33. <https://doi.org/10.1016/j.eujim.2019.101041>
- Lataima, N., Kurniawati, N., Astuti, P. (2020). Benefits of Emotional Freedom Technique (EFT) for patients with anxiety disorders. *Jurnal Penelitian Kesehatan Suara Forikes*, 11(2). <https://forikes-ejournal.com/index.php/SF/article/view/732>
- Muliani, R., Abidin, I, Adawiyah, R. (2020). The effect of Emotional Freedom Technique on aggressive levels of risk behavior. *Jurnal Keperawatan, 'Aisyiyah*, 6(2). <https://doi.org/10.33867/jka.v6i2.128>
- Rahmadanti, D. & Widyarini, N. (2020). The effectiveness of Hypno-EFT (Emotional Freedom Technique) to reduce negative emotions in women victims of violence. *International Journal of Research Publications*, 46(1). <http://ijrp.org/paper-detail/965>. doi: 10046122020964
- Setiyowati, E. & Rahman, A. (2020). Application of spiritual freedom emotional technique (SEFT) therapy for tuberculosis patients with nursing problems at the Sawahan Health Center. *Journal of Health Science*, 13(1). <https://doi.org/10.33086/jhs.v13i01.1287>
- Susanto, M. (2020). Effectiveness of SEFT Therapy on post op laparotomy pain in the operating room at RSI Agung Semarang. *Medicalia Hospitalia* 7(1), 59-63. <https://doi.org/10.36408/mhjcm.v7i1.429>
- Ali SA- e-Z, Loona M. (2019). Effectiveness of Tapping Therapy for the Treatment of Anxiety among University Students. *Pak J Physiol*, 15(2), 80-3. <http://pjp.pps.org.pk/index.php/PJP/article/view/1037>
- Aminuddin, M., Samsugito, I., Nopriwanto, D. & Puspasari, R. (2019). SEFT therapy reduces the intensity of smoking habits in Kelurahan of Sambutan, Samarinda City. *JPPM, Journal of Community Service and Empowerment*, 3(2). doi: 10.30595/jppm.v3i2.3899
- Ardan., M., Zulkifli, A., Jafar, N. (2019). The combination between Spiritual Therapy and Emotional Freedom Technique to control the depression level in people with HIV and AIDS at Samarinda City. *European Journal of Research in Medical Science* 7(1), 28-35.
- Fatmasari, D., Widyana, R., & Budiyan, K. (2019). Spiritual Emotional Freedom Technique to reduce stress in hypertensive patients. *Jurnal Psikologi*, 15(1), 10-19. <https://ejournal.up45.ac.id/index.php/psikologi/article/download/595/466>
- Hidayatullah, R., Noviekayati, I., Saragih, S. (2019). The effectiveness of Spiritual Emotional Freedom Technique to reduce new santri anxiety reviewed from the personality type. *PSIKOSAINS (Journal of Psychology Research and Thought)* 13(2); 144-156. <http://dx.doi.org/10.30587/psikosains.v13i2.769>
- Isnadiya, A., Risca, F., Taufiq, R., Utomo, P. (2019). The effect of Emotional Freedom Technique (EFT) on anxiety levels of pre percutaneous coronary intervention (PCI) patients. *Jurnal Ilmu Keperawatan Medikal Bedah*, 1(2). doi: 10.32584/jikmb.v1i2.187

[Continued on page 26](#)

[Continued from page 25](#)

- Isworo, A., Anam, A., Indrawati, N. (2019). Effects of Emotional Freedom Technique therapy on reducing blood pressure in elderly hypertension. *Gaster Jurnal Kesehatan*, 17(2). https://www.researchgate.net/publication/338890642_Pengaruh_Terapi_Emotional_Freedom_Technique_EFT_dalam_Menurunkan_Tekanan_Darah_pada_Lansia_Hipertensi
- Krishnamurthy D., Sharma A. (2019). Effectiveness of Emotional Freedom Techniques: A pilot study. *Indian Journal of Public Health Research & Development*, 10(10). doi: 10.5958/0976-5506.2019.02836
- Lina, L., Sabriyanti, H., Sartika, A. (2019). Decreased the anxiety scale of hemodialysis patients with the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation. *Southeast Asia Nursing Research*, 1(3). 142-47. <https://doi.org/10.26714/seanr.1.3.2019.142-147>
- Lismayanti, L., Hidayatulloh, B. (2019). Spiritual Emotional Freedom Technique (SEFT) Therapy Reduces Blood Pressure in Hypertension Patients. *Journal of Nursing and Health* 2(1), 15-26. doi: 10.25099/jnh.Vol2.Iss1.23
- Marwing, A. (2019). Effectiveness of SEFT (Spiritual Emotional Freedom Technique) Therapy against the decreased aggressiveness of adolescents fostered by Special Child Development Institutions (LPKA). *Jurnal Psikologi dan Psikologi Islam (JPPI)*, 16(1). <http://dx.doi.org/10.18860/psi.v16i1.7510>
- Prabowo, R. (2019). Effectiveness of Spiritual Emotional Freedom Technique emergency on anxiety levels in heart surgery pre-patients. *Indonesian Journal of Health Development*, 1 (2). Retrieved from <https://ijhd.upnvj.ac.id/index.php/ijhd/article/view/17>
- Prabowo, R., Nurachmah, E., & Dahlia, D. (2019). Influence of Spiritual Emotional Freedom Technique (SEFT) on anxiety levels in congestive heart failure (CHF) patients. *Journal of Indra Husada Health*, 6 (2), 8. <https://doi.org/10.36973/jkih.v6i2.138>
- Rosyanti, L., Hadi, I., Tanra, J., Islam, A., Natzir, R., Massi, M., Idrus, F. & Bahar, B. (2019). Change of Brief Psychiatric Rating Scale (BPRS) Value with Spiritual Qur'anic Emotional Freedom Technique (SQEFT) Therapy on Mental Disorder Patient. *Indian Journal of Public Health Research and Development*, 10(1); 374-78.
- Sonhaji, S., Lekatompessy, R. (2019). The effectiveness of the Spiritual Emotional Freedom Technique (SEFT) and singing to the blood pressure of the elderly. *Health Sciences and Pharmacy Journal*, 3(1), 14-20. <https://doi.org/10.32504/hspj.v3i1.93>
- Susilowati, T., Pramana, N., & Muis, S. (2019). Nonpharmacological intervention of anxiety in Primigravida. *Permas Scientific Journal: Kendal STIKES Scientific Journal*, 9 (3), 181-86. <https://doi.org/10.32583/pskm.9.3.2019.181-186>
- Warni, M., & Hayana, H. (2019). Description of the Success of SEFT Therapy in Patients with Hypertension in Pandau Jaya Village Kec. Siak Hulu Kab. Kampar. *Photon: Journal of Science and Health*, 10 (1), 24-30. <https://doi.org/10.37859/jp.v10i1.1452>
- Wati, N., Mirayanti, N., Juanamasta, G. (2019). The effect of Emotional Freedom Technique Therapy on nurse burnout. *JMMR (Jurnal Medicoeticolegal dan Manajemen Rumah Sakit)*, 8(3): 173-178, doi: 10.18196/jmmr.83104.

John Freedom, CEHP, is chair of ACEP's Research Committee, and organizes the annual Research Symposium, which is held every year right before the International Energy Psychology Conference. research_committee@energypsych.org

Reducing Anxiety & Stress to ENHANCE SUCCESS with Emotional Freedom Technique / Tapping: A Student Guide

By Karen E. Ledger

Reviewed by John Freedom, CEHP

Anxiety disorders are the most common psychological disorder worldwide; in the US alone, 18.1% of adults are afflicted. Anxiety begins at a young age, and an epidemic of anxiety is confronting students throughout our school systems. From kindergarten through university, children are graded, tested and evaluated multiple times throughout the year. Students are challenged with a variety of issues and stressors, such as being bullied, other forms of violence, cutting, social media, parental conflicts and divorce, alcohol and drug use, etc. Many children are now being raised by single parents, who themselves often feel stressed from working two or three jobs.

Fears and anxieties not only feel uncomfortable, they prevent students from performing at their best. But with continued budget cuts there are shortages of both teachers and social service professionals. Thus, there is a tremendous need for programs in emotional literacy, trauma-informed education, and social and emotional learning (SEL). There is also a need for effective, short-term solutions.

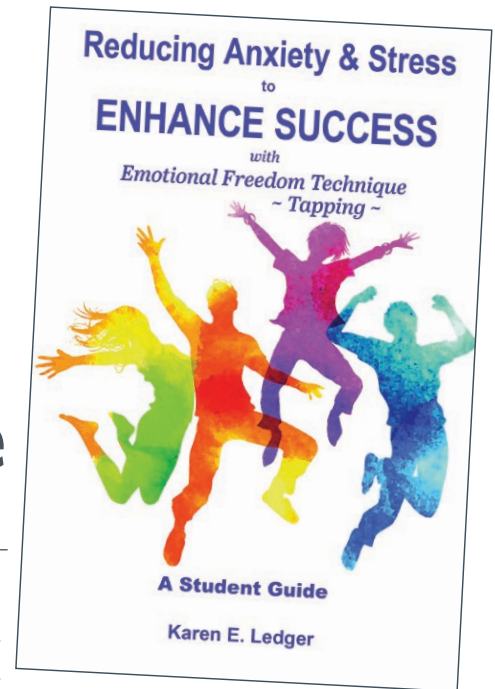
Karen Ledger is a nurse, educator and researcher who has been studying these issues for many years. When she first heard of Emotional Freedom Techniques (EFT) many years ago, she relates that her sarcastic response was “Do you mean all I have to do is think about what is bothering me and bang on my face and body and I will feel better?” But she was open-minded

enough to try it and was quickly convinced of its effectiveness. Now,

after years of teaching and treating both kids and adults as well as conducting research and publishing studies on EFT, she has published her book, *Reducing Anxiety and Stress to Enhance Success with EFT/tapping (RASES)*.

RASES is designed as a guide and workbook for students aged 14 and beyond. Visually appealing and illustrated with cartoons and pictures, it is “youth-friendly”. Ledger speaks to her audience, skillfully guiding her readers in “how to change their minds, by changing their brains.” She discusses the roots of anxiety in earlier traumatic experiences, the fight-flight response, the dynamics of the stress response, and she teaches them how to treat themselves using EFT/Tapping. The text is sprinkled with charts, vignettes and worksheets to support students in learning and applying EFT to their own issues.

RASES is much more than a basic EFT primer, though. Ledger introduces her young readers to concepts like the triune brain theory and neuroplasticity in a way that is both accessible and fun. She also teaches ancillary skills such as visualizing, naming and labelling emotions, setting healthy boundaries, and dealing with grief and loss, as well as how to tap for self-esteem and peak performance. Useful appendices include a glossary, bibliography and list of research citations



[Continued on page 28](#)

[Continued from page 27](#)

and web resources.

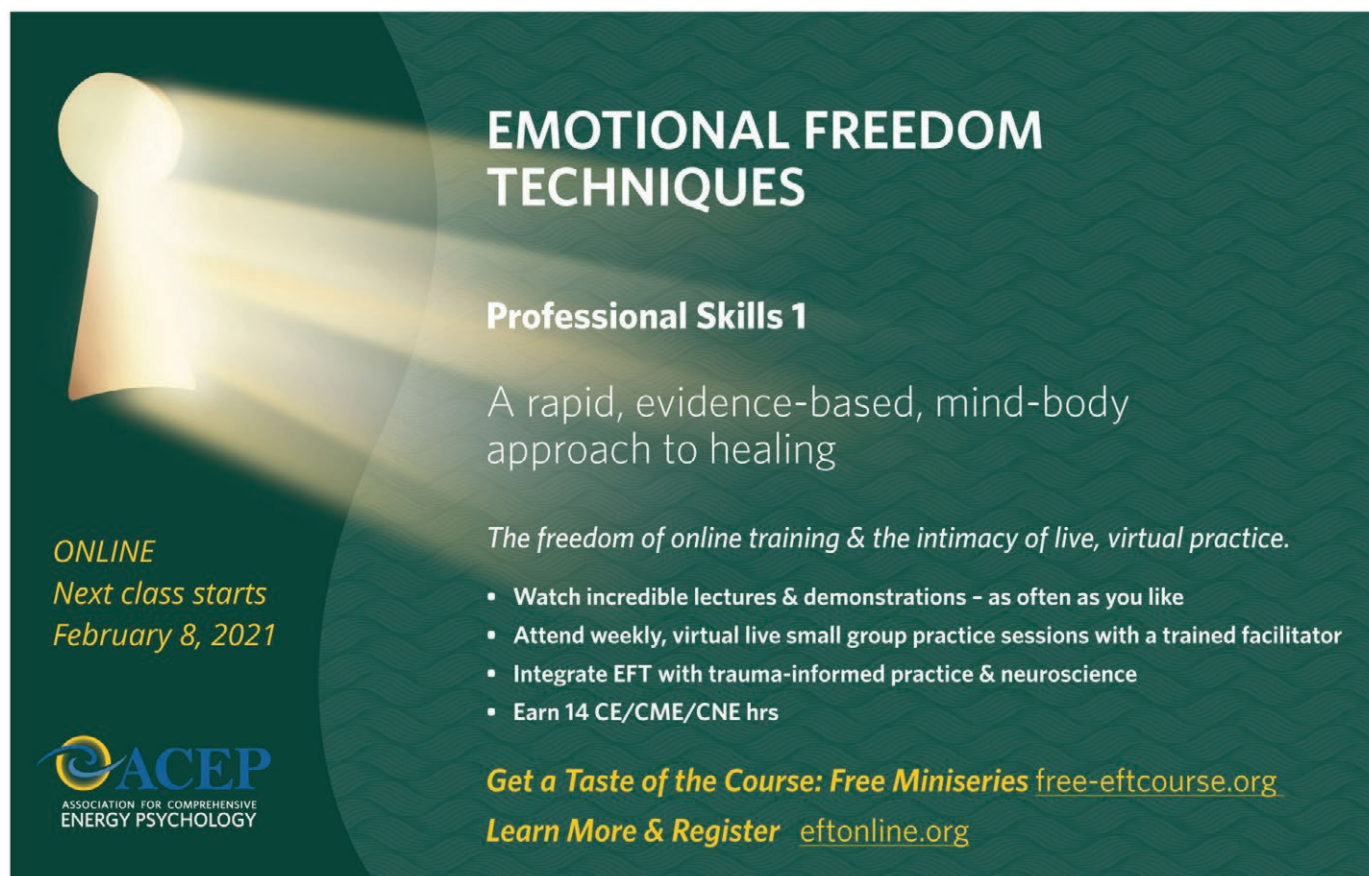
Ledger has personally worked with many youths, and conducted research with teens and university students, as well as with veterans with severe PTSD. In one pilot study, university students with anxiety were divided into three small groups. Two groups received either two 2-hour group sessions of EFT or WHEE, while the third received five 2-hour group sessions of CBT. All three groups experienced comparable improvement — except that the CBT group received ten hours of treatment compared to only four hours for the EFT and WHEE groups. There are over 100 peer-reviewed studies on EFT/tapping and many of these report similar benefits in treating exam and presentation anxiety, sports performance and stress. Some of these are discussed briefly in RASES. In one study 31 nursing students completed 4 weeks of EFT coaching for anxiety and stress. After the four-week program, their average reduction in anxiety was 19.9%; fully 87%

reported feeling calmer and more relaxed.

Can you imagine how different our world will be, when kids learn to use tapping in their early years? Rather than trying to reverse the effects of trauma years later as adults, children can learn to tap to resolve their issues long before they become ossified as limiting character traits, or fixed patterns of reaction. There is a tremendous need for quality books and resources like this one. RASES is one of the best guidebooks of its kind, and I highly recommend it to students, parents, educators and counsellors of youth of all ages. ■

Reviewed by **John Freedom, CEHP**. Chair, Research Committee, Assoc. of Comprehensive Energy Psychology and Author of *Heal Yourself with Emotional Freedom Technique*.

NOTE: This book is available from the author at: www.karenledger.ca or www.amazon.ca For bulk orders please info@karenledger.ca



EMOTIONAL FREEDOM TECHNIQUES

Professional Skills 1

A rapid, evidence-based, mind-body approach to healing

The freedom of online training & the intimacy of live, virtual practice.

- Watch incredible lectures & demonstrations - as often as you like
- Attend weekly, virtual live small group practice sessions with a trained facilitator
- Integrate EFT with trauma-informed practice & neuroscience
- Earn 14 CE/CME/CNE hrs

Get a Taste of the Course: Free Miniseries free-eftcourse.org

Learn More & Register eftonline.org

ONLINE
Next class starts
February 8, 2021

ACEP
ASSOCIATION FOR COMPREHENSIVE
ENERGY PSYCHOLOGY

THIS ISSUE

Mind/Body Tools for Children, **1**

From Pain to Gain, **8**

Thriving During the Pandemic, **12**

From the Desk of the Executive Director, **13**

3 Keys to Managing Liability for the
Holistic/Energy Practitioner, **14**

ACEP's Higher Energy Podcast, **18**

ACEP's Blog, **20**

Moving EP Into the Mainstream, **21**

Research Review, **23**

Book Review, **27**

Taking a Breath, **30**

Energy Field Quarterly Digital Newsletter

Distribution: Approximately 23,000

ADVERTISING FEES:

MEMBER DISPLAY AD RATES PER ISSUE

\$750 Full page 7" W X 10" H (Vertical)

\$495 1/2 page 3.5" W X 10" H (Vertical) or 7" W X 5" H (Horizontal)

\$300 1/4 page 3.5" W X 5" H (Vertical Only)

NON-MEMBER DISPLAY AD RATES PER ISSUE

\$1,000 Full page 7" W X 10" H (Vertical)

\$695 1/2 page 3.5" W X 10" H (Vertical) or 7" W X 5" H (Horizontal)

\$395 1/4 page 3.5" W X 5" H (Vertical Only)

Payments for advertising should be mailed or faxed to the ACEP business office. Payment by credit card or check payable to the Association for Comprehensive Energy Psychology should be sent to: ACEP 28 GARRETT AVENUE, SUITE 100 BRYN MAWR, PA 19010 USA. Electronic files of ad copy should be sent to Cynthia Joba at cjoba@energypsych.org.

Please submit all artwork as a high res ".jpg" file.

All feature articles and book reviews for the *Energy Field* are submitted by invitation only. If you have content ideas and would like to be considered for our author roster, please submit a letter of interest along with two published writing samples (one of which can be a blog article). If you have further questions about the writing or advertising guidelines for the *Energy Field*, please email Philippe Isler at philippe.isler@ns.sympatico.ca

CHANGING YOUR EMAIL ADDRESS?

Please let us know at admin@energypsych.org

Want to connect with other ACEP members? Join our yahoo group!

<http://health.groups.yahoo.com/group/ACEPmembers>

Include a note that you are an ACEP member.

DISCLAIMER: The views expressed in the articles of the *Energy Field* solely belong to the author and do not represent the views of ACEP.

ACEP Board 2020

OFFICERS

Lynn Mary Karjala, PhD, DCEP — President

Lori Chortkoff Hops, PhD, DCEP
— President Elect

Julie George — Secretary

Mark Lomax, MBA, MS — Treasurer

Phil Mollon, PhD, DCEP —
Immediate Past President

Robert Schwarz, PsyD, DCEP —
Executive Director

AT-LARGE DIRECTORS

Sacca Amber

Ryah Ki, BA, LMP

David MacKay

Sanford Mall, JD, CELA

Sherry O'Brian, LCSW, DCEP

Leena Palav, MS, MBA

Sylvia Stengle, MPH

Craig Weiner, DC

Sarette Zecharia, PhD, DCEP

BOARD CONSULTANT

Debby Vajda, LCSW



ASSOCIATION FOR COMPREHENSIVE
ENERGY PSYCHOLOGY

WWW.ENERGYPSYCH.ORG

**THIS
ISSUE**

Mind/Body Tools for Children, **1**

From Pain to Gain, **8**

Thriving During the Pandemic, **12**

From the Desk of the Executive Director, **13**

3 Keys to Managing Liability for the
Holistic/Energy Practitioner, **14**

ACEP's Higher Energy Podcast, **18**

ACEP's Blog, **20**

Moving EP Into the Mainstream, **21**

Research Review, **23**

Book Review, **27**

Taking a Breath, **30**

Taking a Breath

The *Energy Field* is filled with great information, which we hope you find useful. And... we also want to offer you the space to relax, let go, and allow beauty to permeate your awareness even more fully. May your days be filled with grace.



© 2007 Cynthia Joba

Dancing
©2007 Cynthia Joba
www.cynthiajoba.com

You are invited to meditate with this image if you wish. One way to do so is to take a few deep breaths, relax, and gaze at the image with soft eyes. Allow the colors and forms to permeate your awareness on all levels. You can then either continue to gaze at the image or close your eyes as you relax further. Let your experience unfold for as long as you'd like.