ACEP 2019 Highlights

2019 saw many milestones for ACEP and the field of energy psychology. We are proud of these accomplishments and grateful for the many people and groups who helped make them happen. Here are a few highlights.

Humanitarian Projects Provide Trauma Relief

Resources for Resilience
Particularly in light of hurricanes, earthquakes, shootings, fires, and ongoing terrorist acts, we are extremely proud of this project of ACEP's Humanitarian Committee - Resources for Resilience. R4R's mission is to alleviate suffering by teaching self-help techniques to survivors of violence, trauma and natural disasters.

In 2019, the R4R brochure containing a few simple, self help techniques was translated into Portugese and French. The Spanish version was created in 2018. Thousands of brochures have been distributed in the U.S. and globally. A PowerPoint slide deck and training video has been created to help people spread the use of these Emotional First Aid techniques in their communities. It will be available soon. You can access the R4R pages here.

Humanitarian Committee Members Are Helping Their Communities

They provided Resources for Resilience energy practice training and mentoring for:
(In the U.S.)
- School personnel including school social workers, mental health staff.
- 4th and 5th grade students.
- Conferences, employee groups, veterans, mental health providers, Kaiser staff.
- 125 staff members who work with developmental disabilities.
- 150+ people affected by an office shooting.
- Recovery efforts after the California fires and in response to the ACE epidemic.

(Outside the U.S.)
- Human services providers working with refugees and immigrants.
- Displaced persons coming out of post war crisis in Cameroon.
- A diverse group of people in Uganda including amputees, those in refugee camps, and dog handlers who search explosive “hot spots.”
Inclusion & Diversity Committee Gets to Work

ACEP’s newly created Diversity & Inclusion Committee has identified three areas of focus.

1. Create a more warmly inclusive climate at ACEP conferences. In collaboration with the NextGen Committee, they will sponsor a Friday evening mixer for all attendees who are newcomers, younger, LGTBQ+, international, and people of color. This is part of other efforts to foster communication and connection at our conferences.

2. In collaboration with the Ethics Committee, one group is working on an ACEP cultural competency vision and values statement.

3. Another group is developing diversity awareness guidelines for conference presenters.

Board member and committee chair Sylvia Stengle is shown here with Reginald Wesley, a committee member.

Research Milestones

The research on energy psychology (EP) continues to grow. This is a vital part of achieving our goal to make EP available as part of mainstream healthcare.

There are now over 200 research studies, review articles and meta-analyses published in professional, peer-reviewed journals.

This includes:
- Over 50 randomized controlled trials
- Over 50 pre-post outcome studies
  All but 1 of the above 100+ studies document EP effectiveness. That's 99%.
- 5 meta-analyses
- 12 systematic reviews (7 more than last year)

We are grateful to all the researchers who are doing this important work. We update the research section of our web site twice a year, so be sure to check it for new
David Feinstein has completed his second “review of the state of the art” of energy psychology methods. Titled “Energy Psychology: Efficacy, Speed, Mechanisms,” it has been published in the journal Explore.

Reviews were published in Germany and Turkey. Antonia Pfeiffer, a German colleague, has conducted a systematic review of EFT titled “Was Ist Dran am Klopfen?” (“What’s up with Tapping?”), which was published in the German Psychotherapeuten Journal. Another recent review by Vural and Aslan was published in a Turkish journal, the Life Skills Journal of Psychology.

Our Ninth Annual Research Symposium was held just before our annual conference, with a keynote address by Melinda Connor, PhD, and research presentations from around the world.

Big News!

ACEP receives 5-year renewal as a continuing education provider from the American Psychological Association! We are particularly proud of this, given the audit we went through last year, and the more stringent requirements the APA now has for non-mainstream methods to receive CE. What enabled us to meet their more stringent requirements? Having the research. That said, The APA is still questioning our course on EFT, so it is not over yet. We hope to demonstrate to them that EFT meets their requirements for CE.

Emotional Freedom Techniques is approved for use within the South Korean medical system. The Center for New Health Technology Assessment evaluated the effectiveness and safety of EFT. Its effectiveness and safety were recognized. The specifics have not yet been translated into English.

Clinical EFT now taught at the Faculty of Medicine Lyon-Est. For the first time in France, clinical EFT is being taught at a University of Medicine as part of a university degree in “Therapies Breves,” (short therapies) along with hypnosis and EMDR. This is a significant step in helping to bring greater awareness of and acceptance for energy psychology in clinical practice.
And Challenges

*We know energy psychology works, but convincing the rest of the world is an ongoing challenge.* There is resistance from vested interests and believers in the old, mechanistic paradigm of healing. ACEP works tirelessly, every day against this old tide, to help make holistic healing available to all.

**The Massachusetts state legislature is considering new legislation that may have a direct impact on anyone in the state who uses energy-based healing methods.** This was first introduced in 2018. Along with our sister organizations, we put out the word to our friends in Massachusetts, asking them to contact their legislators about rejecting this bill. The bill died in committee last year. However, it was reintroduced earlier in 2019 and is now making its way through the state legislature.

Basically, they want to create a new licensure for “bodyworkers”. *There are thousands of practitioners from a wide array of disciplines this bill will affect,* due to the broad definition of bodywork which would include “a person who uses touch, words or directed movement to deepen awareness of patterns of movement in the body, or the affectation of the human energy system or acupoints or Qi meridians of the human body while engaged within the scope of practice of a profession with established standards and ethics.” The bill is coming up for a vote soon.

There are similar initiatives in other U.S. states, so this is an important trend to watch. National Freedom Health Action keeps an eye on this type of legislation, and you can visit their web site for updates.

**ACEP Continues to Work with Other Organizations to Advance the Fields of Energy Psychology and Energy Healing**

ACEP and the **Consciousness and Healing Initiative** are working together to advocate for biofield research and education.

**EFT International** (formerly AAMET) and ACEP support each other’s EFT programs.

ACEP has been working with the newly created **National Center for Energy Practitioners** and **National Alliance of Energy Practitioners** to set standards for national certification of non-licensed professionals who use energy psychology techniques.
New Science of Energy Healing 2 Course a Great Success!

Over 14,500 people from 50 countries watched the free video series, and 845 purchased the full course. The new course includes presentations by Rollin McCraty, Stephen Porges, Bruce Lipton, Roger Jahnke, Helane Wahbeh, William Bengston and Peta Stapleton.

Online EFT PS1 & EFT PS2 Courses

Emotional Freedom Techniques - with live, virtual practice. Our online EFT training can be accessed all over the world, yet still includes live practice - thanks to the wonders of technology! We held three EFT PS1 classes in 2019, training 164 professionals. Two EFT PS2 class trained 65 professionals. The classes are getting rave reviews, including an endorsement from Dr. Stephen Porges! The next PS1 class starts in February 2020. Professionals who have completed PS1 and PS2 may enter our EFT certification program.

Other Online Trainings

Our original Science of Energy Healing course is still available, with 18 hours of training from leading researchers including Gary Schwarz, Rupert Sheldrake, Dean Radin, Shamani Jain and more.

ACEP also offers a world-class training in ethics – Clarity & Wisdom: Ethics & Energy Healing. Ethics is about much more than knowing the rules. It's an ongoing process of developing your internal guidance system.
8 Workshops: Essential Skills in Comprehensive Energy Psychology

Our live in-person training, Comprehensive Energy Psychology, is one of the vital ways we help spread the use of our approaches and train the next generation. We held 8 Level 1 workshops in cities throughout the U.S., educating 205 professionals in the foundations of energy psychology. Seventy-six professionals are enrolled in our certification program, and six completed their certification in 2019. Four Level 1 & four Level 2 trainings will be held in winter/spring/summer 2020. You can view the training calendar here.

21st International Energy Psychology Conference – Amazing!

Our 2019 conference was largest we’ve ever had. What a great sign for the growth of our field! 535 professionals from 10 countries joined us in New Mexico at the Hyatt Tamaya – located on Santa Ana Pueblo land, and owned by the tribe.

Participants deepened their learning and inspiration in learning labs, keynotes, music, dancing, and the fabulous opportunity for connection that makes gathering together so special.

Make your plans now to join us for the “Art and Science of Transformational Change”, May 14-18, 2020 in Baltimore’s beautiful Inner Harbor. Registration will open in early January. Our conference web site isn’t up yet, but you can sign up for an alert and look at the 2019 program here.

Financial Support for Grad Students & Others
We continued to offer conference discounts for full time graduate students. This year, thanks to a generous donor, we were also able to offer scholarships to 20 professionals of varied backgrounds who otherwise could not afford to attend.
Improved Member Benefits

In addition to the substantial benefits members already receive, (like discounts on trainings and advertising) this year we added more!

Members now get free access to a presentation from one of our conferences every month. Look for an email on the first of the month.

Members also get discounts on hotels, movies, Office Max, Adobe products and more. Go to the Member’s Only/Discounts Through Partners section of energypsych.org to sign up.

Great Resources to Help You Stay Connected

Local ACEP groups are meeting throughout the U.S. and in Canada. These groups are supportive learning communities, and are open to members and nonmembers who use or want to use EP with clients. To find a group in your area, visit here.

Communities of Practice are virtual groups. They are open only to ACEP members, meet online or via phone, and are focused on a particular topic. There are two communities active currently: Relationships & Energy Psychology (how to apply energy psychology to relationship work) and NextGen (a space in which younger ACEP members can connect, share ideas, support each other, and build their leadership). Would you like to learn more about these communities or start one yourself? Learn more.

ACEP’s Membership Committee is here for YOU!
ACEP Connect is a program of the ACEP Membership Committee. The ACEP Membership Committee is delighted to welcome you and answer any questions you have. They’ll serve as your ACEP friend, answering your questions, telling you about all the resources available to support you and more. Learn more.

ACEP Top-Rated NonProfit for 2019

Once again, ACEP received a top rating from greatnonprofits.org.

Please donate to ACEP today.
Help us continue our important work.