2020 Highlights

As the global pandemic has grown this year, and stress and anxiety levels continue to climb, the need for energy psychology and energy healing methods has never been greater. We are proud of ACEP’s ongoing work to make these methods widely available.

Influencing U.S. National Policy to Include Energy Psychology and Other Energy Practices

ACEP has taken the first steps on a multiyear journey to impact healthcare at the national level. ACEP executive director, Robert Schwarz has said that the goal is to become a player “in the room where it happens”. Dr Schwarz went on to say, “The only way to make changes at this level is through sustained and consistent action. We will begin slowly and then gradually increase our pace. This will require considerable amounts of time and effort as well as increased funding that ACEP does not yet have, and needs.”

- In the last half of 2020, ACEP engaged a lobbying firm on a very part-time basis to help ACEP begin to craft a message and to make connections with appropriate law makers and stakeholders at the national level. ACEP is looking to increase funding for these efforts.
- ACEP submitted a formal response to the National Centers for Complimentary and Integrative Health regarding their next 5 year strategic plan, focusing on the importance of including energy psychology.
- ACEP joined with the National Certification Center of Energy Practitioners to submit a white paper to the Biden transition team focusing on the benefits of energy psychology and energy practices, as part of healing the nation (on multiple levels).
Diversity, Equity & Inclusion

ACEP continues to develop its commitment to diversity, equity and inclusion. Below are some 2020 highlights.

- As a result of work by ACEP’s Committee on Diversity, Equity and Inclusion (DEI) along with the ACEP Board, ACEP has crafted a statement on diversity and inclusion. You can find the link to the statement in ACEP’s navigation bar dropdown menu labeled “About Us” or go here.

- The DEI Committee led a session during the annual Board retreat, discussing their experiences with racism and facilitating Board reflection and discussion.

- ACEP’s member newsletter now features a monthly section on diversity, equity and inclusion as visible evidence of our commitment.

- Over 30 ACEP leaders completed Patti Digh and Victor Lee Lewis's five week intensive “Hard Conversations: Whiteness, Race and Social Justice.”

- ACEP partnered with the USA integrative and mental health community to issue a joint statement on racism, trauma and health.

22nd International Energy Psychology Conference – All Online and Amazing!

Due to the pandemic, we moved our conference all online in a matter of months. And everyone loved it! While not the same as being together in person, it was still an inspiring and informative gathering.
With your safety in mind, we are holding the conference live, online only in 2021 as well. Save the date for the “Art and Science of Transformational Change”, May 13-17, 2021. Our conference web site isn’t up yet, but you can sign up for an alert and look at the 2020 program here.

Financial Support for Grad Students & Others
We continued to offer conference discounts for full time graduate students. In 2020, thanks to a generous donor, we were also able to offer scholarships to 23 professionals of varied backgrounds who otherwise could not afford to attend.

Humanitarian Projects Provide Stress & Trauma Relief

Resources for Resilience
This resource of simple, self help techniques for reducing stress, trauma, anxiety and building resilience has never been more important. In 2020 the brochure and web site were translated into French, Portuguese and Hindi. You can access the R4R pages here.

A free training for professionals who want to offer Emotional First Aid to their communities was developed, and includes videos and a PowerPoint presentation. Over 300 people have signed up for the training so far. You can sign up for this training here.

Humanitarian Committee Members have engaged in over 20 Emotional First Aid interventions in their communities since the pandemic began.

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.

This includes:

• Over 65 randomized controlled trials (+15 over last year)
• Over 50 pre-post outcome studies
  All but 1 of the above 115 studies document EP effectiveness. That's 99%.
• 5 meta-analyses
• 4 systematic reviews
• 9 comparative reviews (EP and other therapies; all document EP's effectiveness)

We are grateful to all the researchers who are doing this important work. We update the research section of our web site every year, so be sure to check it for new articles.

ACEP funded aspects of two research studies by Peta Stapleton, PhD. The first examined the role of adverse childhood experiences (ACEs) in the treatment of pain using EFT. The second study measured cortisol levels when using EFT as a supportive approach in cancer treatment.

Energy Psychology Now Listed on Psychology Today's Therapist Referral Service!

ACEP convinced Psychology Today to specifically include energy psychology as a treatment modality that therapists can list and clients can search for. Before this, tens of thousands of people searching for a therapist could not find therapists who used energy psychology as a modality.
Major Report Published: Subtle Energy and Biofield Healing: Evidence, Practice and Future Directions

Our colleagues at the Consciousness and Healing Initiative published a report which includes significant information on energy psychology approaches, largely provided by ACEP. Energy psychology tops the list for the number of studies done. You can access the report here.

National Standards Created for Certification

At the request of the National Center for Energy Practitioners and National Alliance of Energy Practitioners, a working group was formed to set standards for national certification of non-licensed professionals who use energy psychology techniques. These standards are now final. More details will be available in early 2021.

ACEP Top-Rated NonProfit for 2020

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

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