2016 Highlights

2016 saw many milestones for ACEP and the field of energy psychology. We are proud of these accomplishments, and grateful for the many professionals who helped make them happen. Here are a few highlights.

Humanitarian Projects Provide Trauma Relief
ACEP was involved in more humanitarian projects this year than at any time in our history. We raised $42,000 for the first three projects below.

**Syrian Refugee Project:** We initiated and funded a training in Trauma Tapping Technique (TTT) for staff working with Syrian refugees in Turkey and Syria. Gunilla Hamne and Ulf Sandstrom trained 24 staff members from 5 different organizations. The 3-day training was very well received, and was recorded on video (with Arabic translation) in order to spread this work to others helping those impacted by the war and refugee crisis.

**Veteran-to-Veteran Healing Project:** This ACEP project was launched in Las Vegas, NV. To date, 27 veteran community leaders have been trained in Thought Field Therapy (TFT). Each community leader created an action plan to bring TFT into their community as well as a plan to help gather 100 participants for the ACEP-supported research study we hope to begin in late January 2017. All attendees reported being freed of multiple emotional blocks and feeling in touch with new levels of consciousness.

**Rwandan Genocide Survivors:** Project LIGHT is establishing a partnership with Rwanda’s leading peacebuilding organization, Never Again Rwanda (NAR), to train facilitators who are committed to peacebuilding from the inside out by healing their own traumas and holding a powerful resonance for others to do the same. ACEP funds provided critical bridge funding that allowed the project to move forward in 2016 until larger funding is secured for the overall project. A successful pilot program was conducted with 48 NAR representatives, and 400 youth and families have been impacted since April. Project LIGHT and NAR are in the process of developing a Memorandum of Understanding that will enable the Project LIGHT program to scale and replicate throughout 15 communities in Rwanda.

The 2016 ACEP conference included four humanitarian trainings.

EP Research Milestones Abound

• We held our sixth annual Research in Energy Psychology Symposium, with 11 research papers presented. Our keynote speaker was Dr. Peta Stapleton of Bond University, Queensland, Australia.

• We donated $7,500 toward a randomized controlled comparison of Emotional Freedom Techniques and Cognitive-Behavioral Therapy to reduce adolescent anxiety using fMRI.
• The field crossed the threshold of having over 100 research studies, systematic reviews, meta-analyses and review articles on EP published in peer-reviewed journals.

• Three meta-analyses studies on energy psychology were published in 2016, demonstrating the efficacy of EFT for anxiety, depression and PTSD.

**Updated Science of Energy Healing Course**

![Image](energypsych.org)

We expanded and updated this highly successful online course (our first ever), which we originally offered last year. With a new, professionally produced, free mini-course, we've been able to spread valuable information about the science behind our work, as well as help professionals learn how to "tell the story" about that science. This year, over 10,000 people accessed the free course and the full course was purchased by over 1,000.

**Huge News!**

![Image](energypsych.org)

• The National Registry of Evidence-Based Programs and Practices (NREPP) in the U.S. has recognized Thought Field Therapy (TFT) as an effective, evidence-based modality for the treatment of trauma and other disorders! The Registry is managed by the Substance Abuse and Mental Health Services Administration, an agency within the U.S. Department of Health and Human Services. We are hopeful that their decision about Emotional Freedom Techniques (EFT) will be announced soon.

• ACEP has responded to the American Psychological Association Div 56’s request for comment on new guidelines for treating PTSD. The guidelines did not review EP in any way. ACEP has challenged the guidelines on a number of levels and requested that the deficiencies be corrected. We’ll let you know what happens.

**Awesome 19TH International Energy Psychology Conference**

![Image](energypsych.org)

We heard widely that this was the best conference to date. Here’s a taste of what we heard again and again.

"*The annual meeting in Santa Clara was awesome.*”

Betsy Muller, Member

"*I want to thank you for running an exceptional conference. This is truly one of the best conferences I have ever participated in.*"

Ellen Franklin, PhD, Member
New EFT Training

We planned and filmed this exciting, new online course, which will be launched around March 2017. The course will allow people to watch training videos from the comfort of their own home or office and allow for supervised live practice in virtual meeting rooms. In other words, instead of doing a practice session with one or two people in a real meeting room with a trainer checking in to see how things are going, groups of 4-6 students will virtually meet with a facilitator and then be able to breakup into pairs and practice via video conferencing in a virtual sub room. They can ask for help from the trainer as needed.

11 Workshops: Essentials in Comprehensive Energy Psychology

We held 11 Level 1 workshops in cities throughout the U.S., educating 274 professionals in the foundations of energy psychology.

CME/CNE Now Available
For the first time, ACEP can offer physicians and nurses CME and CNE for the conference and other trainings.

Local Groups Grow
20 local ACEP groups are meeting throughout the U.S. and in Canada, and 4 more groups will be starting soon. 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 energypsych.org/localgroups

Social Media Reach Increases
We continue to be active on Facebook and Twitter. Our Facebook posts often reach over 18,000 people per week, and we have over 9,100 likes. We have 1,225 Twitter followers. These are great resources for relevant news and articles. Be sure to like/follow us if you haven’t already!

Blog Has International Reach
17,787 people from 209 countries viewed our blog in 2016.

Infrastructure Improvements Will Help Us Do More
We’re going to be able to do even more to expand the field in 2017. We’ve moved to beautiful new offices, and have hired an administrative assistant who will be starting in December.