

## What is Energy Psychology?

**Energy Psychology (EP)** is a mind-body approach to understanding and improving human functioning. EP focuses on the relationship between bioenergy systems, neuro and electro physiological processes, and mental functions involving thoughts, emotions, sensations, and behavior. These systems and processes exist and interact within the individual and between people. They are also influenced by cultural and environmental factors.

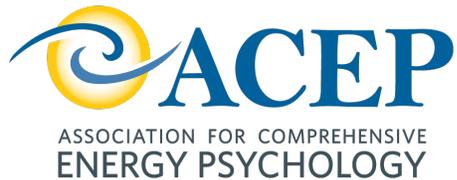
Within an EP framework, emotional and physical issues are reflected in bio-energetic patterns within and around the mind-body-energy system. Since the mind and body are thought to be interwoven and interactive, this mind-body-energy system involves complex communication involving neurobiological processes, innate electrophysiology, psychoneuroimmunology (PNI), consciousness, and cognitive-behavioral-emotional patterns.

The use of EP has resulted in the development of associated methods and models to treat psychological and emotional problems, facilitate health and wellbeing, and improve human performance. These models and methods are usually used within an integrative or holistic frame and include but are not limited to psychotherapy, counseling, coaching, integrative medicine, and other healing modalities.

### **Applications of EP**

EP applications incorporate into the treatment process natural energetic components that include but are not limited to meridians, chakras, biofields, and bio-electrical and electromagnetic activity of the body, nervous system and heart. EP practitioners often combine cognitive and physical interventions with activation of one or more of the human bio-energy systems. Some practitioners focus upon the way in which thought and intention are expressed in the bioenergy system, and explore the therapeutic value of the precise use of language and congruent intention. EP approaches adapt and integrate easily into most psychotherapy models, healthcare orientations, and models of performance enhancement. EP approaches are often exceedingly rapid, have little to no adverse effects, are usually experienced as self-empowering by clients and patients, and are easily amenable to self-help protocols.

In the clinical world, EP models have been beneficially applied to the assessment and treatment of trauma, anxiety, depression, pain, stress, psychophysiological issues, and self-sabotaging behaviors by a broad range of healthcare providers to regulate affect and promote emotional and physical health. Treatment results have been shown to be enduring and relatively rapid. There are currently over 100 research studies, including 50 randomized controlled trials published in professional and refereed journals, confirming the treatment value of EP. Taken as a body of knowledge, these findings suggest that EP meets the criteria for evidenced-based treatment. In fact, in



2016, TFT (Thought Field Therapy) was validated by NREPP (the National Repertory of Evidence Based Practices and Procedures, a division of SAMHSA in the U.S.) as an evidence-based treatment.

In the coaching and performance world, EP models have been beneficially applied in many areas of performance enhancement, including sports, education, business, and lifestyle issues related to weight management, relationships, and finance.

### **The Role of ACEP**

The Association for Comprehensive Energy Psychology (ACEP) is a professional organization for licensed healthcare providers and allied health disciplines, which serves to organize and unify EP methods, provides professional support and education, and establishes ethical guidance in practice.

ACEP is recognized as the largest international organization that promotes the research and application of EP approaches. It offers an indispensable network of resources for the public and media, serves as a staunch advocate for members to responsibly learn and apply EP models, and is an influential presence, helping shape mental health and healthcare practices.

Within the ACEP organization is a family of integrative disciplines that apply energy related concepts and models across multiple areas to facilitate the process of transformational change. ACEP members integrate mind-body-energy approaches into psychotherapy, healthcare, and coaching for the treatment and enhancement of emotional and physical health, and performance conditions.

ACEP is an approved provider of continuing education for psychologists, social workers, professional counselors, physicians, nurses, acupuncturists, marriage and family therapists, and drug and alcohol counselors. ACEP maintains responsibility for its programs and its content.

### **The Growth of EP: Integrating EP into Multiple Areas of Application**

Historically, EP methods integrate concepts and techniques from related fields, including acupuncture meridian theory, neuroscience, physics/quantum mechanics, biology, medicine, chiropractic, and psychology to facilitate change. Since the 1970s, these methods have been further developed, refined, and supported via clinical experience and research across multiple areas of application. For example, EP methods have been beneficially integrated into the psychotherapy process, nursing, medicine, coaching, athletics, and education.

Please visit [Energypsych.org](http://Energypsych.org) for more information!

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