



# Activate Deeper & Broader Levels of Healing with Your Clients

*Essential Skills in*

## COMPREHENSIVE ENERGY PSYCHOLOGY

*Attending CEP Level 1 profoundly changed the way I work with clients. Clients are delighted to see that they can actually change things within themselves instead of just dissecting them, which is so common in conventional approaches. They were able to cope better using conventional methods, but they didn't experience the deep, transformational change that comes from energy psychology work.*

*My clients often feel a profound sense of wholeness and well being they have never felt before.*

—Heather LaChance, PhD

- **Integrate** more holistic, mind-body approaches into your practice.
- **Learn** simple, powerful, evidence-supported practices to swiftly improve the well-being of your clients.
- **Master** an integrative framework that helps you combine energy work with most conventional psychotherapy modalities.

**12 CE/CME/CNE hours**

### WINTER/SPRING/SUMMER 2020

#### **Alpharetta, GA**

Level 1 | February 22-23, 2020

Level 2 | March 21-22, 2020

#### **Baltimore, MD**

Level 1 | May 13-14, 2020

Level 2 | May 18-19, 2020

#### **Phoenix, AZ**

Level 1 | March 7-8, 2020

Level 2 | April 4-5, 2020

#### **New York, NY**

Level 1 | July 11-12, 2020

Level 2 | September 12-13, 2020

The latest neuroscience findings and trauma-informed therapy point to the importance of including body-oriented systems to effectively help people heal.

*“The techniques of energy psychology have provided me with invaluable tools for working with trauma. No therapist can afford to remain ignorant of this new and exciting field.”*

**-Nathaniel Branden, PhD,  
Author *The Six Pillars of Self-Esteem***

*“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”*

**-Albert Szent-Gyorgyi,  
Nobel Laureate in Medicine**

*“Energy psychology techniques and procedures can bring about remarkably rapid changes in the way people feel and move through the world.”*

**-Bessel A. Van Der Kolk, MD  
Medical Director, The Trauma Center,  
Brookline, MA**

*“If you can make this training, do so!  
It forever changed my personal life  
and my practice for the good!”*

**Judy Vartelas, LCSW**

## What is energy psychology?

A growing body of scientific research and literature, especially in the field of trauma, recognizes that the dysregulation of affect and disruptions in mood and thought are driven by the body — more specifically by disturbances in the body’s bioenergetic patterns.

Energy psychology combines some of the best practices of psychotherapy, counseling and coaching. It includes attunement, presence, goal setting, compassionate and mindful awareness of painful/stressful events or experiences while physically activating the body’s energy systems by using techniques such as having the client tap specific acupuncture points.

Over 100 peer-reviewed studies have shown the effectiveness of EP. Learn more about the research at [energypsych.org/research](http://energypsych.org/research).

## Why study with ACEP?

Formed as a non-profit in 1999, the Association for Comprehensive Energy Psychology (ACEP) is the only professional organization dedicated to upholding standards of practice and a code of ethics in the field of energy-based psychotherapeutic modalities.

Additionally, ACEP is the only organization of its kind geared toward serving licensed mental health professionals and allied health practitioners around the world who are interested in incorporating energy psychology into their work.

# Isn't it time you expand your tool kit to include the evidenced-based, mind body approaches of energy psychology?

## Imagine yourself...

- Feeling completely confident in your ability to help your clients heal tremendous emotional pain and regulate their emotions without using medication
- Helping your clients rapidly heal trauma/PTSD
- Assisting your clients to identify and resolve unconscious blocks to achieving their goals
- Integrating energy-based methods with other therapeutic approaches
- Working with more inspiration, intuition and deeper connection

## You'll learn:

- About 3 human energy systems: meridians, chakras and the biofield
- Healing techniques that work with each of these systems
- The blocks many clients have to achieving their goals and how energy psychology can help resolve them

## Plus key methods most other trainings don't include:

- A unique, specific, six-step protocol. *The training in most specific techniques focuses on only a few of these steps.*
- How to move *between* energy systems (e.g., chakras and meridians) even while working on the same issue, so that your clients experience the most thorough healing.

You'll be able to take virtually any treatment method you already know, plug it into the model, and make your treatment more comprehensive.

## The result? You can help your clients

- Relieve suffering from emotional challenges such as trauma, food cravings and addictive behavior, anxiety, depression, and stress
- Clear limiting beliefs
- Enhance performance in school, business and sports
- Experience well-being

## This training is a perfect fit for:

Forward-thinking psychologists, social workers, therapists, counselors, coaches, physicians, nurses, acupuncturists and other helping professionals.

## Course Overview

### CEP LEVEL 1

12 CE hours

Practice Content Level: Beginner to Advanced

Understand and practice energy psychology within an overall perspective of sound science, practical application and ethical consideration. Leave with an array of tools you can use to customize treatment for specific client needs, along with a framework to integrate these tools within a psychotherapeutic model.

### CEP LEVEL 2

Prerequisite: CEP Level 1

12 CE hours

Practice Content Level: Intermediate to Advanced

Building on the foundation you have developed in Level 1, in Level 2 you will learn advanced approaches for working with meridians as well as advanced chakra and biofield interventions for trauma, anxiety, pain and more. You will also learn skills for self care.

*Both workshops include many opportunities for experiential practice.*

## Trainers



**Lynn Karjala, PhD, DCEP**, is a clinical psychologist specializing in trauma treatment. She is trained in hypnosis, AIT, EFT, TAT and BSFF. Author of three books, Lynn has extensive experience training clinicians in conventional and alternative approaches. She chairs ACEP's certification committee.



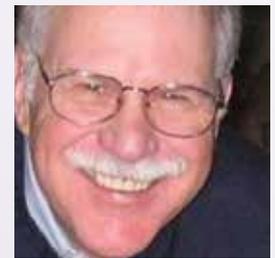
**Kristin Holthuis, MD, DCEP**, is a holistic family doctor who has integrated EP completely in her professional practice. As a certified CEP, TAT, EFT, TFT-alg and Matrix Reimprinting trainer, she loves to train professionals and introduce EP modalities into the health care system.



**David Gruder, PhD, DCEP**, psychologist and award-winning author, was ACEP's co-founder and first president. David is the founder and CEO of Integrity Revolution, whose mission is to assist entrepreneurs, leaders and helping professionals Make Integrity Profitable™. He speaks, trains and consults worldwide.



**Stephanie Eldringhoff, MA, LMFT, DCEP, TFT-DX** has specialized in energy psychology approaches since 1993. She has a private practice in Washington and an international practice online. She has served on the faculty of Donna Eden's Energy Medicine Certification Program, and is co-developer of The Rapid Relief Process.



**Michael Galvin, PhD, DCEP**, is a clinical and health psychologist and has served on the faculty of three university graduate schools. He is an ACEP and EMDRIA approved consultant and has been trained in TFT, EFT, EDxTM and TAT. Michael trains internationally, and is co-author of *Energy Psychology and EMDR*.

## Course Outlines & Objectives

Visit [energypsych.org](http://energypsych.org) to view complete outlines and objectives.

## Amplify Your Credibility & Upgrade Your Expertise—Get Certified!

This series of two workshops is the gateway to ACEP's certification program in Comprehensive Energy Psychology (CEP). You can sign up for CEP Level 1 as a stand-alone course or attend the Level 1 and 2 workshop series before making a decision about continuing with the certification program.

With ACEP's certification credentials in Comprehensive Energy Psychology, you distinguish yourself in an emerging and pioneering field.

For more information about these workshops and ACEP's CEP certification program, visit [energypsych.org](http://energypsych.org)

*Save up to \$80 when you register at least 6 weeks early!*

Register now at [energypsych.org](http://energypsych.org), call 619-861-2237 or email [admin@energypsych.org](mailto:admin@energypsych.org)

# Workshop Dates, Pricing & Registration

Join ACEP and save: You'll receive discounts on workshops, online trainings and the annual conference, receive other fabulous savings and support the growth of energy psychology; all for a modest fee.

We invite you to join the ACEP family today!

Visit [energypsych.org/joinACEP](http://energypsych.org/joinACEP) or call 619-861-2237.

- Members save \$40 off each workshop.
- We have special prices for full-time grad students.
- Group discounts are available.

All workshops are held in hotel meeting rooms and run from 9:00am to 5:30pm. See web site for hotel details.

Register early for best prices on tuition and hotel sleeping rooms.

Visit [energypsych.org](http://energypsych.org) training calendar for details.

## Alpharetta, GA

### Level 1 | February 22-23, 2020

Until 1/20, \$395 | 1/21-2/3, \$435 | After 2/3, \$475

### Level 2 | March 21-22, 2020

Until 2/3, \$395 | 2/4-3/2, \$435 | After 3/2, \$475

## Phoenix, AZ

### Level 1 | March 7-8, 2020

Until 1/20, \$395 | 1/21-2/17, \$435 | After 2/17, \$475

### Level 2 | April 4-5, 2020

Until 2/17, \$395 | 2/18-3/16, \$435 | After 3/16, \$475

## Baltimore, MD

### Level 1 | May 13-14, 2020

Until 3/16, \$395 | 3/17-4/20, \$435 | After 4/20, \$475

### Level 2 | May 18-19, 2020

Until 3/16, \$395 | 3/17-4/20, \$435 | After 4/20, \$475

## New York, NY

### Level 1 | July 11-12, 2020

Until 5/25, \$395 | 5/26-6/22, \$435 | After 6/22, \$475

### Level 2 | September 12-13, 2020

Until 7/27, \$395 | 7/28-8/24, \$435 | After 8/24, \$475

## Instructions for Requesting Accommodations for Disabilities

If you require accommodations for a disability, please contact us at 619-861-2237 or via email at [admin@energypsych.org](mailto:admin@energypsych.org).

## 100% Satisfaction Guarantee

If you are not satisfied at the end of the first day of training, speak to your trainer, turn in your materials, and we will send you a full tuition refund.

## CONTINUING EDUCATION CREDIT

Each 2-day workshop provides 12 hours of CE/CME/CNE for social workers, bodyworkers, marriage and family therapists, counselors, drug counselors, physicians, and nurses. The CE information below is abbreviated. Prior to registering, please review the course objectives, agenda, conflict-of-interest disclosures, and more detailed CE information at [energypsych.org/cep](http://energypsych.org/cep).

ACEP is an approved provider for:

**Association of Social Work Boards (ASWB):** ACEP, provider #1048, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. ACEP maintains responsibility for the program. ASWB Approval Period: 2/28/19 to 2/28/22. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 12 clinical continuing education clock hours.

This course has been approved by the Association for Comprehensive Energy Psychology, as a NAADAC Approved Education Provider, for 12 educational credits. NAADAC Provider #100504. The Association for Comprehensive Energy Psychology is responsible for all aspects of the programming.

**California:** ACEP is an approved CE provider by the ASWB, which is recognized by CBBS to offer CEs for CA-based MFTs, LPCCs, LEPs and/or LCSWs.

ACEP is an approved provider for the California Board of Registered Nursing (Provider #14626).

**Florida:** ACEP is an approved CE provider FL Board of Clinical Social Work, Marriage & Family Therapy & Mental Health Counseling, Certified Master Social Workers and FL Board of Nursing (CE Provider#50-10765). ACEP is an approved provider for CEP1 (#20- 345641) and CEP2 (#20-345643).

**New Jersey Social Workers:**

Level 1: This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #47 Course #235 from 2/6/2019 to 2/6/2021. Social workers will receive the following type and number of credit(s): Clinical social work 12.

Level 2: This course is approved by the Association of Social Work Boards - ASWB NJ CE Course Approval Program Provider #47 Course #236 from 2/6/2019 to 2/6/2021. Social workers will receive the following type and number of credit(s): Clinical social work 12.

**New York Social Workers & Mental Health Counselors:** Association for Comprehensive Energy Psychology (ACEP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, #SW-0164 and the State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0138 and marriage and family therapists, #MFT-0069.

**Marriage and Family Therapists\*:** MFTs in many states can get CE that has been sponsored by either ASWB or NAADAC approved providers. See [energypsych.org/CEP](http://energypsych.org/CEP) for details.

\* Compliance with CE requirements is the responsibility of the individual licensed practitioner. It is crucial that licensed practitioners understand the CE requirements in their jurisdictions.

**ACEP is a CE co-sponsor with the Institute for Better Health (IBH).**

**Institute for Better Health (IBH)** has been approved as a provider of CE/CNE/CME clock hours by the organizations listed below. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below.

**Nurses:** Institute for Better Health is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**Physicians:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Institute for Better Health and ACEP. Institute for Better Health is accredited by the ACCME to provide continuing medical education for physicians. Institute for Better Health designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Bodyworkers:** The Institute for Better Health is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Approved Provider #450111-06. This course is approved for 12 hours.