

NJCE Section 2, F1 – Course Outline for CEP Level 1

CEP Level 1 - Course Outline

Day One

- Introductions
- Learn the “big picture” of energy psychology
- Build knowledge as an EP practitioner
 - History of EP
 - Science (meridians, polarities, theories about EP)
 - Research
- Practice the techniques and mindset for muscle testing
- Learn and practice the first three steps in the CEP model:
 - Step 1: Attuning to the Client
 - Step 2: Preparing the Energy Field
 - Step 3: Identifying Target Problem

Day Two

- Learn and practice the second three steps in the CEP model:
 - Step 4: Addressing Psychoenergetic Reversals
 - Step 5: Doing One Round of Treatment
 - Step 6: Evaluating Progress, Next Steps
- Practice a full CEP six-step process
- Learn the components of ethical EP practice and risk management

CEP Level 1 Outline – Day 1 - Saturday

- **9:00am:** Welcome & Introductions, Curriculum Overview
- **9:30am:** Learning objectives; the six essential steps; course outline for the weekend
- **9:45am:** What is energy psychology; the EP family of methods; the EP “heritage tree”; research into EP
- **10:15am-10:30am:** MORNING BREAK
- **10:30am:** Demonstration of the six essential steps; Q&A
- **11:00am:** Basics about the meridian system; Otzi; meridians and science;

possible explanatory models; other energy systems

- **11:20am:** Step 1: Attuning to your Client – building rapport, hx, informed consent; muscle testing; demonstration of muscle testing
- **11:45am:** Practicum: Muscle Testing; reasons for inaccurate testing; Q&A
- **12:15pm-1:30pm:** LUNCH BREAK
- **1:30pm:** Step 2 – Preparing the Energy Field - conceptual framework, why address, characteristics of SEI
- **1:50pm:** Demonstration of polarities
- **2:00pm:** Basic treatments for SEI; group practice of over-energy correction, collarbone breathing, basic unswitching
- **2:30pm:** Demonstration of X vs II; group practice of cross crawl; demonstration of heart dyslexia; group practice of scarecrow cross crawl
- **2:45pm:** Practicum – Step 2, SEI; test hand over head, collarbone, hemisphere integrity, heart-brain dyslexia; further considerations
- **3:15pm-3:30pm:** AFTERNOON BREAK
- **3:30pm:** Step 3 – Identifying the Target Problem - goal & target
- **4:00pm:** Demonstration of first 3 steps; attune, prep field, identify goal and target
- **4:20pm:** Practicum of steps 1-3
- **5:00pm-5:30pm:** Debrief and/or additional time needed for class
- **Workshop ends at 5:30**

CEP Level 1 Outline – Day 2 - Sunday

- **9:00am:** Welcome back; energy exercise; agenda for the day; Q&A
- **9:20am:** Step 4 – Addressing Psychological Reversals; basic formula, simple approach, comp correction, simple dx and tx; Demonstration of customer dx and tx; common PRs
- **9:50am:** Practicum of steps 1-4; importance of addressing PRs
- **10:30am-10:45am:** MORNING BREAK
- **10:45am:** Step 5 – Doing one round of tx – meridian treatment points,

algorithms for different issues, meridian sandwich/9G; demonstration of first 5 steps

- **11:30am:** Practicum: Steps 1-5
- **12:15pm-1:30pm:** LUNCH BREAK
- **1:30pm:** Debrief of practicum steps 1-5
- **1:45pm:** Step 6 – Evaluating Progress, Next Steps – six outcomes, tx challenges, homework
- **2:15pm:** Demonstration: Steps 1-6
- **2:45pm:** Practicum: Steps 1-6
- **3:15pm-3:30pm:** AFTERNOON BREAK
- **3:30pm:** Debrief
- **3:45pm:** Ethics for right relationships and practitioner self-care; Q&A
- **1:30pm:** Debrief of practicum steps 1-5
- **4:15pm:** Review of learning objectives; level 2; benefits of certification; certification process; consultants; sample informed consent; references; glossary
- **4:30pm:** Practicum 2: Steps 1-6
- **5:15pm:** Thank you to participants; evaluations
- **Workshop ends at 5:30**