“During the 2019-2020 school year, I met on a monthly basis with teachers serving grades pre-k through 8 in the U.S. to introduce energy psychology (EP) skills to staff and students. I first introduced teachers to the research and science behind EP and outlined potential outcomes and benefits of integrating EP skills into their existing social emotional learning curriculum and daily classroom routines. Next, so they could experience the results themselves, teachers practiced using Emotional Freedom Techniques (EFT) to self-regulate emotions and reduce stress and anxiety. Each month we practiced using EFT for a variety of issues until they were comfortable introducing the technique to their students. Teachers then learned and practiced ways to introduce EFT to students of various age/grade levels and received age-appropriate lesson plans and resources. When ready, teachers introduced EFT to their students and incorporated the practice in their daily routines. I continued to support teachers by doing in-class demos with students and provided additional resources as needed. Overall, teachers reported that students were more focused and attentive and that they witnessed students using the technique on their own. Once school was abruptly closed as a result of covid-19, the principal and I co-hosted Tapping Tuesdays online to help parents manage their stress and anxiety.” — Suzanne Velasquez-Sheehy, EdD

Teaching self-care and resiliency is as crucial for our children’s wellness as it is for the adults and families who support and nurture them. The ongoing health crisis, as well as broader crises in our society demand that we embrace new, more effective methods to quickly deliver these skills and outcomes.

Current research validates and reinforces both the myriad ways that trauma impacts children and how EP techniques can help alleviate and even clear the
Emotional blockages that, left unprocessed, can negatively impact an individual throughout their lifetime. Furthermore, EP is shown to be a powerful tool to support healthy mental, social-emotional and physical development.

The Necessity of Energy Psychology for Children

Exposure to traumatic experiences in childhood is more frequent than uncommon and can have a significant impact on the development and social-emotional health of children and adolescents. A recent national study revealed that approximately 34 million children in the United States have experienced at least one of nine adverse childhood experiences that have the potential to lead to traumatic stress and to negatively impact a child’s psychological well-being (Bethell, Davis, Gombojay, Stumbo, & Powers, 2017). It is estimated that 26% of children will have either experienced or witnessed a traumatic event before their fourth birthday (Briggs-Gowan, Ford, Fraleigh, McCarthy, & Carter, 2010).

Traumatic stress reactions in children differ from those experienced in adults — particularly for children who have undergone repeated or multiple traumatic events (Van der Kolk, 2003). Emotionally, some traumatized children may struggle to regulate their feelings and may exhibit anger, rage, and irritability, while other traumatized children may appear sad, anxious, and overwhelmed. Behaviorally, traumatic responses may manifest as aggressive, disruptive, and self-destructive behaviors. Socially, traumatized children may not trust others. They may feel betrayed by adults who did not protect them, which can negatively affect their interpersonal relationships and ability to make friends. Cognitively and academically, substantial decrements in IQ scores and reading achievement have been reported in young children experiencing traumatic stress (Cole et al., 2005; NASP, 2015b).

Traumatized children may also be preoccupied with worries about their safety and experience a sense of foreshortened future which can impact their concentration and motivation to engage in school work. These types of problems, coupled with frequent school absences, can impact school performance (APA, 2008; Cole et al., 2005; NASP, 2015b).

Recent research shows that trauma can be passed down generationally and have a debilitating effect (Yehuda et al. Biological Psychiatry, August 12, 2015, Volume 80, p 372-380). Reactive attachment disorder (RAD) is another issue that is
increasingly common. It occurs when an infant or young child does not establish healthy attachment with parents or caregivers as a result of not having their basic needs for comfort, affection, and nurturing met.

This results in the inability to establish loving, caring, stable attachments with others, as well as rarely seeking comfort when distressed, exhibiting limited positive affect and unexplained episodes of irritability, sadness, or fearfulness in response to caregiver interaction.

Results of the Adverse Childhood Experiences (ACE) study by the Centers for Disease Control (CDC), in collaboration with Kaiser Permanente, assessed the significant emotional and physical health impact that trauma has on children. This meta-analysis linked child abuse and other adverse childhood experiences to several chronic diseases in adulthood (Anda, Felitti, Edwards, et al., 1998).

In addition to the growing number of children impacted by trauma, a trait known as sensory processing sensitivity has been identified in 20% of the population, affecting adults and children alike. This trait involves the central nervous system which, becoming overstimulated from environmental sources, results in highly reactive behavior and anxiety, affecting social-emotional development (Boterbert & Warreyn, 2016).

Energy psychology tools have demonstrated effectiveness in reducing stress and anxiety in children (Jain & Rubino, 2012; Stapleton, Mackay, Chatwin, et al., 2017). They show great promise as a tool to support stress management, social and emotional competencies, and enhance learning goals, as well as a “preventive medicine” tool — an intervention to mitigate the risks of later onset of adult chronic diseases such as heart disease, stroke, high blood pressure, and diabetes.

Setting the Stage for Energy Psychology Facilitators

Although EP techniques are gaining wider acceptance, they are far from “mainstream”. Most educators, caregivers, school social workers, therapists and psychologists have never heard of EP techniques, let alone used them in their work.

However, the concept of self-regulation versus self-control has broken through into mainstream educational thinking, providing opportunities to facilitate more successful outcomes for students and educators. This conceptual framework of self-regulation looks beyond merely achieving a desired behavior, and instead addresses the root issues involving a child’s self-worth and self-identity that often motivate disruptive or ‘negative’ behavior. EP can provide both a theoretical and a strategic framework for self-regulation — one that immediately engages the autonomic nervous system and limbic system of the body, offering rapid relief and a return to more resourceful, ‘choice’ states.

Knowing how to effectively approach school leaders and youth professionals about the benefits of energy psychology is vital to adding EP techniques into school curriculum and programs. A successful approach includes discussing how EP can help children/teens overcome the obstacles that impede success in several areas key to academic, social-emotional and psychological development through:

- Increased motivation, focus, concentration; the development of positive habits and attitudes, ability to regulate behaviors, ability to make better choices and decisions, increase in self-confidence and self-efficacy, and enhanced overall well-being.
- Enhanced self-awareness, self-management, social awareness, relationship skills, and responsible decision-making — the five social-emotional learning competencies targeted by schools.
- Improved ability to self-regulate emotions and reframe limiting thoughts, self-perceptions and beliefs that interfere with a child’s ability to reach their full potential.

Emotional Freedom Techniques (EFT) is a powerhouse in the EP toolbox. It is easy to learn and can be used by people of all ages. It shows great promise for supporting learning goals and performance in educational settings. It has been
shown to be effective in reducing stress and anxiety in students (Gaesser, 2018; Jain & Rubino, 2012; Stapleton, et al., 2017), burnout in teachers (Reynolds, 2015) and increasing academic performance (Aremu & Taiwo, 2014). Using EFT with children can have significant implications for learning, behavior, emotional regulation and healthy development.

Successful Implementation
When a school or organization is ready to implement EP, it is important that they are fully prepared in the mechanics and logistics of teaching and learning EP. The techniques will be more rapidly and accurately acquired if these conditions are met:

- Presented in a safe, supportive environment
- Practiced regularly for easy recall
- Modeling and normalizing use, both as a daily routine and proactive response
- Reinforced by assisting students to experience the feeling and relief of being in control of self, and the feeling of being empowered to create a sense of inner safety/calm
- Fostering expanded awareness of a greater ‘window of tolerance’ on one’s behavior and capabilities
- Reinforced by the community, peers, and family buy-in

Perhaps the most important aspect of successfully integrating the teaching of EP in schools is that it is presented, languaged and modeled in age-appropriate formats. Offering information in a developmentally appropriate, stair-stepped acquisition model makes learning easier and improves outcomes. Some examples of age-appropriate teaching for EP techniques include:

- Pre-schoolers typically have narrow windows of attention, so it is beneficial to introduce one simple strategy such as a ‘magic button’ acupoint stimulation, and repeating it with proper cues and facial/body language.
- Kindergartners easily learn in a serial format, such as combining a song or kinetic dance sequence with acupoint stimulation as a fun routine to begin the morning or group meeting.
- Older elementary children are well-served by story examples and modeling. This appeals to their budding reasoning and expands their individual capabilities as problem-solvers.
• Middle school children can benefit from using a discussion format that supports different kinds of problem solving, with EP presented as a brain strategy that works on the body. It is also easily combined with more calming, noticing activities, such as yoga, meditation or guided imagery.

• High school children are typically over-exposed to stimulation, so presenting EP as a rapid respite from overwhelm or a performance-prep toolset reduces anxiety before tests or competitions.

Finally, creating an action plan, building a support system and maintaining a daily self-care routine will help to ensure successful integration of EP tools for children into your practice, agency, school system or organization.

The Action Plan serves as a guidebook for success. It provides clarity and direction for the steps to be taken to make your vision a reality. An example of a process you might follow is:

• Identify the group(s) you want to help with EP (for example: highly sensitive children, children with ADHD, English as a second language groups, students with diverse needs, gifted students, sports teams, fine arts students, grief support groups)

• List ways that EP will help this group (goals and “selling points”)

• Identify those people that you need to support you in your integration of EP into the organization

• Decide how to present the techniques (i.e. think of your audience)

• Establish mechanisms to maintain the practice of these tools within your organization. Sustainability is key to successful implementation into the school or group.

• Plan the first step you will take to introduce EP to your group

Your Support System in the organization provides the bolstering you will need to overcome obstacles and meet challenges with grace and confidence. Enlisting the support of coworkers, administrators and stakeholders helps to create buy-in and to promote EP tools both short-term and long-term. Some ways to build a support system include:

• Create or join a Facebook group with similar schools/organizations doing EP

• Form a group within your organization and meet on a regular basis (ie. to prevent burn-out and compassion fatigue)

• Get a one-on-one support buddy — meet, text or call when needed

• Get professional help, if needed

Daily Self-Care tops the list of essential practices to ensure the success of EP with children. When working with youth, your mind/body state is always the most influential energy in the room. When you are centered, balanced and grounded, you are an effective role model. Use EP tools throughout your own daily routine to maintain your personal power and move through your day with grace and ease. A good self-care routine starts with a plan:

• Recognize and prioritize the importance of your own self-care

• Identify your stressors and their impact on your mind and body

• Create a sustainable self-care routine

Implementing EP techniques with one student

In a single-case study in New Orleans, Louisiana, a nine-year-old male diagnosed with autism spectrum disorder had a special education classification of emotional disturbance and was in a self-contained setting. He was referred for psychological services due to his inability to remain in any setting without becoming emotionally labile and aggressive. After a thorough assessment it was revealed that he had a phobia of all insects and had been resistant to all settings outside of the classroom due to this phobia. After one session of EFT he was immediately able to go into any setting without any disruptive reactions or behaviors. At last communication with the school and family, he was on course to being mainstreamed into all regular education settings and to being re-evaluated to possibly remove the classification of emotional disturbance.

Continued from page 4

Continued on page 6
• Build a stress management practice into your daily routine

• Talk to your peers and debrief after stressful events

With these highly effective, evidence-based techniques readily available and easily teachable, it is essential — especially during this period of world crisis — to distribute these tools to schools and to professionals working with children. EP will not only have positive effects on the mental, emotional and physical well-being of these individuals; it will reverberate throughout school communities and beyond. ■

Contributors

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From Pain to Gain
Holistic Treatment for Chronic Pain

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“When pain is only bearable if we know it will end, not if we deny it exists.” – Viktor Frankl

“The cure of the part should not be attempted without treatment of the whole.” – Plato

When I was 21, I had a severe automobile accident and my spleen was ruptured. I was experiencing excruciating pain in the emergency room as they were preparing me for surgery. After surgery and in intensive care, I continued to experience pain. I recall asking a nurse to give me something for the pain since it was so intense. She informed me that I had to wait for a couple hours according to doctor’s orders. I wondered what I could do about this. As I observed the pain, I felt that it was even worse than the pain I experienced in the ER, since now my spleen had been removed and there was a very large incision on the left side of my abdomen. I was actually frightened about the pain, since it seemed that it would not relieve until I received a shot of morphine. Then I had an epiphany. I realized that while the pain was even more intense now than it was prior to the surgery, it was in some way quite different and acceptable. The pain that I was suffering in the ER was what could be call “dying pain,” while this was “surviving and healing pain.” That gave me a sense of security! And while the pain continued to be there, it was no longer intense and this honest reframe made the pain an experience of security. That made it possible for me to be present with the pain from a different emotional and consciousness perspective. It wasn’t frightening anymore.

As a result of this and other experiences with pain, I developed an interest in relieving pain for myself and others. In time, my practice as a psychologist led me to specializing in the treatment of pain and trauma. Besides using hypnosis, visualization, and biofeedback, in 1992 I discovered the work of Dr. Roger J. Callahan. I found his approach a wonderful addition in the treatment of many psychological and physical problems, including chronic pain. This article covers aspects of my approaches to treating pain with energy psychology.

Energy psychology proposes that treatment at the energetic level addresses and affects the whole person: physical, emotional, mental and even spiritual. All matter is fundamentally energy arranged in various patterns, and at the core, human beings — and possibly all sentient beings — are consciousness — energy. Our values and beliefs also manifest in patterns. Therefore, to treat pain we need to treat all aspects — the whole person.

Pain is a Middle English term that comes from the Latin: poena and the Greek: poine, meaning punishment, penalty, and payment. The experience many people have of pain and their feelings around it are reflected in these linguistic roots. But these thoughts and feelings actually add to the subjective experience of pain itself, and must be a focus of any treatment approach for it to be successful.

The Price Tag of Pain
Pain represents tremendous costs and suffering. It is practically impossible to calculate the monetary cost of physical pain. Adjusted to include lost productive work due to arthritis, back pain, headache, and musculoskeletal pain, the figure soared to over $61 billion in the US alone in 2003 (Stewart et al. 2003). Adjusted for inflation, this is equivalent to $85 billion in 2020. An internet search suggests that this increases to as much as $600 billion today if, in addition to missed work, we include costs of surgery, medication, implantable devices, physical therapy, psychological treatment, and addiction treatment. Most important is the personal cost of suffering and the effects of chronic pain on the quality of couples’ and family life.

The Complexity of Pain
The experience of pain is a composite of physical sensations, emotions, and thought. Pain is not simply a biological response to an injury or disease; it is an experience that is also psychological and social. Therefore, successful treatment interventions often need to address all three, and even more. On the biological side, pain involves three aspects of the nervous system: peripheral nerves, the spinal cord, and the brain. The peripheral nerves extend from the skin, muscles, and internal organs to the spinal cord. Many of these nerves
contain nociceptors, which sense real or potential damage to the areas of the body where they are located. When an injury occurs, these cells will send electrical impulses along the peripheral nerve to the dorsal horn of the spinal cord. Then neurotransmitters are released which in turn, stimulate other spinal cord nerves to transmit information about the injury to the brain. These signals travel to the thalamus — a relay station in the brain — that sends signals to three distinct regions of the brain: the somatosensory cortex (where physical sensations are registered), the limbic system (where certain emotions occur), and the frontal cortex (where you do much of your thinking, attending, emotional regulation, executive functions, and empathy).

While some injuries can cause chronic pain, habitual tension, postures and movements can intensify pain and wear away at joints and vertebrae (Alexander 1932, Hanna 2004). For example, bending your neck to text can eventually result in a habitual posture that places strain on your neck, resulting in vertebrae damage and pain in your neck, upper back, and shoulders. By becoming conscious of these postures and consistently correcting them you can alleviate a root cause of chronic pain and prevent further damage. Different forms of stretching exercises can also prevent degeneration and pain; for example, the pandiccular response — stretching much like cats and dogs do — releases tension and restores voluntary control of muscles. This is similar to many qigong and yoga exercises, especially the yoga Sun Salutation.

Psychological Aspects of Pain

It is well known that emotional reactions such as depression and anxiety can magnify the perception and experience of pain which, in turn, can intensify the emotional/psychological reaction. The neural circuitry of pain is intertwined with emotions. In some respects, pain can even be considered an emotion. Both emotions and pain involve physical, sensory experiences and share brain circuitry. If you can change the emotional reactions to the pain or the injury, the experience of pain will often change for the better. There is a huge difference between the actual physical sensations of pain and feeling distressed about the pain. Feelings of distress are a function of negative thoughts, emotional reactions and beliefs about the pain. While emotional reactions can precede thought, there is a reciprocal relationship between them. Sometimes thoughts come first and activate emotions. Therefore, it is important to explore and address both of these psychological aspects.

Social

Our relationships with others form part of the pain experience. For example, another survival feature of pain is that it can elicit sympathy from others who, in turn, may come to the injured person’s rescue. However, in the case of chronic pain, sympathy from another person can also reinforce the experience of pain, in the same way that a reward following any kind of behavior can increase the frequency of that behavior. Sympathy and assistance can become a reward that subconsciously reinforces the idea of a benefit to the pain. This can even become a cycle in which the sympathy reward serves as a way of gaining more sympathy and ultimately manipulating others. The experience of pain is therefore also embedded in a system of social and family relationships. I’m reminded of the movie “White Christmas” where Phil Davis (played by Danny Kay) had incurred a war injury as a result of rescuing Bob Wallace (played by Bing Crosby). Throughout the movie he frequently points to his arm to manipulate Wallace. However, in time others’ patience can wear thin and their negative reactions can also paradoxically reinforce the pain, when a person feels rejected or abandoned.

Pain’s Value

Pain is a signal that something is wrong and needs to be attended to, protected and corrected. Therefore, it has value. The same holds true for emotions. Each emotion is a signal to pay attention. Thus, fear informs us about danger, anger prepares us to fight, (healthy) shame preserves our value. The same holds true for emotions.

When we have physical pain, there is usually an organic factor involved. For example, there could be an injury to a part of the body. However, the experience of pain is produced in the brain and registered in the brain: no brain, no pain. No subjective perception, no pain. But even though pain is registered in the brain, the pain experience would be exceedingly diminished or absent if there were not an emotional response to the pain. Shifting the perception of pain can make it more tolerable, more acceptable, less intense.
Aspects of Chronic Pain

While acute pain can have a beneficial purpose, in many respects chronic pain does not. It is by definition ongoing, “stuck” pain which involves a confusing message. Sometimes the pain causes a person to reduce their activity to the point where their muscles atrophy, or to brace against the pain, which actually increases its intensity. People sometimes hate the pain, are angry about the pain, feel worthless because of the pain, etc. All of those factors contribute to what might be referred to as the chronic pain syndrome. What are some practical ways to help people in such situations?

Pain Relief Protocols

One way to help is to mindfully observe the pain structure and emotional sensations while applying tactile stimulation at acupoints. By applying this process, the tension and emotions release, and therefore the experience of pain becomes more acceptable and even diminished greatly, sometimes dissipating altogether.

One technique for accomplishing this (Triple-Warmer-3 or TW3 Technique), is to focus on the pain structure, observing it in its various aspects, relaxing into those sensations, letting go of bracing against the pain, and then simultaneously holding, rubbing or tapping between your little finger and ring finger carpals on the back of either hand while attending to your breathing and continuing to monitor the pain structure. For example, from moment to moment you would observe the intensity on a 1-10 scale, the temperature, sensations (throbbing, shooting, aching…), the area covered by the pain including shape, and so on. In many instances the intensity of the pain begins to diminish within a matter of a few minutes, and in many cases the pain dissipates altogether. As part of this protocol, you may also attend to each of the emotions associated with the pain, one after the other, applying the same technique. As the emotions dissipate, so does the pain.

Jaw Pain

Several years ago I was teaching an Advanced Energy Psychology Certification Program in Heidelberg, Germany. At the end of the first morning, one participant said that she would not be able to continue because of severe jaw pain. Instead of allowing her to leave in pain, I asked her if she would like to try a pain-relief technique. She agreed. Focusing on the pain, she said that the pain intensity was a 10 on a 0 to 10 scale. Five minutes of tapping brought the pain down to a 1. She decided to attend the rest of the day. With continued self-treatments each time the pain intensified, by the second day she was pain free and she remained pain free for the remainder of the four-day seminar. Several months later, she returned for the second half of the training and reported that she no longer suffered from jaw pain. She did not require further dental and medical treatment for the condition. Based on that, I surmise that the treatment not only relieved immediate pain in the moment, but also made it possible for her to relax and reeducate her jaw muscles to prevent ongoing damage to the temporomandibular joints.

Back Pain

Recently, an eighty-five-year-old gentleman arrived at my office in pain and walking with canes. Accompanied by his son, he was there for a spinal cord stimulator clearance. He had undergone a spinal fusion and still had severe back pain. During the interview he said that he didn’t want another surgery. He was disgruntled that the fusion did not relieve his pain and that now he could also feel “the cage that the surgeon put in my spine.” I explained that the purpose of the evaluation is to determine if SCS is appropriate for him, and that it was up to him if he wanted to have a stimulator surgically implanted. I also offered him a treatment similar to the one I offered the person with jaw pain. Within about ten minutes, his pain was gone. He was able to get up from his chair and move about the office without the help of canes. He immediately exclaimed, “Did you hypnotize me, Doc?” I said that I didn’t think he was hypnotized, and asked him if he thought he was hypnotized. After a brief moment, he agreed that he didn’t think he had been hypnotized. He also reported that the feeling of the “cage” was also gone. From then on, he was able to use this technique to manage pain without the need for pain medication, and he opted not to proceed with the spinal cord stimulator.

Theoretical Explanations

How do we explain the benefits derived from a technique such as this — or any tapping routine? A longstanding explanation is that tapping sends kinetic energy into meridians and causes the blocked or stagnant energy to flow. Callahan proposed that there are perturbations or active information in thought fields,
and that the tapping subsumes or collapses the perturbations at the source of the problem. Energetic information is fundamental and catalyzes the cascade of neurochemicals, neurologic structures, and cognition. We can cite the quelling effects of endorphins, calming of the amygdala, and changing the pattern of neurons firing by pairing the pain signals with the neurons involved in calming effects (Hebb’s Principle). This can be explained as reciprocal inhibition and maybe something more.

Other Considerations
There are other ways to approach chronic pain whenever this basic technique isn’t sufficient. Besides techniques that directly relieve pain sensations and emotional reactions associated with pain, it’s often necessary to expand the “unit” to include the family, the work environment, etc.

Exploring and addressing the role of “psychological reversal”, and of beliefs is also sometimes a critical component of treating the whole, as is addressing values and primary human needs. Finally, a person’s spirituality can be an important aspect of their experience, and therefore an important focus in treatment.

Fred Gallo PhD, DCEP, coined the term energy psychology with the publication of his first of 8 books and numerous articles in the field. He maintains a group practice and offers presentations and training worldwide. His “From Pain to Gain Seminar” covers various techniques in depth: integration of mindfulness with tapping and specific affirmations and questions (the Gallo Process).

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From the Desk of the Executive Director

By Robert Schwarz, PsyD, DCEP

It’s been 6 months since my last letter. It seems more like 6 years! The amount of energy that has been happening is simply incredible. And I don’t think it is going to be letting up any time soon.

As practitioners and people who are aware of energy, we have the advantage of seeing everything that is going on as energy. I am emphasizing this because it may help each of us individually and our collective community to maintain some balance in the swirling vicissitudes of these times. It may help us recognize that there is more going on than simply being good or bad, right or wrong — at least if you look over a longer time frame.

There is a great Taoist teaching tale about a man who loses his horse. His neighbors are all upset for him, and tell him how it is such bad luck. He replies, “Perhaps it is and perhaps not.” Then the horse comes back with a second wild horse and the neighbors all say it is good luck. The man replies, “Perhaps.” Then the horse rears up and breaks the leg of the man’s son. All the neighbors say how horrible this is. The man says, “Perhaps it is and perhaps not.” As a result of the broken leg, when the army comes by to conscript young men to be soldiers, the young man is spared. The neighbors all say it is good luck. The man replies, “Perhaps…. ” This goes on for many iterations. You can listen to a wonderful song by Joe Crookston about this. One potential example of this from the current time is, that as bad as covid19 has been, it is probably partly responsible for the wide acceptance and reckoning around racial injustice that is now taking place in the United States, that has been far too long in coming.

I am not suggesting that we become apathetic and complacent. Far from it. According to the work of David Hawkins, apathy is the third lowest level of energy. I think it is important that people become engaged with the many issues around us such as social injustice. If I might delve into the work of Hawkins a bit more, he essentially described the levels of consciousness as having an inflexion point between negative or catabolic energy and positive or anabolic energy. The label he chose for the level where you cross over into life enhancing energy as the level of courage. He states the crossing over into this level of consciousness is “the most critical step in the evolution of consciousness” (Hawkins, 2006). At this level of consciousness, there is a “concern for others and a capacity for social responsiveness”. At this level of consciousness, there is a recognition that we all have some personal accountability and responsibility to be part of the solution. The concept of a participatory democracy that we all are responsible for would certainly be at this level or above. If you’ve never read any of David Hawkins works, I highly recommend it. I will list three of the main books below. I would also add that I disagree with Hawkins on one main point. He tends to describe people as being at one level of consciousness or another. I don’t see a lot of evidence for that. I see people as moving between different levels of consciousness on a moment by moment basis. Yes, a given person will have preferred ways or common patterns of consciousness. But we all can exercise our skills at raising our consciousness. When you use an energy psychology protocol to clear trauma, you are reducing the pulls toward lower levels of consciousness. When you engage in deliberate action from a place of service to others you are coming from a higher place of consciousness. It is certainly my intention and hope that ACEP is an organization that usually comes from this higher place of consciousness and that we support our members and others to do the same.

In these very challenging times, it can be a good practice to repeatedly check, and ask the question, “What level of consciousness am I coming from”? We need the courage to really look and see the truth about the answer to that question and then make adjustments accordingly.

Together, we are going to get there.

Namaste,
Bob

Robert Schwarz, PsyD, DCEP

3 Keys to Managing Liability for the Holistic/Energy Practitioner

Regardless of the energy psychology modality you practice, your gift compels you to share your spiritual energy with the world. With your focus on helping others, you might lose sight of the importance of protecting yourself and your practice from harm. Or maybe you are aware of the necessary steps to ensure your business is not endangered but, as so many of us do, you put off taking care of basic business essentials.

Having a business entails taking responsibility to protect yourself and your practice from loss. There are important liability management documents and actions that can safeguard you and your practice from the unexpected.

- Do you protect yourself and your practice with liability insurance?
- Do you have a signed informed consent and client in-take forms?
- What about your marketing material and website? Does any of the language or vocabulary overpromise or lack compliance with relevant and applicable regulations?

If you have only invested in one, or perhaps none of these basic liability protections, then consider that you are putting yourself at risk. It is worth stopping to examine the reasons why, to make sure that the choice is a sound one. If cost is an issue, consider that you are potentially risking incurring a loss that is greater than the amount you would spend to protect yourself. Considering the alternative, protecting yourself fully is ultimately very cost effective.

**Key #1 Liability Insurance**
The single biggest risk faced by energy psychology and energy healing practitioners is a liability claim. This type of claim could entail financial loss, consequences for violation of state laws, loss of professional reputation, inability to compensate clients for any harm or perceived harm, and injury to your own practice and reputation — not to mention all the stress and worry. Liability insurance is an insurance policy that protects an individual or business from the risk that they may be sued and held legally liable for something such as malpractice, injury or negligence. The intent is to protect you against the expenses you might incur should you be accused of failing to meet the standard of care for your practice or if some sort of accident were to occur on the premises during a session. We often overlook the “business” part of our practice, but part of our service, and professional responsibility to our clients, is to have the proper insurance so that if there is negligence or perceived negligence or, for example, if a client slips and falls during our care, they are taken care of.

**Choosing your coverage**
Many companies offer liability insurance, and no two policies are exactly alike. When choosing liability insurance for your practice there are three main areas to consider: price, coverage, and benefits. Comparing the details in these areas will allow you simplify the process and to select the liability insurance policy that is best suited for your practice. At minimum, coverage should include:

- malpractice or professional insurance
- general liability insurance
- product liability insurance

With coverage taking care of you and your practice, you not only establish protection, it demonstrates professionalism and raises your credibility. Imagine the freedom from worry and the positive energy and dynamic this creates. In a way, taking care of this very practical aspect of your practice furthers your mission as an energy healer, since you can focus on your skills.

**Continued on page 15**
Key # 2 Informed Consent

While liability insurance assures your clients about the viability of your practice, you still require something in kind from your clients. Having your clients complete an informed consent statement is a way for you to protect yourself from any misunderstanding. Informed consent is a protocol for getting explicit permission before conducting a healthcare intervention with a person, enabling this person to participate in healthcare decisions. For example, it’s common knowledge that prior to a medical procedure, a person must first give consent. Although laws vary from state to state, informed consent documents a client’s confirmation of having received all relevant information about a procedure or treatment and of agreeing that treatment decisions were based on the provided information.

The most important goal of informed consent is to give clients an opportunity to be an informed participant in their health care decisions. A thoughtfully crafted informed consent clearly defines and establishes client-practitioner boundaries while offering some protection from liability — as long as it includes:

- Information about the practitioner, training and skills
- Assessment of patient understanding about the treatment
- Description of the services provided including effectiveness and safety
- Relevant risks and benefits related to the treatment
- The acceptance of the intervention by the patient
- A statement indicating whether the practice is covered by liability Insurance

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Continued from page 15

The following sample illustrates an energy healer’s “scope of practice and limitations” that clearly outline the types of services the practitioner offers:

I am (practitioner’s name) and I am an energy psychology practitioner. The modality is a gentle, complementary, energy-based approach to health and healing that can assist in bringing a body to its natural ability to heal. I do not diagnose or treat disease and I am not a physician. These sessions are not a substitute for diagnosis or treatment from a qualified health practitioner for illnesses, injuries, or other medical conditions. My services are not licensed by the state of (your state’s name) and my practice is guided by the Energy Psychology Code of Ethics and Standards of Practice.

The consent form clearly states that the practitioner is not trained to diagnose illness, make recommendations involving pharmaceutical drugs or surgery, or handle medical emergencies (unless the practitioner has specific training and it falls within the practitioner’s scope of practice.) With this clear communication and agreement between practitioner and client, an informed consent helps to manage client expectations and set boundaries between the client and the practitioner creating an opportunity for consistently positive outcomes. The disclosure establishes a positive practitioner-client energetic connection from the start, and invites full participation in the healing process by the client.

Failure to obtain written informed consent can leave you open to claims of malpractice, negligence, misrepresentation, or other legal claims. Additionally, most ethics codes require informed consent agreements. A client’s informed consent is a legal agreement that needs to comply with applicable state laws, but it also needs to be drafted specifically for the practitioner’s practice. By having a client read and discuss your informed consent with you, it helps to establish that the client is competent and has voluntarily agreed to engage in your services. When a provider offers information and explanations of what will occur and the client gives full consent in writing, it decreases the risk of litigation in the future.

Key # 3 Marketing Liability

After considerable thought has been given to developing the informed consent form, the careful and clearly written information can be duplicated in any marketing materials such as brochures, flyers and websites. It is important to make sure that there is consistent and compliant wording in all marketing communications components, including social media. Part of an energy healer’s risk management strategy involves managing perceptions and there is no greater opportunity to succeed or fail at this than in marketing an image. The creative process doesn’t have to be difficult, since there are many templates that can be accessed and used to design a brochure or website. Focus on the important details such as describing your services and maintaining consistency across all marketing channels.

In describing scope of services, an energy practitioner does not want to give the impression of providing services which are the domain of traditional medicine. An obvious place to start concerns the terminology used to describe a practice and the services provided. For example, do not refer to having expertise in treating medical conditions such as diabetes, cancer, or heart disease. Additionally, unless you are a licensed mental health provider, avoid the use of words like anxiety, depression, and trauma which are associated with the field of psychology. Instead, focus on the outcomes that can be achieved through your healing talents.

It helps to have guidance in this area, so finding a reliable source for guidance regarding marketing your practice is useful. The article “Compliance Words” which was recently posted on YL’s website provides some suitable wording for energy healers. These include:

<table>
<thead>
<tr>
<th>Aids in</th>
<th>Provides</th>
<th>Helps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Promotes</td>
<td>Enhances</td>
<td>Balance</td>
</tr>
<tr>
<td>Harmony</td>
<td>Relaxation</td>
<td>A sense of…</td>
</tr>
<tr>
<td>Clarity</td>
<td>Facilitates</td>
<td>Supports</td>
</tr>
</tbody>
</table>

You also want to educate yourself on words to avoid. Take the time to identify what local and federal governments consider...
illegal or inappropriate wording. To learn more about state regulations and acceptable practices, the website onetreeguild.com has information about each U.S. state. Research should reveal information about appropriate terminology and scope of practice on a state-by-state basis. With the goal of helping to promote well-being vs. a cure, you want to avoid any misperception of you as a medical practitioner.

ACEP has developed marketing guidelines for professionals. You can view and download them here.

While you entered the energy healing field with the mission of sharing your gifts, approaching your practice through a liability management lens is essential. Unless you have someone who can help you with this aspect, it is necessary for you to learn about these practical aspects of running a business to protect yourself and your practice. Like any business, you have documents to complete and protocols to establish. However, since you have to take extra care to avoid the appearance of misrepresentation and to maintain compliance, energy healing might require a few more steps than some businesses. Keep in mind that your professional caution comes from the goal of safeguarding yourself, your clients and your practice. Giving issues of liability the respect and attention that they deserve will lead to years of satisfied clients and a fulfilling professional path.

If you’re interested in protecting your practice from unexpected loss, ACEP can offer energy professionals a 10% off liability insurance rates with coverage through Energy Medicine Professional Association. Just visit ACEP’s website with this link to take advantage of the discount.

Mary Ann Mace, Energy Medicine Professional Association

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Your Health and 5G — Facts and Fiction with Dr. Beverly Rubik

Dr. Beverly Rubik is a leading scientist and scholar internationally renowned for her pioneering work in frontier science that embraces the consciousness and the energy fields of living systems. She discusses the dangers of a global rollout of 5G and the detrimental health risks that humans are exposed to through wireless radiation. She explains why we can expect that 5G will further exacerbate current health and environmental issues.

Clearing Unresolved Trauma, Stress, and Anxiety with the Tapas Acupressure Technique (TAT) with Tapas Fleming

Tapas Fleming is a California licensed acupuncturist and the founder and creator of a simple technique called TAT™ that can gently and easily reduce stress, end limiting beliefs, and greatly enhance presence. She shares how to do the TAT™ pose while leading us through how the technique works to clear emotional connections to trauma, negative experiences, and unpleasant thoughts that may cause stress and anxiety in our lives, including current worries regarding the outbreak of the coronavirus.

The Energies of the Seasons and Mindfulness Practices for Living in Peaceful Harmony with Dr. Joan Borysenko

Dr. Joan Borysenko, is a distinguished pioneer in integrative medicine, and a world-renowned expert in the mind/body connection. She discusses how ancient wisdom and modern science come together in the service of healing, by not only curing our physical ills but bringing us into a state that positive psychology calls our “best self” or true nature. She provides insight on the special benefits of different forms of meditative practice, and how the epigenetic effects of mindfulness meditation may reduce harmful inflammation in the body, decrease anxiety, improve energy levels, and increase our overall well-being.

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The easy-to-read research summary you’ve been waiting for

Many practitioners understand that energy psychology works, but find that they are hesitant to introduce it to neophytes, or stumble when defending it to critics. Being familiar with the research can make a big difference. And this is the easy-to-read research summary you need.

Biography, Biology, and Destiny: How energy psychology might break the chain

Obesity. Diabetes. Depression. Heart disease. Asthma. Addiction. Cancer. What common denominator increases the likelihood of developing any of these conditions? Adverse childhood experiences, or ACEs. With its track record of helping people recover from trauma, perhaps energy psychology has a key role to play in helping people heal from the effects of childhood trauma.

“White fragility” — my journey exploring diversity and inclusion so far

This blog is about my personal journey of coming to terms with diversity issues that had been instigated by ACEP’s Diversity and Inclusion (D&I) Initiative. Just so readers have the appropriate context, I have supported the D&I Initiative since its’ inception. Even though I already accepted the concept of systemic racism, I had no idea about the journey I was beginning.

The Pandemic, Zoom and Polyvagal Theory

Polyvagal theory says that we need to connect to co-regulate. We use the minimal cues that come from the face and the tone of voice of each other to co-regulate our nervous systems. These cues let us know we are safe. The problem is that during the pandemic, we are being given the imperative that we need to stay away from each other in order to be safe. How can we maximize the use of teleconferencing technology to provide the cues for safety toward each other to increase co-regulation?
Moving EP Into the Mainstream

This column highlights ACEP members’ efforts and achievements in bringing energy psychology to the wider world. It has two purposes.

1. Acknowledge and celebrate these achievements.
2. Inspire you, the reader, to think of ways within your own sphere that you might help make more people aware of energy psychology and its benefits.

Please let us know about things you or others are doing that we can share.

- Cindy Baker, MEd, DCEP provides energy psychology sessions for stress management via Zoom to Syrian women through US Together, an organization that supports refugee & immigrant resettlement in Ohio. They have recently decided to add energy psychology to their mental health and psychosocial support group curriculum. She also facilitated Zoom meetings called Mind/Body Tools for Calming, Centering & Grounding to two groups of social workers working for Lucas County Board of Developmental Disabilities.

- Tricia Chandler, PhD, LPC, MAC, presented the “Energy Psychology: Techniques for Reducing Trauma and Addiction” webinar for NAADAC and 1200 people signed up. ACEP got quite the plug for comprehensive training in EFT and other energy approaches. “I am just so excited that there was such interest in this and had to share!”

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- **John Freedom**, CEHP, has posted a guest blog, R4R Resources with ACES, on ACES Connection, an online portal linking people, organizations, systems and communities in the ACEs movement. The blog was written by Jondi Whitis, Master EFT Trainer.

- **Amy Frost**, MBA, MA, met with the president of UNLV veteran alumni, the organization All Things Veteran and Community Connect to help collaborate and facilitate veterans support meetings. Amy will ensure the meetings start with prayer and/or tapping.

- **Jennifer Groebe**, MFT, led a support group for women with cancer at the Charlotte Maxwell Clinic in Oakland called EFT and Guided Imagery.

- **Rachel Michaelsen**, MSW, DCEP, taught a two-day online class at Smith College School for Social Work’s Professional Education, “Understanding and Addressing Shock and Developmental Trauma Using Energy Medicine and Energy Psychology Techniques.” She also led a one-day virtual class for A Better Way, an adoption agency in the SF Bay Area, “Using Energy Medicine and Energy Psychology to Address Dysregulation in System Involved Youth and Families.” In response to the covid-19 pandemic, Rachel has provided multiple trainings, teaching energy practices to regulate the nervous system for mental health and social services professionals.

- **Kristin Miller**, PhD, DCEP, along with The Emotional First Aid (EFA) Humanitarian Subcommittee, did a Zoom training on bringing EFA to your community. She created new training videos and has built a mentoring team to support people in bringing EFA to their communities. Soon others will be able to email a request for a mentor to support them in developing a project. In Northern California, Kristin is running a Zoom CMBM group, has done some EFA Zoom trainings, and has worked with the schools to bring our curriculum to students, teachers, and parents virtually.

- **Lorna Minewiser**, PhD has shared the R4R website and several R4R exercises with 2 online workshops for substance abuse professionals.

- **Robert Schwarz**, PsyD, DCEP, ACEP Executive Director participated in a summit integrating the body and psychotherapy in September. His topic “Energy Psychology: A Body Mind Approach to Rapidly Transforming Stress & Trauma”. Integrating the Body in Psychotherapy Summit

- **Peta Stapleton**, PhD, wrote the chapter on EFT for “Psychological Symptoms and Disorders” for a new book named Holistic Treatment in Mental Health: A Handbook of Practitioner's Perspectives. The first of its kind, this guidebook provides an overview of clinical holistic interventions for mental health practitioners.

- **Greg Warburton**, LPC and Rick Leskowitz, MD, along with former NFL football linebacker Dave Meggyesy, USPTA elite tennis coach Scott Ford and Integral Transformative Practice coach Barry Robbins founded SEC, the Sports, Energy, and Consciousness Group. The Sports Energy and Consciousness Group has recently evolved into the Evolutionary Sports Collective: An Integral Approach to Performance for Coaches, Athletes and Practitioners. Their mission is to accelerate the global evolution of human consciousness and, through sports, to explore the highest range of the human spirit and potential. evosportscollective.com

- **Jondi Whitis**, Master EFT Trainer, gave introductory Emotional First-Aid training to Native American teachers and female veterans. She also shared Emotional First-Aid with a children’s leadership and development foundation in Manhattan. Jondi also is working with fellow ACEP members Robin Bilazarian and Craig Weiner to create a Chaplains’ Corps proposal, that would serve both the chaplains’ needs for self-care as well as strategic use of simple EFT Tapping with the first responders they serve daily.
Research Review

By John Freedom, CEHP

Annual Research Symposium
Although we missed our usual onsite conference that was scheduled in Baltimore this year, we enjoyed the virtual conference. However, I regret that we were unable to hold our annual EP Research Symposium. Fortunately, most of our presenters will be able to join us next year in Albuquerque.

New Research in Iraq Compares CBT and TFT
Dr Pegah Seidi is a psychotherapist and lecturer at Garmian University in Iraq. She has witnessed firsthand the effects of wartime atrocities against the Kurdish people in Kurdistan, who are an ethnic minority. Access to mental health professionals and effective interventions are scarce. Many folks are suffering with chronic anxiety and PTSD.

In an effort to determine effective treatments, she and colleagues Suzanne Connolly, Dilshad Jaff and Asle Hoffart recently conducted a research study comparing CBT to TFT treatment for PTSD. Dr Seidi treated 31 people with either CBT or TFT, using a retrospective case study method. Thirteen patients received Cognitive Behavioral Therapy. Only one improved; the others showed either no improvement, deterioration of symptoms, or dropped out of treatment. All 11 clients who received only Thought Field Therapy showed

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improvement in their symptoms. Seven clients who received Cognitive Behavioral Therapy and showed no improvement, then received Thought Field Therapy and showed significant improvement following TFT treatment.

The authors’ conclusion: “Thought Field Therapy had positive results in reducing anxiety disorders and trauma related symptoms, as compared to Cognitive Behavioral Therapy...” This is one of very few studies comparing “head to head” results of “gold standard” CBT to an EP modality. The study was published in the June issue of Explore: https://www.sciencedirect.com/science/article/abs/pii/S155083072030210X?dgcid=raven_sd_aip_email

ACEP Funds New Study on EFT and Adverse Childhood Experiences

Most of you are likely familiar with ACEs — adverse childhood experiences. The original ACE study was conducted by Drs Vincent Felitti and Robert Anda at Kaiser Permanente in San Diego. They followed 17,000 patients over a twenty-year period. They found that adverse childhood experiences are correlated with alcoholism, addictions, obesity, promiscuity and self-directed violence. This was not a surprise — the connection between trauma and behavioral issues is well known. What shocked them was the discovery that ACEs were a major risk factor for cancer, strokes, heart attacks, diabetes and 13 other major medical conditions. Even today, most physicians do not ask their patients about their childhoods, and few screen for ACEs.

As a recent review in the Lancet stated, "Individuals who have adverse childhood experiences tend to have more physical and mental health problems as adults than do those who do not have ACEs and ultimately greater premature mortality." ACEs include harms that affect children directly (eg, abuse and neglect) and indirectly through their living environments (eg, parental conflict, substance abuse, or mental illness). Physiological and biomolecular studies are increasingly establishing how childhood exposure to chronic stress leads to changes in development of nervous, endocrine, and immune systems, resulting in impaired cognitive, social, and emotional functioning and increased allostatic load (ie, chronic physiological damage). Thus, individuals who have ACEs can be more susceptible to disease development through both differences in physiological development, and adoption and persistence of health-damaging behaviours.

Recently a movement — the ACE movement — has arisen to educate people about the impact of adverse childhood experiences. These include the use of trauma-informed care in medical practice, and trauma-informed education in our schools. Much of the emphasis has been on education and prevention. Yet there has been little research on how to treat ACEs effectively. The potential cost savings to our (US and Canadian) healthcare systems is estimated to be in the millions of dollars.

From the growing base of evidence for energy psychology, we know that EP can be very effective in treating traumas and PTSD. But we do not have any research explicitly documenting the effectiveness of EP methods to treat ACEs. Our research committee has decided to grant Dr. Peta Stapleton $7,000 to conduct a research study entitled, “The Impact of Online EFT in the Treatment of Adverse Childhood Experiences.” This study will be the first of its kind to explore the use of EFT to mitigate the effects of ACEs, and is currently in progress.

EP Research Grows Throughout the World

Research in energy psychology continues to grow throughout the world, with new studies coming out of Korea, India, Turkey and Indonesia. Faiz Zainuddin has developed a variation of EFT called SEFT: “Spiritual Emotional Freedom Technique.” SEFT is a hybrid technique combining somatic stimulation of the body’s energy system with spiritual therapy. “SEFT focuses on certain words or sentences pronounced several times in a rhythm, followed by resignation to God as in the patient’s belief.” Recent studies from this region are documenting the effectiveness of EFT and SEFT to treat pain, anxiety and depression, as well as smoking and high blood pressure. Here is a sampling of recent studies from this region:

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Hidayatullah, R., Noviekayati, I., Saragih, S. (2019). The effectiveness of Spiritual Emotional Freedom Technique to reduce new santri anxiety reviewed from the personality type. *PSIKOSAINS (Journal of Psychology Research and Thought)* 13(2); 144-156. [http://dx.doi.org/10.30587/psikosains.v13i2.769](http://dx.doi.org/10.30587/psikosains.v13i2.769)


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Lina, L., Sabriyanti, H., Sartika, A. (2019). Decreased the anxiety scale of hemodialysis patients with the Spiritual Emotional Freedom Technique (SEFT) and Autogenic Relaxation. *Southeast Asia Nursing Research*, 1(3). 142-47. [https://doi.org/10.26714/seanr.1.3.2019.142-147](https://doi.org/10.26714/seanr.1.3.2019.142-147)


Sonhaji, S., Lekatomppessy, R. (2019). The effectiveness of the Spiritual Emotional Freedom Technique (SEFT) and singing to the blood pressure of the elderly. *Health Sciences and Pharmacy Journal*, 3(1), 14-20. [https://doi.org/10.32504/hspj.v3i1.93](https://doi.org/10.32504/hspj.v3i1.93)


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*John Freedom, CEHP*, is chair of ACEP’s Research Committee, and organizes the annual Research Symposium, which is held every year right before the International Energy Psychology Conference. [research_committee@energypsych.org](mailto:research_committee@energypsych.org)
Reducing Anxiety & Stress to ENHANCE SUCCESS with Emotional Freedom Technique / Tapping: A Student Guide

By Karen E. Ledger

Reviewed by John Freedom, CEHP

Anxiety disorders are the most common psychological disorder worldwide; in the US alone, 18.1% of adults are afflicted. Anxiety begins at a young age, and an epidemic of anxiety is confronting students throughout our school systems. From kindergarten through university, children are graded, tested and evaluated multiple times throughout the year. Students are challenged with a variety of issues and stressors, such as being bullied, other forms of violence, cutting, social media, parental conflicts and divorce, alcohol and drug use, etc. Many children are now being raised by single parents, who themselves often feel stressed from working two or three jobs.

Fears and anxieties not only feel uncomfortable, they prevent students from performing at their best. But with continued budget cuts there are shortages of both teachers and social service professionals. Thus, there is a tremendous need for programs in emotional literacy, trauma-informed education, and social and emotional learning (SEL). There is also a need for effective, short-term solutions.

Karen Ledger is a nurse, educator and researcher who has been studying these issues for many years. When she first heard of Emotional Freedom Techniques (EFT) many years ago, she relates that her sarcastic response was “Do you mean all I have to do is think about what is bothering me and bang on my face and body and I will feel better?” But she was open-minded enough to try it and was quickly convinced of its effectiveness. Now, after years of teaching and treating both kids and adults as well as conducting research and publishing studies on EFT, she has published her book, Reducing Anxiety and Stress to Enhance Success with EFT/tapping (RASES).

RASES is designed as a guide and workbook for students aged 14 and beyond. Visually appealing and illustrated with cartoons and pictures, it is “youth-friendly”. Ledger speaks to her audience, skillfully guiding her readers in “how to change their minds, by changing their brains.” She discusses the roots of anxiety in earlier traumatic experiences, the fight-flight response, the dynamics of the stress response, and she teaches them how to treat themselves using EFT/Tapping. The text is sprinkled with charts, vignettes and worksheets to support students in learning and applying EFT to their own issues.

RASES is much more than a basic EFT primer, though. Ledger introduces her young readers to concepts like the triune brain theory and neuroplasticity in a way that is both accessible and fun. She also teaches ancillary skills such as visualizing, naming and labelling emotions, setting healthy boundaries, and dealing with grief and loss, as well as how to tap for self-esteem and peak performance. Useful appendices include a glossary, bibliography and list of research citations.

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and web resources.

Ledger has personally worked with many youths, and conducted research with teens and university students, as well as with veterans with severe PTSD. In one pilot study, university students with anxiety were divided into three small groups. Two groups received either two 2-hour group sessions of EFT or WHEE, while the third received five 2-hour group sessions of CBT. All three groups experienced comparable improvement — except that the CBT group received ten hours of treatment compared to only four hours for the EFT and WHEE groups. There are over 100 peer-reviewed studies on EFT/tapping and many of these report similar benefits in treating exam and presentation anxiety, sports performance and stress. Some of these are discussed briefly in RASES. In one study 31 nursing students completed 4 weeks of EFT coaching for anxiety and stress. After the four-week program, their average reduction in anxiety was 19.9%; fully 87% reported feeling calmer and more relaxed.

Can you imagine how different our world will be, when kids learn to use tapping in their early years? Rather than trying to reverse the effects of trauma years later as adults, children can learn to tap to resolve their issues long before they become ossified as limiting character traits, or fixed patterns of reaction. There is a tremendous need for quality books and resources like this one. RASES is one of the best guidebooks of its kind, and I highly recommend it to students, parents, educators and counsellors of youth of all ages.

Reviewed by John Freedom, CEHP. Chair, Research Committee, Assoc. of Comprehensive Energy Psychology and Author of Heal Yourself with Emotional Freedom Technique.

NOTE: This book is available from the author at: www.karenledger.ca or www.amazon.ca For bulk orders please info@karenledger.ca
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Taking a Breath

The Energy Field is filled with great information, which we hope you find useful. And... we also want to offer you the space to relax, let go, and allow beauty to permeate your awareness even more fully. May your days be filled with grace.

You are invited to meditate with this image if you wish. One way to do so is to take a few deep breaths, relax, and gaze at the image with soft eyes. Allow the colors and forms to permeate your awareness on all levels. You can then either continue to gaze at the image or close your eyes as you relax further. Let your experience unfold for as long as you’d like.