



## ACEP 2018 Highlights

2018 saw many milestones for ACEP and the field of energy psychology. We are proud of these accomplishments and grateful for the many people and groups who helped make them happen. Here are a few highlights.

### Humanitarian Projects Provide Trauma Relief



#### **Resources for Resilience**

Particularly in light of hurricanes, earthquakes, shootings, fires, and ongoing terrorist acts, we are extremely proud of the newest project of ACEP's Humanitarian Committee - Resources for Resilience. R4R's mission is to alleviate suffering by teaching self-help techniques to survivors of violence, trauma and natural disasters. In 2018, a series of videos demonstrating the techniques was added to our web site, and all printed instructions were translated into Spanish. Most of the videos have no words, so they are accessible to people who speak different languages. The Committee also created a brochure for public distribution. The first printing of 5,000 copies is already gone. You can [access the pages here](#).

#### **Resources for Resilience Training is Held for First Responders**

In Osceola County, Florida, the Humanitarian Committee held its first "Resources for Resilience" event, training nearly 75 law enforcement, first responders and mental health professionals in central Florida, hosted by Osceola County Sheriff's Department. Thanks to trainers Lorna Minewieser, Rachel Michaelsen, Kristin Miller, Ulf Sandstrom and Gunilla Hamne.

#### **Humanitarian Committee Members Are Helping Their Communities**

Jondi Whitis is teaching emotional first aid and EFT in Canadian and US indigenous communities, focusing on children and first responders who work with them. Amy Frost led training at the University of Nevada-Las Vegas for the Military, Veterans Service Center management team. The teams are mentoring and supporting 1,800 transitioning veterans. Rachel Michaelsen provided two days of energy psychology/energy medicine training for stress and trauma to school psychologists in the Oakland Unified School District in Oakland, CA. Kristin Miller has worked with victims of the Carr Fire that took 1200 homes in her Redding, CA community. She's worked with Red Cross shelters and utility companies, and has been consulting with schools. Energy psychology skills have been fully embraced by the schools in the general curriculum, and she's also started community recovery groups using TTT. Her community truly appreciates the Resources for Resilience website and the materials there.

## Inclusion and Diversity Initiative is Launched



ACEP's board of directors initiated a focus on diversity and inclusion across multiple domains and activities. At the ACEP conference, Victor Lee Lewis, EFT practitioner and social justice activist, moderated a discussion on "Envisioning a Future of Inclusion and Diversity within ACEP", allowing for deep sharing of stories, feelings and ideas, creating possibilities for the future. Since the summer, board member Sylvia Stengle has become chair of ACEP's newest committee on Diversity and Inclusion. She is shown here with Reginald Wesley, a committee member.

ACEP will continue to develop new programs and awareness in this important area.

## Research Milestones



**Thanks to your support, in 2017 ACEP helped fund 3 research studies. Here is an update.** \$14,000 was donated to Peta Stapleton's fMRI research in Australia on EFT and food cravings, and \$6,720 was given to Ulf Sandstrom and Gunilla Hamne's research on the Trauma Tapping Technique (TTT) in the Congo. ACEP also donated \$7,000 to Amy Gaesser for an fMRI study of EFT and anxiety among college students. The results of two

studies are in, and have been submitted for publication. Data for Amy Gaesser's study is still being analyzed. Here are the details.

Stapleton, P., Sandstrom, U. & Hamne, G. (2018). Evaluating a 3-week model for reducing symptoms of stress in traumatised youth using the Trauma Tapping Technique (TTT) for self-help: A pilot trial. *OBM Integrative and Complementary Medicine*, accepted November 2018.

Stapleton., P., Buchan, C., Mitchell, I., McGrath, J., Gorton, P., & Carter, B. (2018). Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques Treatment: Pilot Data from a Clinical Trial, *Journal of Behavioral Neuroscience*, under review.

**The research on energy psychology (EP) continues to grow.** This is a vital part of achieving our goal to make EP available as part of mainstream healthcare. There are now over 100 research studies, review articles and meta-analyses published in professional, peer-reviewed journals. We are grateful to all the researchers who are doing this important work.

This includes:

- 50 randomized controlled trials
- 50+ pre-post outcome studies  
*98% of the above 100 studies document EP effectiveness*
- 5 meta-analyses
- 5 systematic reviews

**Our Eighth Annual Research Symposium** was held just before our annual conference, with a keynote address by Peta Stapleton, PhD and research presentations from around the world.

**A new meta-analysis looks at whether tapping on acupuncture points is an active ingredient.** ACEP members Fred Gallo, Dawson Church, and Peta Stapleton, along with Amy Yang, published, "Is Tapping on Acupuncture Points an Active Ingredient in Emotional Freedom Techniques? A Systematic Review and Meta-Analysis of Comparative Studies" in the *Journal of Nervous and Mental Disease*.

**Research suggests that EFT may be effective in treating symptoms of fibromyalgia.** Jan Werner completed this study as her doctoral dissertation.

**Three recent meta-analyses, whose authors are not connected to EP, have included TFT research studies in reviews of psychological therapies for humanitarian crises.** You can read more about this in the 2018 Fall Issue of *The Energy Field*.

## Big News!



**For the past few years, ACEP has collaborated with our friends at AAMET, EFT Universe and AHEFT to respond to a NICE (National Institute for Health & Care Excellence in the UK) review of PTSD treatment guidelines. Some of the positives to come out of the review are:**

- NICE has now acknowledged that there is EFT and TFT research that meets their inclusion criteria.
- EFT and TFT along with Somatic Experiencing have been acknowledged as a combined somatic and cognitive therapy (CSACTs) in the considered psychological interventions for the treatment of PTSD in adults.
- In the NICE economic modeling, CSACTs emerge as highly cost effective, fourth most cost effective in one model and the second most cost effective in another.
- Trauma-focused Cognitive Behavioural Therapy (TF-CBT), a primary set to be recommended, is only more cost effective than the CSACTs when completed in 8 or less sessions.
- The review suggests that CSACTs could possibly provide EFT as a treatment choice for military combat trauma.

There is more work to be done, but this is an important milestone in our joint efforts to get energy psychology more widely used.

## **Article on tapping is JACM's most accessed article in 2018, thanks to your help!**

ACEP member Rick Leskowitz, published "How Tapping into 'Energy' Can Trigger a Paradigm Shift in Biomedicine" in the [Journal of Alternative and Complementary Medicine](#). We asked you to show your support for energy psychology, and help us move EP into the mainstream by clicking on the link to the article. **The article was downloaded over 12,500 times, making it JACM's most accessed article of 2018!** *The journal is interested in energy psychology but is not aware of how popular it is and how solid the research is. So this is especially good news!*

## And Challenges



**We know energy psychology works, but convincing the rest of the world is an ongoing challenge.** There is resistance from vested interests and believers in the old, mechanistic paradigm of healing. ACEP works tirelessly, every day against this old tide, to help make holistic healing available to all.

### **In 2018, one challenge came from the direction of the American Psychological Association.**

In 2012, the APA accepted ACEP's fourth application to become a Continuing Education sponsor, authorizing ACEP to grant APA-approved Continuing Education credit. ACEP supported years of research activities that enabled energy psychology to meet and exceed the APA's criteria. Since then, ACEP has successfully provided CE's each year at the conference, and for our other courses (both live and online). We were surprised, therefore, when we were informed just before the 2018 conference that a formal complaint was filed with the APA, which subsequently launched a full audit regarding our ability to provide CE hours at both the 2018 conference, and for the Comprehensive Energy Psychology training program. The result of that audit is that APA CE is still available for the conference, but not for our Comprehensive Energy Psychology training. It turns out that during the past few years the APA has created much more stringent requirements for non-mainstream methods to receive CE.

In addition, one of the recent candidates for APA president stated as part of his platform: "the third thing we ought to do is stop giving CE credits for pseudoscience programs like energy field therapy. That's quackery and we ought to have nothing to do with it." We reached out to him and made a strong case for energy psychology, supported by ample research, to no avail. We, along with sister organizations, reached out to our membership, asking those who are psychologists not to vote for him. Fortunately, he was not elected.

It seems that ACEP is not alone in its experience of receiving audits for programming that may be perceived as outside the mainstream of conventional psychology. It has come to our attention that other organizations have also been recently audited by the APA for CE hours. We will continue to educate ourselves about future policy changes, and use the resources we have to continue providing quality education and programming for those aligned with the field of energy psychology.

**Another challenge came in the state of Massachusetts. The state legislature was considering new emergency legislation that may have had a direct impact on anyone in the state who uses energy-based healing methods.** Basically, they wanted to create a new licensure for "bodyworkers". *There are thousands of practitioners from a wide array of disciplines this bill would have affected*, due to the broad definition of bodywork which would include "a person who uses touch, words or directed movement to deepen awareness of patterns of movement in the body, or the affectation of the human energy system or acupoints or Qi meridians of the human body while engaged within the scope of practice of a profession with established standards and ethics." Also, the bill would have prevented practitioners from teaching prescriptive movements (common in medical qigong). Along with our sister organizations, we put out the word to our friends in Massachusetts, asking them to contact their legislators about rejecting this bill. Fortunately, the bill never made it out of committee and the issue is dormant – for now.

There are similar initiatives in other U.S. states, so this is an important trend to watch. National Freedom Health Action keeps an eye on this type of legislation, and you can [visit their web site](#) for updates.

## Relaunch of Science of Energy Healing a Great Success!



**Over 10,000 people from over 100 countries watched the free video series, and 700 purchased the full course.** And over 3,000 people have purchased the course since it was first launched.

The new edition of SOEH included an update on energy psychology research with Dr. Peta Stapleton, the science of meditation with Dr. Shelia Patel of the Chopra Center, and the neuroscience of enlightenment with Dr. Andrew Newberg.

## Online EFT PS1 Courses Sell Out / New EFT PS2 Course Launched



**Emotional Freedom Techniques – with live, virtual practice.** Our [EFT training](#) is totally available on-line, and can be accessed by everyone, regardless of their geography, yet still includes live practice - thanks to the wonders of technology! We held three EFT PS1 classes in

2018, and all sold out. The first EFT PS2 class also sold out, and is going on now. So far, all classes are getting rave reviews! The next PS1 class starts on February 18, 2019. Professionals who have completed PS1 and PS2 are now eligible to enter our EFT certification program.

## 9 Workshops: Essential Skills in Comprehensive Energy Psychology



**Our live in-person training, Comprehensive Energy Psychology, is one of the vital ways we help spread the use of our approaches and train the next generation.** We held 9 Level 1 workshops in cities

throughout the U.S., educating 239 professionals in the

foundations of energy psychology. Sixty professionals are enrolled in our certification program, and eight professionals completed their certification in 2018. Five Level 1 & Level trainings will be held in winter/spring 2019. You can [view the training calendar here](#).

## 20<sup>th</sup> International Energy Psychology Conference – Our Best Yet!



**Our 2018 conference was one of the largest we've ever had. What a great sign for the growth of our field!** 454 professionals from 20 countries joined us Orlando, FL for an inspired celebration of our 20<sup>th</sup> anniversary. Participants deepened their learning and inspiration in learning labs, quantum

talks, keynotes, music, dancing, and the fabulous opportunity for connection that makes gathering together so special. Our ACEP tee shirts proclaiming our trailblazer identity were worn with pride by many, and raised over \$2,000 for ACEP. Thanks to our Membership Committee for creating them!

Make your plans now to join us for the “Art and Science of Transformational Change”, May 2-6, 2019 on Native lands outside of Albuquerque, New Mexico. **Registration will open in early January. Our conference web site isn't up yet, but you can [sign up for an alert and look at the 2018 program here](#).**

### Financial Support for Grad Students & Others

We continued to offer conference discounts for full time graduate students. This year, thanks to a generous donor, we were also able to offer scholarships to 23 professionals of varied backgrounds who otherwise could not afford to attend.

## Great Resources to Help You Stay Connected

**Local ACEP groups** are meeting throughout the U.S. and in Canada. 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 here](#).

**Communities of Practice** are virtual groups. They are open only to ACEP members, meet online or via phone, and are focused on a particular topic. Would you like to start one? [Learn more](#).

**ACEP's Membership Committee is here for YOU!**

**ACEP Connect** is a program of the ACEP Membership Committee. The ACEP Membership Committee is delighted to welcome you and answer any questions you have. They'll serve as your ACEP friend, answering your questions, telling you about all the resources available to support you and more. [Learn more.](#)

ACEP Top-Rated NonProfit for 2018



Once again, ACEP received a top rating from [greatnonprofits.org](http://greatnonprofits.org).

***Please donate to ACEP today.***  
***Help us continue our important work.***