

# Energy Psychology:

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“Energy medicine” is the broad-brush term that encompasses more than 260 energy healing modalities currently being taught in the United States. They come in many flavors but all of them share awareness of the human energy system and work with one or several of its known aspects. All of them seek to alleviate human suffering within a holistic model of healing that influences the whole person-- body, mind, and spirit.

Healing Touch (HT), as readers will appreciate, is one of the best-known leaders within the broad field of energy medicine. In the past twenty-three years, it has established itself as an approach that is consistently user-friendly for both clients and practitioners. It is currently practiced around the world by several thousand certified practitioners and has been experienced by hundreds of thousands of clients.

The noninvasive, readily available methods of HT most often attract clients with physical illnesses

initially but then many find that HT also relieves emotional distress, promotes mental clarity, and enhances a deeper sense of spirituality. Thus, the interaction with an HT caregiver may directly bring pain relief and accelerate immune system functioning but, in addition, it can facilitate deep relaxation, lessen anxiety, generate a sense of well-being, and increase clients' abilities to access their internal resources.

Energy Psychology (EP), another concept in the rapidly growing field of energy medicine, opens another door and brings about very similar results. People whose primary needs are emotional, such as abnormal fears, emotional trauma, and anxiety, will seek out EP practitioners, many of whom are already established counselors, psychologists, psychiatric nurses, and social workers. Since emotional distress and physical illness are often closely interrelated, it is fair to say that either door, the one of HT or the one of EP, can be effective for energetically addressing all aspects of the person in need. Naturally, the entry point may vary from client

# An Alternate Door for Energy Medicine Practitioners

to client, and the foundational knowledge base and skills required to become a certified practitioner of each field are different.

Unlike HT's roots in the quantum physics theories of Martha Rogers, the profession of nursing, and eastern Indian yogic awareness of the energy field and the chakras, EP has its foundations in chiropractic techniques with focus on muscle testing, Chinese theory and practice of acupuncture, and hands-on applications recently developed by numerous psychologists.

Since the early 1980's, small groups of psychotherapists began treating disturbed energetic fields, which were assessed through muscle testing, by stimulating selected meridian acupoints, either by tapping or holding, to effect emotional release. As the word spread to a growing public who were eager to learn self-care tools, tapping on specific acupoints became rapidly known with methods like Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT). To bring research and theoretical models together in

his publications, psychologist Fred Gallo coined the term "energy psychology" to describe the large and growing variety of therapies that worked with clients' acupuncture meridians.

In 1999, it was my privilege to be cofounder with psychologist Dr. David Gruder of the Association for Comprehensive Energy Psychology (ACEP) which brought together therapists working with the meridians, as well as, those who worked with biofield/chakra systems. The cross-fertilization of ideas that was now possible led to an explosion of new methods for treating emotional pain, and more than fifty modalities are currently represented in ACEP's membership and at its dynamic conferences.

One example of the emphasis on many aspects of the human energy system is that all candidates for certification in Comprehensive Energy Psychology (CEP) learn to use the meridian system to release stress and instill positive self-intention. They also learn to balance the biofield and utilize the chakras



