

# 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

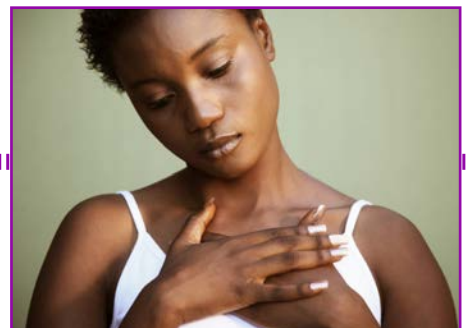


to release emotional blocks and embed new, positive thinking patterns.

In *Healing Touch: Energy medicine for yourself and others*, my most recent book for the general public, the chapter on trauma treatment includes HT methods along with several methods for working with selected acupoints. Since emotional traumatization, both recent and past, can bring about intense reactions that affect the entire personality structure, and since trauma seems ever present in world experience, it is important to know how to facilitate rapid relief from trauma with one or both energetic approaches.

Below is a hands-on example of a “hybrid” that comes from my experience of working with both HT and EP. We speak in HT about being heart-centered but may not know practical tools for staying heart-centered, especially feeling challenged or having a difficult interaction with someone else.

Central to this self-help sequence is the use of the heart chakra and thymus tapping to enliven your energy system’s feel-good pathways, to generate endorphins, and to activate internal resources. As you accept



## Heart Centering Exercise

As you think about a recent time you felt less than kind toward someone because you were mistreated or misunderstood, explore the following steps that can help to bring both mind and body into harmony:

- Start activating your energy system by gently tapping on the mid-chest area and thinking of all the parts of yourself this gesture engages—the physical heart and blood circulation, the thymus gland and the entire immune system, connective tissue that reminds you of your internal electromagnetic messaging system, and your emotional heart that may feel wounded or hurt.
- While tapping, add a clear statement of your intention toward yourself. Samples: “I want to get over this feeling” - “I want to increase my sense of well-being” - “I want to be fully present in \_\_\_\_ (name it) situation”.
- Address any tension you feel about the situation by gently massaging the heart chakra and stating with honesty, “Even though this situation \_\_\_\_ (name it) has happened, I deeply and completely love and accept myself.” “Even though I feel \_\_\_\_ (honestly state the feeling) I still deeply and profoundly honor and respect myself.”
- Repeat this nurturing gesture three or four times until you begin to feel a resolution, the possibility of releasing the distress. Remember, hanging on to unhappiness will not change the other person but even a minor distress will affect your heart muscle, the sympathetic nervous system, and all of the interrelated cells in your body. Grudges are horrendous burdens because the body does keep score.
- Still touching the heart center, reaffirm, “I am effectively in charge of my life” - “As I love and forgive myself, I am more able to love and forgive others” - “I hold my center and sense of peace.”
- Allow every part of your being-- feelings, thoughts, and spirit—to hold a clear vision of your energetic heart as a radiant beacon, spreading light and caring.
- Think of three actions that could positively influence the situation you selected. For example, you can use “I” statements to simply say: “I disagree with you” - “I feel uncomfortable when you do or say \_\_\_\_.”
- Alternately, you can create an opening to dialogue with neutral statements such as “How can we resolve this?” - “Help me to understand what’s happening with you.”





the reality of your true feelings, the words of self-affirmation confirm deeper wisdom -- the Self that is bigger than the problem or stress. Centering practices focused on the heart chakra connect you to the sacred space where you can find your true Self again and again. Once the intensity of a specific distress is released, you then can access alternatives and choices to create new possibilities.

Both HT and EP share the riddle of energy medicine interventions. No one knows exactly what happens with a person's cellular, emotional, and mental structures to bring about relief but the results speak for themselves. Something in the internal landscape shifts when a strongly felt negative emotion is honored and treated energetically - especially when accompanied by nurturing touch and positive self-acceptance. We can think more clearly and creatively once the burden is acknowledged and seen in a new light.

I strongly encourage cross-referrals between HT and EP as two of the best entry points for clients seeking energy medicine. If you as an HT practitioner have a client with a history of severe emotional trauma or who frequently exhibits repeated negative feeling states, do not hesitate to contact a psychotherapist who knows EP. In fact, seek them out because they can quickly bring relief to your clients so they can return to work with you at a deeper level. By the same token, my colleagues and I in EP are learning to seek out HT practitioners for its strengths with clients who need ongoing care related to medical conditions, comfort in navigating difficult life transitions, and relief of physical pain.

Both programs are harbingers of energy medicine's future with one generous goal—honoring the web of life by healing ourselves and others! €

#### Notes:

ACEP's website contains listings of practitioners certified in comprehensive energy psychology, as well as EFT and TFT, by zip code, state, and country.

[www.energypsych.org](http://www.energypsych.org)

ACEP is proud to offer an energy therapy insurance program for its members through the kind assistance of HTPA's encompassing insurance plan.

Dorothea will be presenting a post conference workshop on Energy Psychology approaches to trauma relief at the Healing Touch Worldwide Conference on 8/6/12. [Click here](#) for more details.