

What is Energy Psychology?

Energy psychology (EP) is a leading-edge psychological method. Like the field of energy medicine, EP is based on the notion that psychological disturbances can be effected, modulated, regulated, and healed through interventions that change the disturbances in the body's electromagnetic energies and energy fields. Combining ancient knowledge of the body's bioenergy flow in and around the body with modern applications, energy psychologists have developed simple techniques that anyone can learn to alleviate a wide range of common problems that plague modern people. Energy psychology combines physical interventions derived from acupuncture, yoga, and other ancient systems of healing with cognitive interventions including imaginal exposure to bring about therapeutic shifts in thoughts, emotions and behavioral patterns that are involved in a wide range of psychological problems. The chief medical officer of Kosovo, and the founder of Green Cross said EP was the most effective method they've seen for healing the effects of severe trauma. Research on EP has also been shown to be effective for many of the common issues of our everyday lives. Dr. Candace Pert, former chief of the Section on Brain Biochemistry at the National Institute of Mental Health, calls it "the most important development in medicine since antibiotics."

A recent 2012 review (Feinstein, 2012) identified 51 peer-reviewed papers reporting clinical outcomes of tapping on acupuncture points to address psychological issues. Critical evaluation of 18 randomized controlled trials in this sample led to the conclusion that they consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions. Criteria for evidence-based treatments proposed by Division 12 of the American Psychological Association were applied and found to be met for a number of conditions, including PTSD. {Feinstein, D. (2012). Acu-point stimulation in treating psychological disorders: Evidence of efficacy, *Review of General Psychology*, 16, 364-380.}

Expanding the Field of Energy Psychology

EP is most often associated with tapping certain acu-points on the body while stating new constructive beliefs. Dr. Michael Mayer's book, *Energy Psychology: Self Healing Practices for Bodymind Health* (North Atlantic/Random House, 2009) broadens and deepens the field of EP by integrating Qigong and other cross-cultural energy healing traditions, symbolic process methods, depth psychotherapy, Gendlin's "Focusing," and other well-established psychological methods.

Qigong, of which Tai chi is the most well known method, is a many thousand-year method of cultivating the energy of life by synchronizing breath and movement. Qigong, one of the five branches of Chinese medicine, also has time tested stress reduction methods such as breathing techniques that simultaneously relax and energize while one is remaining still.

On Dr Mayer's website under links there are links to research on the field of energy psychology, articles on energy psychology, and you can order his book *Energy Psychology*.

For more information on Energy Psychology see: www.bodymindhealing.com. For private sessions or workshops call Dr. Mayer at 510-849-2878.