

THE Energy Field

FALL 2017

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Following the Yellow Brick Road: Bringing Humanitarian Work to Our Communities Through the Veteran to Veteran TFT Healing Project

Amy Frost, LAAD Program Director, Member, ACEP Humanitarian Committee

Kristin Miller PhD, Trauma Specialist, Member, ACEP Humanitarian Committee

"We hide in jobs we hate and in relationships that don't satisfy us. We pretend to have it all figured out yet we struggle and experience fear. The number of closets we hide in are countless. Leaving the closet means entering the battlefield of life, walking headfirst into our fears and transcending them." – Spiritual Journey Along the Yellow Brick Road, Darren John Main

How can we support veterans in coming out of the shadows to face post-traumatic stress, so they can fully be a part of civilian life?

Our three-year journey along the "yellow brick road" may be helpful to you in understanding how to bring humanitarian efforts to your communities. The following describes what we learned in developing the **Veteran to Veteran Healing Project**, which resulted in an effective peer-support model that can be used in any community experiencing stress and trauma.



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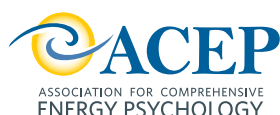
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Take the time to know the populations you are working with, and their needs.

Veterans are highly trained, competent people who have effectively given service with a very specialized skill set. They are used to doing things by the chain of command, being in control, and not needing help. Admitting weakness or having a problem goes against the ethos of a warrior. Here are some key aspects of being in the military that you need to understand.

- The military's mission is to close with and destroy the enemy
- Mission first
- Never accept defeat or quit
- Never leave a fallen comrade
- A warrior never shows weakness. Weakness could endanger others' lives
- Personal experience is secondary to the team

Veterans are not likely to seek services, admit that they have trauma, and/or sign up for a study. This flies right in the face of warrior consciousness. They do not want to be seen as broken, especially as civilians. A warrior struggles to put the sword and shield down, find purpose in civilian life and to connect—even without PTSD, but most certainly for those with active PTSD.

The personal door to the veteran is their hidden heroes: family & friends

[\(Elizabeth Dole Foundation\)](#)

When a warrior comes home with physical or emotional injury, their first line of care is their family and friends. This is the only way that many veterans get services. They are encouraged, pleaded with or even demanded by their family to finally seek assistance. These family members take on the burden of continual care, and can develop secondary trauma and need support to stay in the game. Without these heroes as an integral part of the project, we would not have been able to reach as many veterans as we did.

Find a way into the community

Our way into the community was through the Veterans Transition Resource Center in Las Vegas, Nevada in partnership with the nonprofit [Life After Active Duty \(LAAD\)](#). LAAD is the central hub of many organizations that serve military, veterans, family, and caregivers.

Groups that now have trained TFT peer support leaders:

- Non-profits with veteran support programs
- Veteran Transition Resource Center (VTRC) hosted us; a safe place—known to veterans in Las Vegas
- Elizabeth Dole Foundation Hidden Heroes Program
- Vegas Warriors Support Group
- VA Regional Hospital – Mental Health Clinic
- VA – Vet Center (Counseling for combat vets)
- American Legion Post
- Veterans of Foreign War
- Nevada Women Vets group
- UNLV Military & Veteran Services Center staff
- UNLV Peer-to-Peer Advertising (PAVE) staff
- Las Vegas & Henderson Fire Departments
- West Care Addiction Centers – Veteran Program Director



The Journey Along the Veteran to Veteran Yellow Brick Road

The ACEP Humanitarian Committee Veteran to Veteran (V2V) Healing Team was composed of:

- Suzanne Connelly, LCSW – project leader and TFT trainer
- Kristin Miller, PhD – in charge of operations and TFT trainer
- Amy Frost, MA – ground mother in charge of all connections

We made a total of three trips to Las Vegas, Nevada in 2016 and 2017. The original idea of trip number one in June, 2016 was to visit various veterans' organizations in an effort to create interest in the proposed Veteran to Veteran TFT Peer

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Support Study. The proposed V2V study was a response to growing interest among energy psychology practitioners in studies using energy psychology techniques with veterans.

During that first visit, the way was paved to interested veterans and others who work with veterans in a multitude of agencies, to participate in a two-day Thought Field Therapy (TFT) tapping technique training. Still focused on creating an opportunity for a study, the V2V team knew this would be a win-win for veterans in the Las Vegas Community, even if it didn't lead to the hoped-for study.

On the second trip, 27 veterans, and those who work with veterans, enthusiastically showed up for a two-day training. All who participated facilitated other attendees in self-tapping as they learned the easy-to-use self-help technique. This practice was an integral part of that training. It was also perfect practice for the hoped-for study, in which veterans would facilitate the self-treatment of other veterans. Many veterans, and those who work with veterans, experienced partial or total relief from their PTSD symptoms during the training. However, following that first training, and despite the attendees spreading the word within the veteran community, it eventually became obvious that far fewer than the number of veterans required were signing up for the study. The V2V team began to focus on simply training veterans and those who work with veterans.

The V2V team made the final trip to Las Vegas in April, 2017 and offered a second two-day TFT training with the outreach model. Participants from many different community organizations were supported by the V2V Team in bringing it to their individual groups. Amy Frost continues to run a monthly support group in which these participants work on their own stress and trauma and support each other in keeping peer supported TFT alive in their community circles.

This training was also eagerly attended by over 20 veterans and leaders in the veteran community. A few veterans from the prior training showed up to repeat the class. Once more, there were several success stories, as many were partially or totally relieved of trauma symptoms during their training experience.

Success Stories

- A leader of several women's veterans programs, who was previously shy and afraid of talking in front of this group and also afraid to step out into her community as a TFT

peer supporter, fearlessly stood up and invited everyone to her group.

- A female veteran reported that she released sexual trauma and long-term developmental trauma. She stated, "I have a say."
- A quiet veteran volunteered to do a demonstration with Suzanne in front of the entire group. He declared that he is a year out of prison. He tapped through his anger at himself for the "dragon" (PTSD) getting out of his "back yard." Free of self-anger, he delightfully supported others in healing, and came to the second day training with a list of people signed up to tap on.
- A group of three codependents all supporting their veterans at home tapped together, releasing layers of burden, guilt, and fear of asking for their needs to be met. They became okay with being "nuisances," free of trying to have people like them or trying to be enough.
- A veteran tapped through an intense VA hospital experience and is freed of the trauma, ready to serve others.
- A caregiver said, "I never sleep without waking up several times in the night without medication. Last night I tapped myself and with my husband. We slept 6 hours with no interruptions."
- A hidden hero said, "As the wife and caregiver to a combat vet with PTSD, TBI, and chronic pain, I was very interested in



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tapping TFT with his pain and other stressors. I had no idea how much these methods would help him and myself in my everyday life, managing anxiety and helping with relaxation and sleep.”

- A deeply traumatized vet said, “I have experienced deep connection, release, and acceptance. What a gift to receive and give. It’s simple!!!! Tune in, reset, move forward, share. TFT works.”
- Our favorite quote came from a pivotal Vegas military/veteran connector when he talked with the group about tapping through performance anxiety. “It’s like cleaning your gun for a mission. You just tap through and once clear, you connect and make things happen.”

What is happening now in the Las Vegas community

When we started this project, we never could have predicted how it would ripple out into the community. And that is one of the gifts of this work.

- The “car tapper,” a retired Marine and recently retired from leadership in a recovery organization, is tapping his way into the VA in a car filled with handouts. He is starting a narcotics anonymous group at the VA and is starting a PTSD Twelve Step Program for veterans and caregivers at the VTRC.
- Circle leaders from the Southern Nevada and Henderson Fire Departments are actively putting together trainings for all their first responders and are ready to roll into tapping through PTSD with peers.
- A Moapa Valley ACEP member, an expert tapper, is creating a Hidden Heroes program in her city.
- The VA Alternative Therapies Outreach Board Members are ready to move TFT into their groups.
- The Vet Center Outreach Coordinator is tapping his groups through trauma and darkness after extreme brain injuries and war trauma.
- The VA Hospital Meditation Group is tapped in, releasing layers of pain and anxiety.
- The Wounded Warrior Vegas group was tapped through by their leader to release pain and anxiety.
- The veteran students support groups at UNLV have a team of tappers to help them and their students move through PTS, academic stress, and life/career transition issues.

This Humanitarian Model Can Translate to Any Population

This model can translate to any humanitarian project. Here are some key steps to take.

1. Gather together peer and professional support personnel who serve those who have experienced trauma in your local community. Train them in TTT, TFT, EFT etc. and the other self-help techniques posted on the new [Resources for Resilience website](#).
2. Support them in bringing these methods to the people they serve in more informal settings and within existing groups they participate in. Establish an ongoing central group that can come together monthly to support each other in managing stress and bringing these techniques to their people. If you do not have a person in the community who can support newly trained people as we do in Las Vegas, this could be done through Zoom or another platform.
3. Grow the field of healing and compassion one tap and one person at a time through community action.
4. Challenge them to train at least five people in the use of these skills.
5. Share the successful veteran-to-veteran peer resilience/healing models within your communities.

Next steps in taking the model farther

Kristin Miller is taking the model to her community in Northern California. Elaine is taking it to her community an hour and a half away from Vegas. Jennifer, Veterans’ Service Officer, Umatilla Co, Oregon is excited about starting her own program. **What will you do?**

Testimonials from Las Vegas TFT Peers

“As a veteran of 24 years, I have discovered the TFT process to be exceptional for myself and those veterans seeking a treatment to enhance the many therapies already being used. It’s a simple protocol that I use to support veterans in need.” –MAJ (ret) Ross D. Bryant, U.S. Army 1979-2005, Works with transition veterans at UNLV and Las Vegas community.

“I have used TFT to deal with flashbacks from combat and seizures since I was trained in September. Using this technique has been very helpful in getting me back into my life. I can use it by myself whenever I need to. Why is soccer loved all over the world? Because all you need is people and a ball. That is why I believe

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TFT needs to get into the hands of veterans and their family. It is simple and effective..” –Frank Spady, Chairman, National Veterans Foundation

“I was able to attend this amazing “Thought Field Therapy Training” at the Veterans Transition Resource Center late last year. This is a simple technique that you will be taught to use upon yourself to relieve any type of stress or anxiety type symptoms. Everyone that was trained wants to share this technique with others in our community; and then they can share it with others who would benefit with this training too. We want to touch as many people and lives as we can!” –Jan Hawkins, UNLV Career Connect Job Developer, Supports Veterans in Career Transitions

“I have been able to use the TFT protocols to keep sane while supporting others in extreme crisis this past year. I have used it to help people in career transition, as anxiety stops them from taking action to make a call or set up a plan for the next steps on their career plan. It is becoming second nature to use it as a stress management tool for myself and with those I work with daily.” –Amy Frost, Programs Director, Life After Active Duty

“I have used TFT to transition from a stressful career to a calling. TFT helps me stay focused, without the anxiety from giving up a higher income position. I have also used TFT with several military friends suffering from PTSD. This has allowed them to calm down and have some type of control.” –USAF MSgt (ret) Janet Napiorkowski, Registered Behavior Technician, Reiki Practitioner, works with veterans / military and their children. ■

Amy Frost, MBA, MA in Spiritual Psychology, is a trainer and facilitator. Amy grew up in the military, lost her husband Tom in Desert Storm, and part of her mission is supporting veterans and their caregivers in their life transitions. She is the programs director for Life After Active Duty.

Kristin Miller, PhD, DCEP is a psychologist specializing in the treatment of trauma. Energy psychology empowers her clients to rapidly reach the energetic core of trauma and transform. She is part of ACEP's Resource for Resilience project, and was one of the team members for the Veteran to Veteran Project.



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How a Small Man with a Large Dream and a Large Heart Helped Change His Country

By Suzanne Connolly, LCSW, LMFT



“Come and help us—we need you to come,” the voice on the phone demanded. Alone in Kigali, the capital city of Rwanda, I was taken aback. I was leaving Kigali in two days. “We will send a car for you,” came the voice at the other end. “Wait! Who are you?” “I am Father JMV from the Diocese of Byumba. You trained a Brother who teaches up here when you taught the tapping in Kigali. You must come.”

I couldn't give in to this demanding priest on this trip, but I never guessed then what good would eventually come from this initial, unsolicited phone call. Father John Marie Vianney (JMV) remained persistent and it payed off. In 2009, a TFT trauma relief team was sent to Nyinawimana Parish in Byumba, a rural sustenance farming area in the Northern Province. The rest is history. By the time our team departed Rwanda, we had our second random controlled energy psychology study, thanks to the superb organization of this beloved, five-foot-tall priest. It was also, thanks to this determined leader, the beginnings of the Izere TFT Center. By the time we left, this newly formed TFT Center was staffed full-time by a newly trained Rwandan clinical psychologist who was soon joined by a half-time TFT clinical social worker. The original office was tiny, but their work was powerful.

These dedicated workers continue to serve the people of the Northern Province to this day, their salaries being paid for by the TFT Foundation, headed by Joanne Callahan. Other trained Rwandan therapists join the Izere TFT Center's small professional TFT team on scheduled occasions, where they offer mass community trauma relief.

Their work has been so successful that it wasn't long before the International Red Cross was demanding that the Rwandan therapists trained in Byumba, along with those trained in the capital city of Kigali, be present at the Genocide Memorial Services to prevent hospitalizations. There they set up TFT tents, or rooms, depending on the venue, and treat participants

who become overwhelmed with their memories of the 1994 genocide.

Thousands of people have now been treated by the Rwandan therapists in Byumba. But it was not just individual survivors of the Rwandan 1994 genocide who benefited from their tapping treatments. Entire families and entire communities became more vibrant and productive. During one trip to Rwanda, one mayor told our team that when he first became mayor, “The people were sad and not productive.” Now, after being treated for their trauma by the Rwandan therapists, he stated that, “people are smiling and they are becoming productive again.”

Now under the watch of an equally persistent priest, Father Augustin Nzabonimana, this initial effort has grown! The Catholic Bishop of Byumba, Bishop Sevilien Nzakamwita, established a second TFT Center, the TFT and Psychosocial Diocesan Service. This hard working leader recently wrote that the Rwandan therapists “conducted a TFT training and provided treatment to inmates and staff at the Miyoye Prison in the Gicumbi District.” He reported that, “The Rwandan Correction Service staff at the national level requested the Rwandan TFT team to bring TFT to all prisons in Rwanda.”

The success of the TFT and Psychosocial Diocesan Service has led to a TFT program in the Mutete sector, a region heavily affected by the 1994 genocide. Because of their past work, many international NGA's and governmental organizations want to work with them. Fr. Augustin tells us that, because of their work in societal transformation, the TFT and Psychosocial Diocesan Service has been chosen by the international NGO OXFAM to receive a grant for a program supplying livestock, pigs,

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establishing a co-op and a savings association to the poor people, especially smallholder women farmers.

The TFT team members who have worked in Rwanda during the six trauma relief deployments to that country can be proud that the small seeds they planted have helped Rwandans in so many ways. But it is really the Rwandans who are making all this happen. For example, in another area of Rwanda Rev. Celestin Mitabu, of Kigali TFT, has trained over 700 university students to use TFT to help others. We are proud of how the Rwandans trained in TFT have taken this EP tool and are changing their country. ■

Suzanne Connolly, LCSW, LMFT, has trained over 2,000 people worldwide to use TFT and to integrate TFT in clinical settings. Her presentation venues include the United States, Rwanda, Israel and Kuwait. www.tappingtft.com



Seated left to right: Proper Ishimwe; Rev. Celestine Mitabu; TFT Founder, Dr. Roger Callahan; Fr. Augustin Nzabonimana; Father Jean Marie Vianney (JMV).

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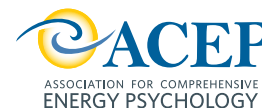


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From the Desk of the Executive Director

By Robert Schwarz



Will 2017 be the year that energy psychology crosses the tipping point? History will tell. There have been some important events, some interesting synchronicities, and there have been some less positive developments as well.

The big positive news is that in June, the U.S. Veterans Administration (VA) listed EFT as a complementary and integrative health practice that is “generally considered safe.” This is a major milestone for EFT and energy psychology approaches—and for veterans who need help. It should allow therapists within the VA to more easily become trained in EFT and to use EFT with patients.

This development appears to be part of an overall attempt by the Integrative Health Coordinating Center (IHCC), Office of Patient Centered Care & Cultural Transformation of the VA to bring more integrative approaches to veterans. Other approaches recently designated as “generally considered safe” include Healing Touch and reflexology. There is still progress to be made. EFT made CIH Directive List 2-“Generally Considered Safe” Approaches. However, there is CIH Directive List 1-Approaches Approved by USH that includes acupuncture, meditation and Tai Chi. So the next step is for EFT to make List 1.

Just as this new development became known to us, ACEP released its new online [EFT level 1](#) training - auspicious timing to say the least!

The first course sold out in 9 days, with virtually no advertising! Part of ACEP’s mission is to facilitate merging energy psychology approaches into the mainstream. One aspect of doing this is to make the training high quality, easily available, and reasonably priced. This course certainly meets all these criteria.

The main problem with online training is that it does not usually allow for practice. But we have solved this problem.

The program includes 4 one-hour, live small group sessions with a trained EFT facilitator. In each session four students are split into two groups, and each group of two are sent to a virtual break out room where they can actually practice EFT with each other and can get immediate feedback or help from the facilitator!!!! In some ways, this may actually be better than in person training, because the ratio of students to facilitator is only 4:1.

We will release the Level 2 training in early 2018 and will restart our certification program later in 2018. We hope that therapists in the VA and elsewhere will take advantage of this opportunity.

You may be wondering, what are the “less positive developments” I mentioned earlier? There continues to be a stream of resistance to holistic, integrative and progressive approaches. Wikipedia continues to be dominated by so called “skeptics” (actually naysayers) in the area of holistic approaches. Early this year, Division 56 of the American Psychological Association released [treatment guidelines for post traumatic stress disorder](#) that recommended CBT and medication as the top treatments for PTSD. EMDR was given a moderate level of approval. Energy psychology was not even mentioned, despite detailed and repeated feedback from ACEP and many others during the review period. While this may be expected from a conservative organization, it continues to be a drag on the acceptance of energy psychology as an incredible tool for treating trauma. Another problem is that one would never even suspect that there are other approaches in the world that have not met APA “scientific” criteria. In the end, it is the public that suffers.

So there is still a great deal of work to do in terms of research, education and advocacy to influence the overall field of healthcare. That said, we are making headway.

This is one of the reasons it is important to donate to ACEP. So far in 2017 we have given over \$20,000 in research grants and \$18,000 in humanitarian and scholarship grants. There is

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so much work to do. We never have enough time to do it all.

In addition to research and humanitarian efforts, donations help us hire more staff to do more things to bring energy psychology and related modalities out to the world. One of the things we do is try to keep you up to date with all sorts of reports and stories in the energy psychology and related modalities worlds via email and Facebook postings, the E-news and of course the *Energy Field*. We do this and so much more with only 4.5 full time staff members (including me) and volunteers. We really need to hire more people.

Meanwhile, ACEP continues to offer other great energy psychology trainings, including Comprehensive Energy Psychology (CEP) trainings and certification. These powerful, in-person trainings are held in various locations throughout the U.S. Year after year, we get incredibly positive feedback from attendees. We have created a new brochure that we believe better communicates the incredible benefits of this program. If you don't know about CEP I highly recommend that you check out the [web page](#) and [brochure](#).

ACEP also co-sponsors an online Thought Field Therapy Course. [Click here to learn details](#).

As I write this letter, we are working on a new online program tentatively titled "Clarity and Wisdom: Navigating Blind Spots and Ethical Dilemmas." We will be launching this program in late October. Ten hours of CE will be available. It will cover five main areas: risk management, therapist development, spiritual competence, values and ethics around money, and big existential and ethical questions. The world-class faculty includes: Lynne Twist, David Gruder, David Feinstein, Cassandra Vieten, Midge

Murphy, Ken Cohen and others. The goal is to help all of us develop more clarity and wisdom by engaging with our own biases, blind spots and challenges as well as mapping out the landscape of interpersonal and existential challenges that are part of the human experience.

We are also planning to launch a fairly robust webinar program in 2018 and we will be rolling out a few webinars this fall. So stay tuned.

Lastly, plans are underway for the 20th International Energy Psychology Conference, May 3-7, 2018 at Disney's Contemporary Hotel. We have the deal of a lifetime in terms of room rates, only \$176 a night. OMG—I just looked up the regular room rate. You better sit down. It's \$506 a night, so the ACEP price is basically 65% off. WOW!!! We're going to have double the number of keynotes, new formats, and we're going to be celebrating 20 years!!! This really will be the conference you don't want to miss. We're expecting a huge attendance.

So, maybe 2017 and 2018 really is going to be the tipping point. In case you can't tell, I am excited. The first half 2017 has been super challenging and fulfilling. 2018 is looking to also be a tremendous year.

If you are reading this and you are a member, thank you for being a member. If you are not a member, please join the tribe. Not only will you get great deals, you'll also get the satisfaction of supporting one of great non-profits in the healing arts space and we need your support.

Warmest wishes,
Bob

The ACEP Ethics Survey

By Phil Mollon, PhD, DCEP



Overview

For the past few years, the ACEP Ethics Committee has based our conference lunchtime presentations on issues raised by the membership through our annual survey. We do so because we trust and believe in the integrity of our

members and their ability to identify areas where we might, individually or collectively, fall into error or uncertainty, or lose contact with our higher values and ethics. Usually this questionnaire has been given out at the conference, but this year we decided to offer this to the full membership by email, inviting responses via Survey Monkey. The results were very interesting and informative, and we presented some of the details at the 2017 conference. We hope this recap provides you with some useful food for thought.

General Information

94 members responded to the survey, which is quite a good response rate. Their professions are shown in the table below.

Licensed mental health professionals	57%
Energy healers	29%
Coaches	15%
Physicians	2%
Other (included psychotherapist, counselor, occupational therapist, physical therapist, family & marriage counselor)	19%

- 74% of these professionals had training in a therapy other than energy psychology.
- 58% said they used energy psychology methods with almost every client, 26% did so from time to time, 11% did occasionally, and 5% did rarely.
- 45% said they pondered ethical matters all the time in their work, whilst 11% did so rarely and the others did so at various frequencies between these extremes. Thus, most respondents were very concerned with ethical matters.

Concerns About the Ethics of Other Practitioners

66% reported being concerned about the ethics of other energy psychology practitioners. Many of their concerns were clustered into the following themes.

- Extent and content of advertising—excessive hype—claims of ‘cure.’ Licensed practitioners are more restricted in how they can advertise
- Attempting to force change when the client’s system is not ready
- Potential for manipulation and exploitation—encouragement of dependence—misuse of power
- Some practitioners lack comprehensive training in ethics, legal issues, and risk management
- Professional rivalry within the energy psychology field
- Violation of boundaries and confidentiality
- Some practitioners may not appreciate that every change process can encounter complexities and hazards
- Well-intentioned but inexperienced practitioners may try to apply energy psychology to major traumas or serious mental illness
- Absence of appropriate concern for pacing and safety in work with trauma
- Failure to leave the client in a grounded and reality oriented state—leaving the client energetically open
- Working outside the scope of practice and competence
- Misrepresentation of training and credentials
- Vendors selling ‘snake oil’
- Fearful clinging to conventional ‘science’ so as not to appear too “woo-woo”—thereby denying the client the full potential benefit of energy psychology.

Ethical Dilemmas

62% of respondents said they have encountered ethical dilemmas, where the right action or stance was not clear to them. Themes in these dilemmas included:

- Uncertainties in working with children and young people
- Use of muscle/energy testing in clinics

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- Ethics of surrogate testing and surrogate healing
- Other-dimensional guidance—‘knowing’ things that the client does not consciously know—what to do with this information
- What to do if feeling concerned about the ethics of a colleague
- It is unclear whether the therapy is helpful, but the client wishes to continue
- What are the boundaries of the field of energy psychology—when is a modality energy healing rather than ‘psychology’—scope of practice
- Whether to express an opinion when a client seeks specialist medical treatment that is not holistic
- Whether to express an opinion when a client sees an ‘alternative’ or ‘complementary’ practitioner who seems not well trained or appears financially exploitative
- Danger of removing appropriate anxiety through energy psychology (a respondent gave an example of this occurring)
- The client refuses an energy healing procedure that may be helpful—whether simply to accept the client’s view or try to explain and persuade him or her to try it
- Importance of supervision and/or peer supervision
- Knowing when to refer a client to another professional

Responses to Sample Scenarios

We outlined two different scenarios, and asked people to describe how they would respond.

Scenario 1

A client tells you she has been diagnosed with cancer but has decided to disregard conventional medicine, on the grounds that “the cancer industry” is a commercial scam controlled by vested interests. Instead she has faith in energy methods and other ‘natural healing’ approaches. In support of her views, she refers to an article she has read about a doctor who believes that all cancer is triggered by a combination of a trauma and emotional conflicts, and that it can be cured by addressing these issues. Do you: congratulate her on a wise decision; tell her you will not see her unless she is under the care of conventional doctors; make clear that EP is not in itself a treatment for cancer; recommend she consult her medical doctor and discuss treatment options if she has not already done so; document your advice; never document your advice; offer to look into the doctor’s theories about cancer and trauma and search for relevant evidence?

Responses

Reassuringly, the great majority of respondents said they would explain that energy psychology is not in itself a treatment for cancer, would recommend the client consult her medical doctor, and would document their advice. Some emphasized wanting to support her in making a well-informed, rational and autonomous decision, and some would offer to work with the oncologist or other medical doctor.

The question also asked what other information they might seek from the client. The themes in their replies included the following:

- Complete history—diagnostic information, type of cancer, where diagnosed, support networks
- History of exposure to toxins, trauma, use of drugs and alcohol, quality of diet
- Find out more (by internet search) about the particular cancer
- Read the material the client is referring to
- Client’s belief about her illness
- Does the client have the intellectual capacity to understand her situation and make an informed choice?
- In considering the hypothesis that cancer had been triggered by trauma, what might that trauma have been?
- Research how other energy psychology practitioners have used energy methods to support clients’ recovery
- Ascertain whether the client is grounded in reality or in wishful thinking
- What have been her previous experiences with the medical community?
- How does the client make decisions? Impulsively or thinking it through? Seeking advice from others?
- The client’s spiritual beliefs
- The state of the client’s energy system
- The client’s desire to be alive and well (or not)
- The quality of the client’s self-care

Scenario 2

A neighbor is suffering grief following the death of a spouse. She wants to talk about how she is feeling and you think energy psychology might help her. Do you offer to help, using energy psychology?

Responses

19% of respondents said they definitely would, 60% said

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maybe, and 21% said no. Some of the concerns expressed included the following:

- Problems of dual relationship and boundaries—and what if the work does not go well?
- Better to offer neighborly support and share own self-care energy psychology methods
- Grief is a process—danger of short circuiting it with energy psychology
- Being an empathetic listener may be all that is needed
- Might the neighbor feel exposed subsequently, if she reveals too much?
- It may be best to recommend that she see a mental health professional
- Not letting her know about the value of energy psychology might seem negligent

Should ACEP Address Wider Social Issues?

Should ACEP address issues in relation to the wider social and political world? Respondents were asked to rate their answer on a scale of 1-7.

1 - not involved	2	3	4	5	6	7 - very involved
4%	4%	6%	19%	16%	21%	29%

Conclusion

The results of our survey are both very interesting and very reassuring. Although the respondents were only a sample of the membership, their responses reveal a very thoughtful and

ethically intelligent stance. In the ACEP Ethics Committee, we feel that many ethical issues do not easily resolve into simple answers of what is right or wrong, and that a range of views may emerge amongst those who consider such matters carefully. In such cases, what is important is to reflect on the situation or dilemma and discuss it with trusted colleagues. There are features of energy psychology, such as its unconventional nature, its tendency to evoke altered or expanded states of consciousness, and the role of intuition, that may present ethical questions not found so prominently in other forms of psychotherapy and coaching. Issues of advertising and other commercial aspects also feature strongly in member's concerns. The Ethics Committee is always willing to offer help to ACEP members in considering ethical matters.

In addition, this fall ACEP will be offering an online course that focuses on issues of ethics and values in our field. More information will be available soon.

Contact:

Phil Mollon PhD, DCEP

President, ACEP

Chair, ACEP Ethics Committee

mollon@clara.net

Phil Mollon, PhD, DCEP is a clinical psychologist and psychoanalyst from England. Trained in a variety of energy psychology approaches, some of the key principles of his work are derived from his training in thought field therapy. He teaches energy psychology widely in the UK and is the developer of Psychoanalytic Energy Psychotherapy. He is president of ACEP.



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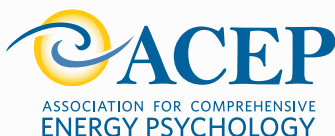
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Moving EP Into the Mainstream



We are starting a new feature, highlighting ACEP members' efforts and achievements in bringing energy psychology to the wider world. We have a dual purpose in doing this. One purpose is, of course, to acknowledge and celebrate these efforts and achievements. The other is to 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. For that reason, those contributors who have included their contact information are open to hearing from you if you have questions about how they succeeded in what they did, and any lessons learned.

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

- **Erin Taylor**, DNP, RN, CNOR will be giving three presentations this fall on "The Use of Emotional Freedom Techniques (EFT) in Women with Panic Disorder," which is based on her research. Venues include: the Nursing Education Research Conference 2018, the Sigma Theta Tau Conference, and a poster presentation at the American Psychiatric Nurses Association conference in Arizona. erintaylor05@gmail.com
- **Peta Stapleton**, PhD, clinical psychologist, researcher and assistant professor at Bond University, Queensland, Australia, has had an fMRI trial for EFT featured in national news stories in both TV and a national newspaper. She reports that they are very active in getting media coverage in Australia on EFT. pstaplet@bond.edu.au

Here are some links as examples:

[Channel 9 national news Tapping and Changes in the Brain trial \(fMRI\)](#)

[Channel 7 News Tapping EFT Online Trial for Food Cravings](#)

[News story on Gold Coast schools using EFT or tapping for academic fear and anxiety, performance and goal setting](#)

Some podcasts:

[EFT research](#)

[Research on EFT for food cravings](#)

[The science behind EFT for weight loss](#)

- **Greg Nicosia** was an invited keynote presenter at the Allegheny County Opioid Prevention Coalition Summer Conference. He spoke on using EP and EMDR with chronic pain sufferers. thoughtenergy@aol.com
- **Kristin Miller** will be conducting trainings on "Managing Trauma with EP" for the Shasta County School District in Redding, California. She is also developing trainings in using EP methods with the Northern California VA and the Shasta County Veterans Center. krisjohnmill@gmail.com
- Jim McAninch** has published a paper in the [International Journal of Healing and Caring](#) on using TFT with 911 dispatchers, who often experience trauma in their line of work. jim@crisiswellness.com
- **Rick Leskowitz** served as guest editor for a recent special issue of the journal, [Medical Acupuncture](#), devoted to the use of integrative medicine for some of the consequences of military combat, such as PTSD and traumatic brain injury. As he assembled the issue, he made sure to solicit contributions from ACEP members. Here's a quick recap.
- **Rick Leskowitz – Guest Editorial – Integrative Medicine for Military Injuries**
- **Dawson Church and David Feinstein – Review – The Manual Stimulation of Acupuncture Points in the Treatment of Post-Traumatic Stress Disorder: A Review of Clinical Emotional Freedom Techniques**
- **Lorna Minewiser – Case Study – Six Sessions of Emotional Freedom Techniques Remediate One Veteran's Combat-Related Post-Traumatic Stress Disorder**
- Some top-level military and Veteran Administration people were involved in the issue (i.e., the VA's new head of Integrative Therapies), so it should help spread awareness of energy psychology in particular and integrative medicine in general in those circles. rick.leskowitz@gmail.com
- **Joan Kaylor**, MSED, LPC, DCEP compiled the research that

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ACEP Research Committee Chair John Freedom consistently sends through his email list, and sent it to the Anxiety and Depression Association of America to support her proposal to teach a webinar. The proposal was subsequently accepted, and the webinar is scheduled for November.

joankaylor@hotmail.com

- **Fred Gallo** spoke on “EP and Energy Consciousness Therapy” at the EFT Tapping Summer Event in June. In October, he will present a preconference workshop on “Latest Techniques for Treating Chronic Pain”, as well as an EDxTM demonstration breakout session, at the CAIET EP Conference in Vancouver, BC. Also in October, Dr. Gallo will present at the 2017 AAMET International EFT Conference, giving a preconference workshop on “Mindful Energy Psychology and a keynote “A Pioneer Explores the Roots, Present, and Future of Energy Psychology.” fgallo@energypsych.com
- **Robin Bilazarian, LCSW, DCSW, DCEP** is continuing her national speaking tour on Emotional Freedom Techniques. Summer talks included College Park, MD; Ellicott City, MD;

Arlington, VA. The workshop was also presented in NJ and Philadelphia suburbs to 109 psychotherapists.

- Robin is also giving a one-day workshop on EFT for PESI: *The Emotional Freedom Techniques and Tapping: An Evidence-Based, Mind-Body Treatment Approach to the Anxiety Spectrum Disorders*.
- She brings EFT into a regional trauma hospital in workshops and individually to medical staff. Robin is also working on ways to bring an EFT pain protocol into the medical world as a possible preventative response to the opioid epidemic. She says, “Two doctors are interested, one may also be interested in research.” Robin1444@aol.com
- **Anita Bains, MS, RN**, is presenting an EFT breakout session at the Thyroid Cancer Survivors Conference, October 2017 in Baltimore, MD; “Life after Thyroid Cancer: Release the Obstacles to your Peace of Mind.”
- Other EFT presentations include the University of Maryland School of Medicine, Integrative Elective and a workshop mini-series to a cancer support group at Adventist Hospital in Gaithersburg, MD. anitabains@verizon.net

PLANNED GIVING

Remember ACEP in Your Will

Many ACEP members have wills and trusts. Particularly if you are writing or revising yours, please consider including a bequest to ACEP. It's an easy way to help ensure the continuity of your organization, dedicated to increasing the credibility, research and use of energy psychology throughout the world. Bequests, like other donations, can be earmarked for Highest Need, Research, and/or Humanitarian funds. If you need assistance, feel free to contact Bob Schwarz at acep_ed@energypsych.org

Thanks!

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EFT, Baseball, and Hitting the “Zone”

By Sarah Murphy, M.A.



The Oregon State University Beavers baseball team had a record-breaking run in 2017. They finished the regular season with the best record in the history of the program at 49-4, and ended the postseason at 56-6. The team set a PAC-12 record, with 27 conference wins, and had a 23-game winning streak. Although they came up short in the Collegiate World Series (CWS), going 2-2, they are tied for fourth-best winning percentage nationally in the CWS era (since 1950). Not surprisingly, they had some of the best pitching statistics in College Division I baseball history, with an earned run average (ERA) of 1.93.

A record-breaking season is magical, a once-in-an-era experience. It necessitates excellent coaching, superb talent, and that special bond among teammates who form the band of brothers, setting personal ego and agenda aside for the greater good. This season, there may have been another secret ingredient. Emotional Freedom Techniques (EFT) may have played a part in that special mix.

ACEP member, Greg Warburton, is a licensed professional counselor and peak performance coach in Oregon. With a quarter century of experience working with children and families, he is an expert at relating to kids. He is also a sports fan and an athlete. He is an expert in energy psychology, an author and a founding member of the Sports, Energy, and Consciousness Group, formed of top athletes, coaches, and researchers in energy and consciousness. Warburton grew up playing sports, and played a year of college ball. His father was a dual-sport college athlete and coach. This year, Warburton worked with some OSU players, using EFT as a part of his “mental training” program for athletes. This is not the first time pitchers have been seen tapping in the Beavers’ dugout; EFT was part of the program during OSU’s 2006 and 2007 back-to-back Collegiate World Series wins.

You probably know that EFT is a form of energy psychology

that utilizes components of modern Western psychology along with tapping on acupressure points to relieve distress. When using EFT for sports performance, Warburton says he asks athletes to tune into a thought/feeling of their sport performance. While holding that in mind, they “tap on” the points in order to clear any emotional blocks interfering with their performance. “The tapping clears any lingering stress and anxiety,” Warburton says, and “dependably produces a ‘relaxed body/calm mind’ state.”

A collaboration is born

In 2006, Warburton met then-OSU pitching coach Dan Spencer at the gym. Spencer noticed Warburton tapping between sets at the weight-lifting bench. At first, “I wondered what’s wrong,” Spencer laughs. But he could tell that this man who was serenely tapping on his face was doing some kind of mindfulness practice. As it turns out, Warburton was tapping for recovery between sets. He taught the practice to Spencer, and Spencer felt the results. He says he can feel his body relaxing, his mind growing calm, and is sure that he is recovering from workouts faster after using EFT.

Spencer brought Warburton to the Beavers’ training room to introduce EFT and mental training to the players. “Some guys used it more than others,” Spencer recalls. Two of the players who used it the most were also big contributors to the team and went on to play professionally.



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Now the associate head coach and pitching coach at Washington State University, Spencer looks forward to working with Warburton again this fall. He had success a decade ago in the Beavers' back-to-back '06/'07 CWS wins, and is eager and determined to bring EFT to his players. Spencer says he has personally seen the benefits of using EFT for recovery during his own workouts. "EFT is certainly not going to hurt anybody," Spencer says, and good coaches are open to giving their players every tool that can be helpful to them.

"It's a tool that's going to help a group of your guys. In any team or organization, it will help them achieve their goals."

Pat Casey, the head coach of OSU baseball, is considered one of the top college coaches and has been leading the program for 23 years. Warburton says he honors coach Casey and assistant head coach Pat Bailey as open minded coaches/leaders who provide players with the best tools they can. To that end, they have supported Warburton's work with players. "We will do anything to help our kids," Bailey says. Warburton's mental training is not mandatory, but any player or group of players wanting to incorporate mental training and work with Warburton can choose to do so. "Athletes are always striving to find that edge," Casey says. "Different things will work with different guys." For some of his players, working with Warburton and EFT helped them find that edge.

One such player is Jake Thompson, who finished his red-shirt junior season at 14-1 with an impressive 1.96 ERA, and is now pitching in the Boston Red Sox's system. But Thompson's career at OSU did not start as well as it ended. He was pulled from the lineup near the end of his redshirt sophomore season. That's when he decided to seek help from Warburton.

After working with Warburton's mental training through the summer, Thompson says of his first outing in the fall season "everything felt right", and it kept feeling right in every outing that fall. When the regular season began, he says, "I couldn't wait to pitch. I knew I was going to have success." And he was right.

The mental game

"Baseball is 90% mental, and the other half is physical."
—Yogi Berra

Every athlete knows that their performance is best when they are "in the zone", or what psychology researcher Mihaly Csikszentmihalyi calls a state of "flow." Indeed, according to Csikszentmihalyi, "The best moments in our lives...usually occur

if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile." The inner self-critic is quiet during these moments, as the performer becomes one with the performance. Brain imaging scans show a decreased activity in the prefrontal cortex, which is the seat of planning and decision-making and is involved in self-awareness, as the rest of the brain becomes more interactive and engaged.

Since the "zone" or "flow" state is part-and-parcel of excellence in performance, the question becomes, how can we intentionally access the "flow" state? Athletes embrace the concept of flow, having experienced its magic. But they lack the training and skill to put themselves into a relaxed body/calm mind state intentionally. Despite their desire to stay mindful and in the zone as they compete, the flow state can remain elusive. Telling them to relax is not enough, Warburton says. We need to teach athletes specifically how to do it.

When he was young, the only mental training athletes got was being told to "be tough", Warburton says. "When I went back into sports, back in 2006...I didn't realize there still weren't methods being taught."

According to Warburton, the biggest gap in education is lack of emotional self-management training. To fill this void, he teaches young athletes skills to help them relax their bodies and calm their minds. These skills include a twist on the old injunction, "know thyself," along with EFT and what Warburton calls "playing in the Do zone."

Thompson, the pitcher, says that he used to think that he didn't need help with the mental aspect of the game. He came to realize, however, that while athletes pay a lot of attention to the physical aspect of the game, people always say the mind is more important. Realizing that the mental aspect is also a skill he can work on was empowering, and getting the tools to use made all the difference to him. "I feel like I'm in control of my thoughts."

Self honesty: the cornerstone

Forty years ago, when he was working in the mental health field, Warburton had one of those "Ah-ha" moments as he wondered, "Can I teach self-honest self-observation?" This is his language for the foundation of mindfulness, the nonjudgmental awareness of the present moment. In the intervening years, he has taught countless clients to begin at this beginning, and then practice it. According to Warburton, the starting place is to know that the most important person to tell the truth to is yourself, practicing what he calls "the courage of self-honesty."

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And the way to the truth is through the body. In order to tune into what is blocked, Warburton teaches his young clients, you need to pay attention to how you feel physically. Do you feel tense or calm when you remember that time, picture that event, or prepare for that game?

When working with athletes, each week the starting place is to ask, “When you tell yourself the truth, when you’re thinking about last week (or the last game, or the next game), what are you thinking and feeling about yourself this moment?” The athlete, being honest with himself or herself, may say “I’m nervous,” and then tap on it.

The Do-zone

A component of Warburton’s work is to teach players that they attract what they are thinking about, even when it is a negative. The subconscious, like a toddler, does not easily compute the “no.” Imagine a two-year-old bouncing away as you tell him or her not to jump on the bed. They blow right by the “don’t” and move right along to “jump on the bed!”

Our subconscious thought-feelings of what we don’t want have pretty much the same effect. “I don’t want to throw a ball” can lead to a bad pitch. So Warburton coaches his clients to shift the “don’t” into “do.” Players choose their own “positive performance phrase,” a short phrase focused on how they want to perform. Playing in the “Do zone” is a piece of mental training that helps players to remove blocks to performance.

Warburton summarizes his mental training like this. Practice catching the thought-feeling experiences you’re currently having relating to your performance. Tap on your blocks. Play in the Do zone. “Practice mental training as diligently as skill training,” he says. “Then you are a complete athlete.”

On the mound

Ben Wetzler was a top player for the Beavers in 2013/2014. He started as a “true freshman” in Division 1 college ball, which is rare indeed. The next year, when Warburton introduced his mental training to the team, Wetzler reached out to begin working together on learning EFT and cognitively developing his positive performance phrase.

“Pound down” was Wetzler’s phrase as a pitcher. This meant he executed pitches throwing low in strike zone. In his last two years, working the mental training program into his training routine, he won 22 games and lost 2, and led the nation in D1 baseball, pitching an eye-popping 0.78.

According to Warburton, Wetzler said, “I was tired of fighting

my head trying to stay calm. EFT “is something I can physically do to dependably relax.”

It’s not about your willpower

Young athletes tend to respond when Warburton tells them, “Poor performance has more to do with blocked energy than it has to do with lack of willpower, determination, or attitude.”

Warburton references Daniel Amen’s research using SPECT brain imaging, concluding “every thought we have affects every cell in the body.” He cites Bruce Lipton’s cell biology research, showing that our thoughts and beliefs have a greater impact on our bodies than diet/nutrition/exercise. He explains to his athletes that they have an energy circulatory system, and that performance blocks exist there, and can be cleared there.

Warburton says he invites and challenges athletes to learn mental and emotional self-management skills, which they have not been taught at school or in sports. He goes on to say that, while top athletes produce top performance, champions will reliably produce top performance because they have learned to mentally and emotionally self manage when it matters the most.

No more slumps

Warburton wants to do some myth-busting in the world of sports performance, and he would begin with removing the word “slump.” Understanding brain science in the modern world, he says, “We can say ‘poor performance moment.’” This is an important distinction because “slumps” are things beyond the athlete’s control. But we can get out of poor performance moments when we know how to do it. “We are not experimenting with how to get out of a poor performance moment,” Warburton says. “We know how to do it.”

To help players move through their poor performance moments, he asks them if they currently have, or ever have had, a time when they have had a poor performance moment that they were still thinking about days, weeks, or months later. How does it feel emotionally when they think about it now? They then use EFT to tap it out.

The wide world of sports

Mental training for college athletes goes well beyond baseball. Warburton has worked with Oregon State University Women’s golf, Arizona State University women’s basketball, Texas Tech baseball, University of Arizona baseball, University of Alabama softball, and Oregon State University wrestling.

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Charli Turner Thorne is the head coach of Arizona State Women's basketball. She first met Warburton in 2016 at the annual conference of the Sports, Energy and Consciousness Group. Turner Thorne was sufficiently impressed to bring him on board him to work with her players in the 2016-2017 season.

Turner Thorne says her goal as a coach is to try to give her young women every tool possible. These are not just tools for sports, but for life. She hired a life coach to work with her players, and has been incorporating breathing exercises for eight years and a yin yoga practice for the last three years.

Turner Thorne is particularly impressed by the promise of EFT because, she says, "You can't talk your way to peak performance." While the concept of positive self-talk makes sense, it can only go so far. "The idea of doing something to actually put you (in a state of) relaxed body/ calm mind, instead of trying to think your way or talk your way to there—that was powerful for me."

This will be the second year Turner Thorne will use EFT with the team. They tap after practice and after games to speed recovery, incorporate it in their pre-practice and pregame

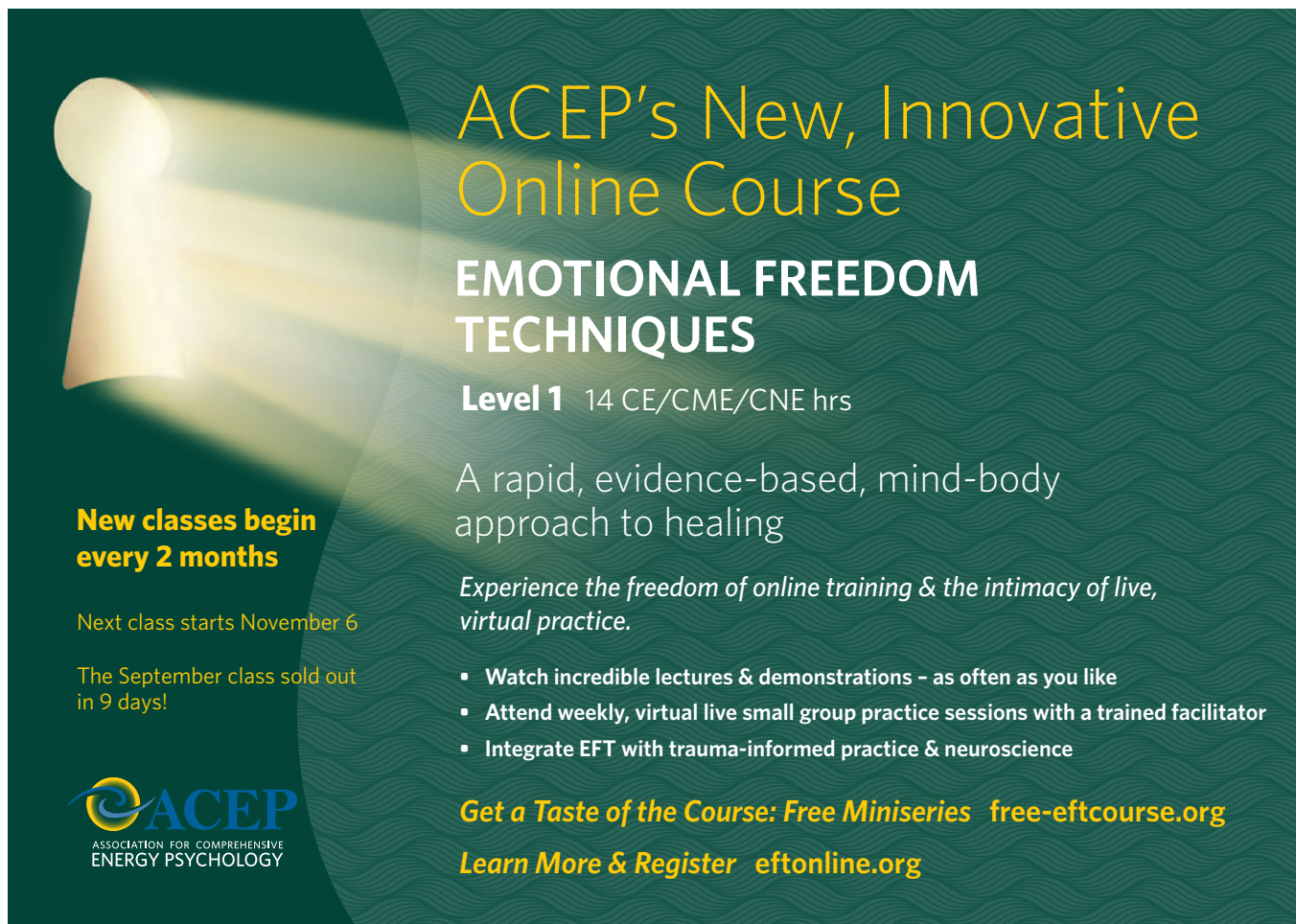
routines, and they even tapped every half time for 30 seconds to a minute. And she practices what she preaches. "When I do it I feel the energy shift," she says.

The power of the word

Warburton is careful to state that he is not making claims about baseball or any other sports team he has worked with. "It is not that they won because of me", he says. But since 2006, he has helped by working with several key players who add the mental training. He's been a part of it, and he is looking forward to doing more. ■

Greg Warburton is an author, teacher, counselor, a dedicated innovator and a life-long athlete. For the past eleven years, he has pioneered using Emotional Freedom Techniques (EFT) in sport performance with consistent championship results. (gregwarburton.com)

Sarah Murphy is a psychotherapist in private practice in Bryn Mawr, Pennsylvania. She specializes in energy psychology and consciousness work with clients. Sarah serves on ACEP's research committee. She enjoys writing and loves learning and sharing exciting developments in the field of energy psychology. (transformative-therapy.com)



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Research Review

By John Freedom, CEHP

We held our **Seventh Annual EP Research Symposium** in San Antonio in May. These Symposiums are diverse and educational, and provide a forum where researchers and clinicians come together to present their work and dialogue about current research in the field. Our keynote speaker was Dr. Bill Bengston, a noted cancer researcher and assistant professor of sociology at St. Joseph's University. His topic was *"Challenges and Opportunities for Doing Solid Research in the Land of Subtle Energies."*

The following papers were presented:

- *"Tapping for Success: a Randomised Controlled Trial using Emotional Freedom Techniques to Reduce Presentation Anxiety in University Students,"* by Elizabeth Boath, PhD
- *"A Systematic Review and Meta-Analysis of Randomized and Non-Randomized Trials of Thought Field Therapy (TFT) for the Treatment of Posttraumatic Stress Disorder (PTSD),"* by Jenny Edwards, PhD
- *"The Effects of Access Bars on Decreasing the Severity and Symptoms of Anxiety and Depression,"* by Terrie Hope, PhD
- *"The Effects of Emotional Freedom Technique on Patients with Dental Anxiety,"* by Bitah Saleh, DDS
- *"The Interrelated Physiological and Psychological Effects of EcoMeditation: A Pilot Study,"* by Dawson Church, PhD
- *"Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health,"* by Dawson Church, PhD
- *"Assessing the Validity of Muscle Response Testing (MRT): A series of Diagnostic Test Accuracy Studies,"* by Anne Jensen, DC, DPhil
- *"The Stability of Muscle Response Testing (MRT) Accuracy Explored Through Reproducibility and Repeatability: A Round-Robin Diagnostic Test Accuracy Study,"* by Anne Jensen, DC, DPhil
- *"Emotional Freedom Techniques (EFT) Treatment of Chronic Pain in Adults,"* by Peta Stapleton, PhD

Besides Dr. Bengston's very astute and humorous keynote, two presentations stand out in my mind. Manual muscle testing



(aka "kinesiology") is one of the foundation stones of energy psychology, yet research on muscle testing has been conflicting. This lack of a strong evidence base has been problematic for the field. Dr. Anne Jensen presented two (out of six research studies), conducted at Oxford University, showing muscle response testing to be consistently more accurate than chance, with a mean accuracy of 60–70%. While not 100% reliable—and in all fairness, few diagnostic systems are 100% reliable—her research demonstrates that muscle response testing is nonetheless a very real and reliable phenomenon. Below are links to these studies:

- ["Estimating the accuracy of muscle response testing: two randomized-order blinded studies"](#)
- ["The stability of kinesiology-style manual muscle testing"](#)

The second presentation was a clinical research study by Dr. Bitah Saleh, a dentist in southern California. Dental anxiety and phobias are a huge problem for both patients and dentists, causing patients to avoid or postpone treatment until emergency care (or extractions) are needed. Dr. Saleh developed a protocol (using muscle testing) for effectively treating dental anxiety with tapping in four minutes. This protocol can be delivered by dental assistants as well as dentists and physicians, and hopefully will bring energy psychology treatment into more dental offices.

[Read the article.](#)

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- Note: A review of Bengston's book, *The Energy Cure*, appears in the latest issue of the [International Journal of Healing and Caring](#).

Other Research Notes

Research in energy psychology continues to grow in both quantity and quality. The first seven months of 2017 saw publication of the following papers:

Boath, E., Good, R., Tsaroucha, A., Stewart, T., Pitch, S. & Boughey, A. (2017). Tapping your way to success: using Emotional Freedom Techniques (EFT) to reduce anxiety and improve communication skills in social work students. *Journal of Social Work Education*, 36(6).

Church, D., Stern, S., Boath, E., Stewart, A., Feinstein, D. & Clond, M. (2017). Emotional Freedom Techniques to treat Posttraumatic Stress Disorder in Veterans: Review of the evidence, survey of practitioners and proposed clinical guidelines. *Permanente Journal*, 21. doi: 10.7812/TPP/16-100.

Gaesser, A. H. and Karan, O. C. (2017). A randomized controlled comparison of Emotional Freedom Technique and Cognitive-Behavioral Therapy to reduce adolescent anxiety: A pilot study. *J Alt Comp Medicine* 23(2), 102-08. doi:10.1089/acm.2015.0316.

Irgens, A. et al. (2017). Thought Field Therapy Compared to Cognitive Behavioral Therapy and Wait-List for Agoraphobia: A Randomized, Controlled Study with a 12-Month Follow-up. [Frontiers in Psychology](#)

Stapleton, P., Bannatyne, A., Chatwin, H., Urzi, K-C, Porter, B. & Sheldon, T. (2017). Secondary psychological outcomes in a controlled trial of Emotional Freedom Techniques and cognitive behaviour therapy in the treatment of food cravings. [Complementary Therapies in Clinical Practice](#), 28, 136-45.

The paper by Audun Irgens and colleagues cited above deserves comment. This impeccable study, conducted in Norway, explored the efficacy of TFT and CBT treatment for agoraphobia and panic disorder. One major criticism of EP research is that many studies have lacked an active comparison treatment group. This is the first research study comparing TFT to an active treatment.

Seventy-two patients with agoraphobia were randomized into three groups: CBT, TFT and a wait-list group (who later

received either CBT or TFT treatment). Participants were assessed with several measures pre- and post-treatment, and at a 12-month follow-up. The study showed both CBT and TFT to be approximately equivalent in treatment effectiveness, with one difference. Following standard protocols, the CBT patients received 12 sessions of treatment. The TFT patients, also following standard protocols, received only 5 sessions of treatment.

A recent meta-analysis examined the effects of EFT treatment for PTSD. (A meta-analysis is a structured statistical analysis combining the results of multiple studies). It aggregated the results from seven randomized controlled trials and found EFT to be comparable in effectiveness to other known treatments such as CBT and EMDR, with a large effect size (2.96).

This analysis showed that a series of four to ten EFT sessions is an efficacious treatment for PTSD with a variety of populations. The studies examined reported no adverse effects from EFT interventions, and showed that it can be used both on a self-help basis and as a primary evidence-based treatment for PTSD.

Sebastian, B., & Nelms, J. (2017). The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis. [Explore: The Journal of Science and Healing](#), 13(1), 16-25.

Gunilla Hamne and Ulf Sandstrom are teaming up with Australian psychologist and researcher **Peta Stapleton** on a humanitarian trauma treatment project. Hamne and Sandstrom are members of ACEP's humanitarian committee and founders of the [Peaceful Heart Network \(PHN\)](#). They travel around the world, in Africa, Asia and most recently to refugee camps in Europe, teaching TTT (the Trauma Tapping Technique, a derivative of TFT) to ease suffering and prevent violence.

In the Congo, thousands of children are abducted by armed forces every year and turned into child soldiers or sex slaves. These experiences are extremely traumatizing and even more so when they are liberated, because often there is no home for them to return to, or the home they once had may be afraid to accept them back. PHN is collaborating with an organization called [BVES](#)—Le Bureau pour le Volontariat au service

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de l'Enfance et de la Santé—which is working to liberate and rehabilitate these children, and reintegrate them into their communities.

This humanitarian project will be combined with a research study, and will be conducted at two rehab centers for children. This study will use group treatment and teaching, in an area where psychological support is scarce. The study's purpose is to demonstrate that an energy psychology intervention (TTT) can reduce posttraumatic stress symptoms in survivors of mass trauma, while increasing positive indicators of happiness and well-being. The project will directly benefit these children, while serving as a model for group treatment in other areas of mass traumatization.

This project is being supported by ACEP's humanitarian committee.

And finally, here is another milestone in bringing energy psychology into the mainstream:

For many years, the US Veterans Administration (VA) has

withheld approval or even acknowledgment of EFT, TFT and Energy Psychology.

Emotional Freedom Techniques (EFT) has now been approved as a “generally safe” therapy by the VA. After reviewing the extensive evidence for the safety and efficacy of EFT, a group of experts in the VA's Integrative Health Coordinating Center published a statement approving EFT and several other complementary and integrative health (CIH) practices.

The approval means that VA therapists will be able to use EFT with clients suffering from PTSD, depression, anxiety, pain and other conditions.

EFT is a hybrid method combining exposure, mindfulness and cognitive restructuring with somatic stimulation (tapping acupoints). It has been studied in over 70 clinical trials and in four meta-analyses. These studies show that the approach is effective for a variety of psychological and physical conditions; and suggests that other tapping therapies may be efficacious as well. You can read more in [Dawson Church's recent blog post](#).

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ACEP Blog Highlights

Check out our ACEP EP blog

www.ACEPblog.org

The ACEP blog continues to attract a growing readership with its wide range of thought provoking articles by leaders in the field. Here are a few of the posting highlights from the past several months. If you would like to contribute to our blog, please contact Cynthia Joba, cjoba@energypsych.org

How What Happens in Las Vegas Stays in Las Vegas—And we like it that way!

By Suzanne Connolly, LCSW

A Vietnam Veteran Takes Tapping to the Masses

A van cruises down the brightly lit-up Las Vegas street. The van is commandeered through Las Vegas traffic by a Vietnam veteran who attended the ACEP sponsored Veteran to Veteran Peer Training last September. He is on his way to a Narcotics Anonymous meeting that he leads, and the meeting has just moved from its former meeting place to a VA Hospital. It will be his first night in the new location. Under the bright lights, he spots a man who looks like he might need a friendly face and a kind word. The veteran finds a place to park, pulls over and brings some kindness into the man's life. He also leaves him, as he always does, with a basic Thought Field Therapy (TFT) tapping sequence and an invitation to join a meeting some time in the future. "I always have a stack of handouts in my van", he tells the group. "I hand them out all the time."

This man is one of three veterans from last year's training who repeated our training this April. [Read more.](#)



Beautiful questions with David Whyte

By Robert Schwarz, PsyD, DCEP

What are beautiful questions and what do they have to do with our clients?

According to David Whyte, beautiful questions enlarge the context in which we live. They're often disturbing, because they shake the structures we've built, inviting us to engage with a larger, deeper part of our identity. Inviting our clients (and ourselves) to live with these questions can expand inner and outer horizons.

But how can we help our clients find these beautiful questions? [Read more.](#)

Ethics – The Heart and Shadow of Energy Psychology (part 2 of 2)

By Phil Mollon, PhD, DCEP

In [part one](#) of this blog, I talked about ethical issues related to:

- Scope of practice
- Scope of knowledge
- Clarify and honesty regarding credentials
- Claims for efficacy
- Claims to understand how energy psychology works

In part two, we'll explore five more key areas related to ethics.

6. Respect for the client's autonomy

This may involve refraining from:

- Assuming we know what is best for the client.
- Assuming that our methods will definitely help the client.
- Assuming we know what issues the client should address.

[Read more.](#)

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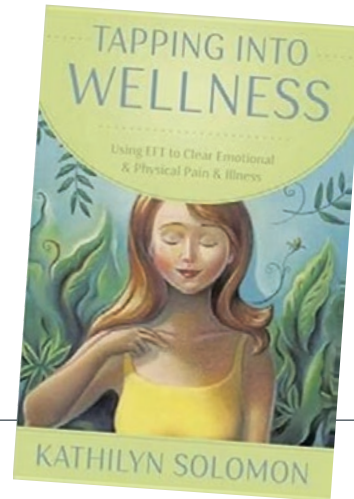
BOOK REVIEW

Tapping Into Wellness:

Using EFT to Clear Emotional & Physical Pain and Illness

by Kathilyn Solomon

Reviewed by John Freedom



Will the real EFT please stand up???

I can remember, fondly, those halcyon times when many of us were new to tapping, and there was ONLY ONE EFT (and TFT, of course). There were no standards for trainings, few rules and no certification. Gary Craig said that “anyone can learn and practice EFT.” He encouraged people to “try it on everything,” and they did!—after downloading his 80 page manual from the old “emofree” website. In some ways it was like the old Wild West. Looking back, it was a period of excitement and experimentation, naiveté and innocence.

Now, like the Christian church, and other denominations, the tapping field has fractured into factions. Many leaders in the field are promoting—and branding—their own particular brands and styles of tapping. Witness, as examples, Dawson Church’s Clinical EFT, Lindsay Kenny’s Progressive EFT, Gwyneth Moss’ Skillful EFT, Nick Ortner’s Tapping Solution, Steve Wells’ Simple Energy Techniques, Robert Smith’s Faster EFT, etc. Gary himself has contributed to these divisions by developing and branding his own version, Gold Standard EFT.

But what exactly *is* Gold Standard EFT? After a long conversation with Gary, and having attended EFT Gold Standard Trainings Level One and Two with master trainer Michael DeMolina, I am still not clear exactly how—or even if—Gold Standard EFT differs *substantially* from “traditional” EFT. Of course, the source for information on Gold Standard is Gary’s website, www.emofree.com—which he continues to update and tweak. But there have been no books on Gold Standard EFT—until now.

Kathilyn Solomon has a unique background. In a previous life, she was an author and editor in New York City, and has eight previous books to her credit. She has been a professional

EFT practitioner since 2004, and is certified through both AAMET’s and ACEP’s very rigorous certification programs (ACEP’s was formerly directed by Tina Craig). *Tapping Into Wellness* was written in consultation with Gary Craig.

As you might expect from a professional editor, Solomon’s prose is engaging and skillful.

She begins with an introduction, describing EFT’s history and theory. The “How To Tap” instructions are very clear, with accompanying charts. Solomon covers in detail how to get specific and hone in on aspects and events. She then follows with a comprehensive list of common tapping topics such as: stress, pain, illness, phobias, grief and loss, cravings and weight loss. An especially useful feature is a series of exercises for the reader to try—some involving tapping, and some do not. In between, Solomon weaves her own life experiences as an author and single mom.

Many have written about the etiology of psychogenic illness, but relatively few have had personal success treating it. Solomon describes having a near-death experience following the birth of her son, and her subsequent struggles with chronic pain and fibromyalgia. After exploring the roots of her condition in trauma and in limiting beliefs, her fibromyalgia is now resolved—largely through her practice of EFT.

Tapping Into Wellness is a welcome addition to the literature of EFT and energy psychology, and is highly recommended for trainers, lay people, and all other students and teachers of tapping. ■ [Purchase here](#)

John Freedom, CEHP, is a counselor, educator and trainer in private practice in Santa Rosa, California. Author of *Heal Yourself with Emotional Freedom Technique*, he serves as chair of ACEP’s research committee.

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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.



Water Lily 24 - Cynthia Joba

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