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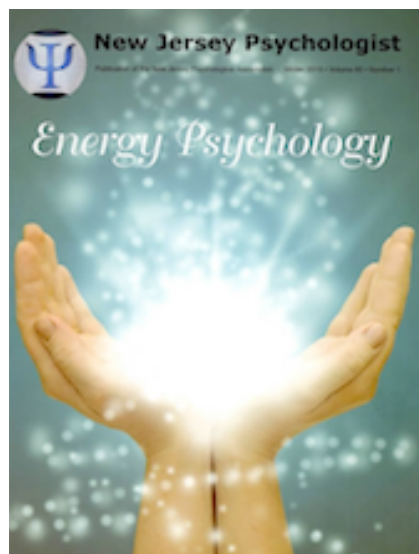
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Another Step for Energy Psychology

David Gruder, Ph.D.

A glossy magazine published quarterly for the members of the New Jersey Psychological Association (NJPA) has devoted its Winter issue to Energy Psychology. That a state psychological association would so prominently bring Energy Psychology to the attention of its members represents another milestone in the increasing acceptance and clinical uses of these approaches.

The issue features a section introduction and five articles. It is not surprising to see three long-term proponents of energy psychology -- psychologists Sheila Bender, PhD, John Diepold, PhD, and David Feinstein, PhD -- contributing articles. The other two articles are by former presidents of the NJPA: Gordon Boals, PhD, and Sandra Lee, Ph.D.



Dr. Boals discusses the use of energy psychology for problems of various diagnostic classifications and offers several case illustrations of the way he has applied these approaches in successfully treating his own patients. Dr. Lee's article provides a glimpse into the reception of energy-based therapies by the upcoming generation of psychologists. In her article, she asks eight of her graduate students (two from Columbia University and six from Seton Hall University) to describe their experiences using energy psychology and related methods and their feelings about it, and includes their replies (one to four paragraphs each) verbatim. She summarizes that "almost every student wrote about how powerful the techniques were in their own life -- from temporarily curing migraines, to providing stress reduction, to increasing alertness and receptivity for learning and study. Students speculated about the perceived value of the techniques for their future practice."

Dr. Diepold, who has, over the years, developed various popular innovations in Energy Psychology, offers his latest integration of energy psychology components with traditional psychotherapy. Dr. Bender, a co-author with Dr. Diepold of the classic book, *Evolving Thought Field Therapy*, explores how adding energy psychology concepts to conventional treatment methods fills a void, particularly with seemingly intractable thoughts and behaviors. Her article is titled, "Energy as Part of the Mind-Body Paradigm." Getting to basics, Dr. Feinstein addresses "The First Question about Energy

Psychology: Does It Work?" After considering the research literature, including some two dozen randomized controlled trials, he concludes:

"A review of current evidence revealed that the use of acupoint stimulation in treating psychological disorders has been examined in a number of studies that met accepted scientific standards. These studies have consistently demonstrated strong effect sizes and other positive statistical results that far exceed chance after relatively few treatment sessions. Investigations in more than a dozen countries by independent research teams have all produced similar results. Speculation on the mechanisms involved suggests that tapping on acupoints while a presenting emotional problem is mentally activated rapidly produces desired changes in the neurochemistry involved in that problem."

While the publication of this special issue will no doubt raise further controversy in a field that has been wary of the energy paradigm, the fact that research supporting its efficacy is so strong and the NJPA has featured it so prominently are significant developments.

David Gruder has been dually licensed in California as a psychologist and a marriage & family therapist since the 1980s. With a PhD in clinical and organizational development psychology, 8 book awards, and a leadership award to his credit, Dr. Gruder is a lead faculty with the California Institute for Human Science and Co-Head of Faculty for CEO Space International, a large entrepreneur development organization. He was also co-founder and first president of the Association for Comprehensive Energy Psychology (ACEP). Having retired from a waiting list private practice, his career these days includes being an internationally acclaimed speaker, trainer, business peak performance psychologist, and mentoring helping professionals in becoming ethical entrepreneurs. Dr. Gruder's next book is tentatively titled *The Hijacking of Happiness, Health, Prosperity & Governance*.



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