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Advances in Energy Psychology

Proceedings of the 12th Annual
Research Symposium

Association for Comprehensive Energy Psychology
Baltimore, Maryland
June 1, 2023

**“When a scientist states
that something is possible,
he is almost certainly right.**

**When he states
that something is impossible,
he is very probably wrong.”**

Arthur C. Clarke



Welcome from the Symposium Coordinator: John Freedom

This year we are celebrating ACEP's 25th anniversary. Although this is a milestone in our history, it's important to put this into perspective. The field of Energy Psychology is still in its infancy, and we can only begin to imagine what it will look like 25, 50 and 100 years from now.

Energy Psychology is sometimes erroneously identified with EFT only. ACEP's founding father and mother, David Gruder and Dorothea Hover-Kramer, had the foresight to name our field "Comprehensive Energy Psychology." As the field has evolved, so also have the modalities subsumed under the EP umbrella, which now include EFT, TFT, TAT, AIT, HAT, Ask and Receive, and Logosynthesis (among others!) The common element in all these modalities is the recognition of a subtle energetic matrix underlying our thoughts, emotions, behavior and consciousness.

Some academics and professionals remain skeptical of the concept of "energy" in Energy Psychology. David Feinstein has recently written a fascinating article addressing this issue. He describes five kinds of energy: electrical signaling in afferent and efferent nerve pathways to and from the brain, electrical activity in the brain measured by qEEG, and electromagnetic fields. While these three forms of energy are presumably shifted by any effective psychotherapy, a strength of energy psychology interventions lies in their ability to initiate such effects in a deliberate and targeted manner. Additionally, there are "subtle energies" ---- by definition too subtle to measure at this time. Although the specific mechanisms underlying energy psychology are still being debated, the measurable electromagnetic effects that have been shown to affect psychological states support the use of the term "Energy Psychology."

Research in Energy Psychology is an international affair. Last year ten research studies and nine review articles, from Australia, Belgium, China, India, Indonesia, Iran, Turkey,

the UK and the US, were published in peer-reviewed journals. My colleagues Jan Warner, Marg Hux and I published an article, "Research on Acupoint Tapping Therapies Proliferating around the World," which was published in the May issue of the *Energy Psychology Journal*. Our keynote talk, "Finding Freedom within the Evidence-Based Paradigm: Questions for the Creative Practitioner" will be presented by Anne Jensen, DC, DPhil.

It is worth remembering that the field of EP is still very young. It takes a community to grow a field and nurture quality research. EP research is supported by an international network of academics and researchers, associations and universities, students and supporters with shared interests and intentions.

I would like to express my gratitude to: ACEP president Pam Altaffer and past president Lori Hops; executive director Bob Schwarz; board liaison David MacKay; Dawson Church, David Feinstein and Melinda Connor; our Symposium review committee: Jenny Edwards, Marg Hux and Suzan Thompson; Pat Ballantyne and Liz Boath of EFT International; members of ACEP's research committee including Suzanne Connolly, Shirley Conrad, Jenny Edwards, Phil Friedman, Maria Elena Garcia-Terra, Sue Hannibal, Crystal Hawk, Terrie Hope, Bob Hoss, Marg Hux, David MacKay (board liaison), Sarah Murphy, Suzann Robins, Suzan Thompson and Jan Warner; the generous donors who support our research; and the researchers making presentations this year.

Enjoy the Conference!

John Freedom, CEHP
Chair, ACEP Research Committee

<https://www.ep-conference.org/>



Message from the Executive Director



Thank you for attending this year's research symposium. ACEP is proud to be a leading force for research in energy psychology and energy medicine approaches. You can always stay on top of the cutting-edge research by visiting our research pages at energypsych.org/research.

We are super excited about ACEP's new research project in conjunction with Bond University that allows therapists from different energy psychology schools to measure the effectiveness of their clinical work and to provide insight into the mechanisms of how EP works. We provide the measurement tools via an online web portal where your clients can log in, take assessments, and have their results analyzed.

You can learn more at <https://ep-research.com/>

I want to thank John Freedom and the research committee for their tireless efforts that make this symposium possible. I also want to acknowledge all those who do the actual research, fund the research, and spread the word about the research that is making it possible for energy psychology to become more mainstream and more available to all of those who need it. Over the last nine years ACEP has granted more than \$95,000 toward multiple research projects through the Harvey Baker Research Fund. We are looking forward to continue funding research supporting the growth of energy psychology.

You can contribute online at <http://www.energypsych.org/donation/>

Robert Schwarz, PsyD, DCEP

About Energy Psychology

Energy psychology is a family of mind-body approaches for understanding and improving human functioning. EP focuses on the relationship between thoughts, emotions, sensations, and behaviors, and known bioenergy systems (such as meridians and the biofield) . These systems and processes exist, and interact, within individuals and between people. They are also influenced by cultural and environmental factors.

Within an EP framework, emotional and physical issues are seen, and treated, as bio-energetic patterns within a mind-body-energy system. The mind and body are thought to be interwoven and interactive within this mindbody-energy system, which involves complex communication involving neurobiological processes, innate electrophysiology, psychoneuroimmunology (PNI), consciousness, and cognitive-behavioral-emotional patterns.

The use of EP has resulted in the development of associated methods and models to treat psychological and emotional problems, facilitate health and wellbeing, and improve human performance. These models and methods are usually used within an integrative and holistic approach to psychotherapy, counseling, coaching, integrative medicine, and other healing modalities.

About ACEP

The Association for Comprehensive Energy Psychology (ACEP) is a professional organization for licensed healthcare providers and allied health disciplines which serves to coordinate EP methods, provides professional support and education, and establishes ethical guidance in practice.

ACEP is recognized as the largest international organization that promotes research and application of EP approaches, offering an indispensable network of resources for the public and media, a staunch advocate for members responsibly learning and applying EP models, and an influential presence helping shape mental health and healthcare practices.

Formed as a non-profit in 1999, ACEP has a global membership of over 1,200 licensed mental health professionals and allied health practitioners. ACEP members are dedicated to developing, researching and applying energy psychology methods to alleviate human suffering, enhance human performance and access human potential.

ACEP 2022 Research Symposium Review Committee

Our review committee this year consisted of Jenny Edwards, PhD, Margaret Hux, MSc and Suzan K. Thompson, PhD. Many thanks for their painstaking efforts in reviewing and evaluating the research presentations.

Jenny Edwards, PhD is on the faculty of the doctoral program in the School of Leadership Studies at Fielding Graduate University, located in Santa Barbara, California. She also serves as Co-Lead for the PhD program in Infant and Early Childhood Development with an emphasis on Infant Mental Health and Developmental Disorders. She received her BS from the University of Tennessee in Elementary Education, specializing in Early Childhood Development; her MS from the University of Tennessee in Elementary Education, specializing in Reading; her MA from The Fielding Institute in Organizational Development; and her PhD from The Fielding Institute in Human and Organizational Systems. She serves as Director of Research for the TFT Foundation, and has co-authored studies documenting the effectiveness of TFT. She has published numerous studies and papers on a variety of topics.

<https://www.thinkingcollaborative.com/ta-info-bio/jenny-edwards%2C-phd>

Margaret Hux, MSc is a registered psychotherapist in her fourth year of Spiritual Psychotherapy practice in Ontario, Canada. Marg uses EFT and other modalities with individuals with anxiety, depression, life change or relationship issues, chronic pain and trauma. She worked for 25 years in health outcomes and market access research for medications, medical devices and other health technologies. Key research topics included the cost-effectiveness of a new treatment compared to current treatments, and impact on health care budgets of funding, measuring patient quality of life and health utility measures, systematic literature reviews and meta-analyses.

Suzan K. Thompson, Ph.D., is a licensed professional counselor, consultant and facilitator. She earned a doctorate in counselor education from the University of Virginia and has worked in a variety of counseling positions, including serving as Clinical Coordinator for the Graduate Counseling Program at Old Dominion University for 9 years. Dr. Thompson currently maintains a full schedule in her private practice and offers classes to professional counselors and clinical supervisors. Dr. Thompson has presented locally, nationally and internationally at professional conferences. She also created and facilitated a variety of consulting, teambuilding and communication programs to organizations such as NASA, Old Dominion University, The College of William and Mary's Executive MBA Program and several departments at Eastern Virginia Medical School.

<http://www.suzan-thompson.com/>



12th Annual Energy Psychology Research Symposium

Thursday, June 1, 2023

8:30am – 8:40am	Welcome and Introductions, John Freedom
8:40 – 9:10am	“Study Sample Size: How Big a Sample Is Enough?” by Marg Hux, MSc
9:10am – 9:40am Anxiety and	“Global Research on the Effects of Access Bars on Stress, Depression, Pain,” by Terrie Hope, PhD
9:40am – 10:10am	“High Intensity Embodied Therapy to Treat Trauma and Addiction - A Case Study,” by Bruce Wayne Meleski, PhD
10:10am – 10:30am	Morning Break
10:30am – 11:00am	“Chronic Disease Patients’ Constructions of ‘Recovery’ as Facilitated by Emotional Freedom Technique (EFT) Therapy,” by Mahima Kalla, PhD
11:00am – 11:30am	“Daily Mindfulness Meditation for Improved Student Outcomes: A Whole Primary School Approach,” by Peta Stapleton, PhD
11:30am – 12:00pm	“A Novel Approach to the Management of Chronic Pain Using an Emotional-Somatic Release Technique in a Yoga Context,” by Anne Jensen, DC, DPhil (PhD)
12:00pm – 1:30pm	LUNCH
1:30pm – 2:30pm	Keynote Presentation: “Finding Freedom within the Evidence-based Paradigm: Questions for the Creative Practitioner” by Anne Jensen, DC, DPhil (PhD)
2:30pm – 3:00pm	“Successful Withdrawal from Six Psychiatric Medications Using Criteria-Based Energy Testing: A Case Report,” by Alice W. Lee, MD
3:00pm – 3:15pm	BREAK
3:15pm – 3:45pm	“Everything smells of poo”: A Case Study Using Emotional Freedom Techniques (EFT) for Parosmia Following COVID-19,” by Liz Boath, PhD

3:45pm – 4:15pm

“Musicians in the Zone: Emotional Freedom Technique as a Clinical Pilot Intervention Targeting Music Performance Anxiety, Subjective Wellbeing, Flow and Pitch Accuracy in Musicians,” presented by Abbey Lawless, PhD.

Abstracts of Presentations

(Alphabetical by Presenter’s Last Name)

“Everything smells of poo”:

A case study using Emotional Freedom Techniques (EFT) for parosmia following COVID-19.

Elizabeth Boath, PhD

Parosmia is a smell disorder where odors become distorted. A conservative estimate suggests that over a million people worldwide may be experiencing parosmia post COVID-19. Parosmia has a negative impact on quality of life including reduced appetite, weight loss and depression. There is no known cure for parosmia. While treatment options with olfactory training show promise, this takes weeks and even months to recover true scents.

Objective: This case study explores the effect of Emotional Freedom Techniques (EFT) for parosmia following recovery from COVID-19.

Method: The following scales and interview will be completed pre-EFT intervention and repeated at each weekly session and then at 1, 3 and a 6-months follow-up after the final session on EFT.

Quantitative Measures:

Sniffin’ Sticks Parosmia Test (SSParoT) will be used pre and post EFT to assess changes in olfactory function. Subjective Units of Distress (SUDS) 10 item verbal, self-assessment tool. Olfactory Disorders Questionnaire (ODQ) a 32 item, self-report validated measurement of olfactory-specific quality of life (QOL).

Qualitative:

Client Change Interview will be audio recorded and at the end exploring any change in parosmia over time and client views of the EFT intervention.

Results: Results will be presented following the CARE Guidelines. Descriptive data will be analysed using time series and shown graphically to reflect any change over time in each scale. Quotes will be used to highlight client change, experience, and views of EFT.

Discussion: If successful, the implications for EFT as a potentially efficient, effective, and economically viable intervention for parosmia will be discussed.

Global research on the effects of Access Bars on Stress Depression Anxiety and Pain

Terrie Hope, PhD

Anxiety and depressive disorders are among the most common psychiatric illnesses. Depression affecting 5% of the population, is the leading cause of disability worldwide. Psychological stress, depression and anxiety are closely linked to each other. These disorders often occur as

comorbid illnesses, and predict poor outcomes with a higher percentage of treatment resistance than either disorder occurring alone.

Objective: This research was conducted to assess whether Access Bars has an effect on decreasing stress, anxiety, depression and pain as singular or comorbid states and the relationship of the effects on comorbidity in the global population.

Methods: The 495 participants age 18 - 85 (mean 51), were self-report as experiencing one or more of the following: anxiety depression stress or pain. The Depression Anxiety and Stress Scale (DASS) short form (21 questions) assessment tool was used as an online method of collection, pre and post Access Bars sessions. A four-point Likert-type scale was used to assess pain. Treatment with Access Bars, an energetic process was provided for 30, 60, 90 or 120 minutes in length. This process releases energy when specific points on the head are lightly touched.

Results: There were significant improvements in participants reporting anxiety $t(494) = 14.07, p < .001$, depression, $t(495) = 16.86, p < .001$, stress $t(495) = 20.03, p < .001$. The mean score for pain was decreased by 80%. Comorbidity did not alter the effectiveness of treatment with Access Bars in reducing depression, anxiety, stress, or pain. Additionally, outcomes were not altered by length of treatment. Participants receiving medical treatment or counselling reported further improvement following treatment.

Conclusion: Access Bars was found effective in reducing the severity of depression, anxiety, and stress. The effectiveness of treatment was not reduced by comorbidity or severity.

Study Sample Size: How Big a Sample Is Enough?

Marg Hux, MSc

Since published studies may present samples ranging from tens to thousands of cases, research audiences may be unclear about what study size is big enough or credible. This presentation aims to demystify sample size used in different kinds of published research. The amount of improvement in an outcome such as symptom severity is most understandable and clinically important, but is not sufficient alone to demonstrate clinical benefit. The variation between people is the other key element. Meta-analyses characterize effectiveness using the effect size, which can be considered to be a “signal-to-noise” ratio where the size of the change in the outcome is the “signal” and variation between cases is background “noise.” Statistical significance (or p-value) determines if an observed clinical effect should be considered to be real, and depends on not only the effect size but also the size of the sample that was used. The power of a study considers if it is large enough to find a real effect if one does exist. Factors that commonly affect required sample size are discussed based on whether they affect the size of clinical benefit (signal) to be detected or variability present in the measurement (the noise). These factors include real effectiveness of the treatment, the type of outcome, the baseline rate of the outcome, and the type of study. This presentation aims to bring clarity to basic concepts around this topic, both for those seeking to understand published research and for those who planning to collect data to address a research question.

A novel approach to the management of chronic pain using an emotional-somatic release technique in a yoga context

Anne Jensen, DC, DPhil (PhD)

There is a compelling link between chronic pain, stress, emotions, memory and the fascial system which warrants further investigation. This study explored if *HeartSpeak*, a new mindbody intervention, should be considered for management of chronic pain. In this prospective, uncontrolled pilot study, HeartSpeak, which seems to release emotional memories stored in the body, was applied in the context of a yoga / movement class for those suffering from chronic pain. Pain scores were recorded before and after each fortnightly class for 6 months. Over the 12 classes, 96 people participated, the mean pre-class NPRS (Numeric Pain Rating Scale) was 5.5 (SD=2.3), and the mean post-class NPRS was 2.9 (SD=2.7), which difference reached statistical significance ($p<0.01$). These results suggest that HeartSpeak may be useful in reducing chronic pain levels. However, caution is urged in interpreting these results until more research is completed.

**Keynote: Finding Freedom within the Evidence-based Paradigm:
Questions for the Creative Practitioner**

Anne Jensen, DC, DPhil (PhD)

The evidence-based medicine paradigm has received some harsh criticism, and yet in many parts of the world, public policy is singularly informed by “the best evidence.” But what exactly is evidence-based practice? And just how far has the healthcare industry misappropriated and distorted its original tenets? What can you do to remain creative and open-minded within a restrictive paradigm? Furthermore, why is it essential to step outside of the boundaries of the current evidence? And how can you do so safely? This interactive presentation will include demonstrations and group exercises to expand your awareness of what is possible.

**Chronic disease patients’ constructions of ‘Recovery’
as facilitated by Emotional Freedom Technique (EFT) therapy**

Mahima Kalla, PhD

The concept of ‘recovery’ originally emerged for use in the context of chronic mental illness healthcare, however, some argue that it is also applicable to chronic physical illness healthcare (Harvey & Ismail, 2008). The recovery model suggests that a person may be able to ‘recover’ from an illness, despite the illness not being fully ‘cured’. This model is based on the understanding that recovery may represent different things for different people, and should extend beyond the pursuit of cure (Harvey & Ismail, 2008). The pursuit of recovery, on the other hand, may entail improvement in the overall quality of a patient’s life, including the ability to engage in meaningful socio-economic activities, and lead a life in accordance with what the patient holds important. Harvey and Ismail (2008) posited that care for chronic physical illnesses

differs substantially from care for acute physical illnesses, in that chronic illnesses can often be lifelong, and require patients to make several adjustments to the way they previously lived their lives. Furthermore, psychological problems interact with physical health conditions, thus providing psychological support is crucial for effective management of chronic physical health conditions. Care for what may be a life-long health condition, should not only involve reduction of symptoms, but also assist patients in leading fulfilling and functional lives. Thus, an intervention such as EFT, which can be holistically applied to many facets of one's health and wellbeing, holds potential for supporting physical chronic disease patients with complex care needs.

Objectives:

In this qualitative research study, we explored chronic disease patients' and EFT practitioners' experiences of using EFT to support physical chronic disease healthcare. The objective of this study was to understand how chronic disease patients have used EFT to facilitate their personal recovery from chronic physical illnesses.

Methods:

A qualitative research orientation lends itself to the exploration of people's unique and subjective experiences. A constructivist epistemological position, assuming a symbolic interactionist theoretical perspective, was adopted for this study. Interpretative Phenomenological Analysis (IPA) was chosen as the study methodology. Eight chronic disease patients and eight EFT practitioners were interviewed for this study. A small participant sample size is commensurate, even recommended for the IPA methodology which is idiographic in nature. In other words, the IPA methodology allows for an in-depth exploration of individuals' unique experiences.

Results:

As per the literature presented in the introduction, recovery is a multi-faceted concept that can mean different things to different people. Therefore, to understand how participants used EFT to facilitate their recovery, first it was important to explore how they defined recovery as a personal concept. Participants' constructions of recovery were two-faceted; first their understanding of recovery as a continuum or a journey, and second their markers of recovery, i.e. certain milestones achieved in their recovery journeys, which were perceived to be indicators of significant health improvement. The aforementioned facets are thus presented under two categories, namely, 'constructions of the recovery journey', and 'markers of recovery'. Key themes that emerged for each of the overarching facets have been outlined in Table 1. Under each of these themes, participants' experiences of how they used EFT to support their broader healthcare, are presented.

Overarching theme	Codes presented
<u>Constructions of the Recovery Journey:</u>	- Opening up to the possibility of recovery - The Spiral Path to Recovery - Creating a 'new me'

<u>Markers of Recovery Milestones</u>	<ul style="list-style-type: none">- Improved emotional state- No longer feeling restricted by illness- Moving beyond survival
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Discussion:

Different from the notion of ‘cure’, which may imply an endpoint, the concept of ‘recovery’ has been explored in my study as both a ‘journey’, and a ‘destination’. Slade et al. (2014) argued that ‘recovery’ is not necessarily about reaching a state of ‘healthy normalcy’, or no longer requiring medical/health support, or getting better; instead it is about “recovering a life.” Additionally, participants’ accounts in this study also suggested that the journey towards recovery from illness is often not a linear progression from illness to wellness; rather it is a ‘spiral’ process whereby small improvements can be followed by relapses. In light of what may be an often lengthy journey, characterised by disappointments and perceived setbacks, a sense of hope and positive expectation for recovery may assist patients better cope with their illness experience. These participant accounts allude to illness as having ‘life-altering’ impacts on patients’ sense of self, ways of relating with others, as well as expectations from, and ways of engaging with life. In this study participants used EFT to support this readjustment. Participants also suggested that this readjustment may not necessarily mean a reduction in their health and wellbeing when compared to their ‘pre-illness’ state. Rather, some participants alluded to the notion of ‘personal growth,’ and valuable learnings obtained from what may otherwise be perceived as a negative illness experience.

Conclusion:

EFT may be used to help support chronic disease patients’ recovery through:

- *cultivating a sense of hope about the possibility of recovering and leading a productive life;*
- *reconstructing a new sense of personal and social identity in light of their illness experiences;*
- *supporting diet and lifestyle changes by addressing underlying emotional triggers for unhelpful behaviours;*
- *and exploring new healthful ways of relating with life and others.*

Musicians in the Zone: Emotional Freedom Technique as a Clinical Pilot Intervention Targeting Music Performance Anxiety, Subjective Wellbeing, Flow and Pitch Accuracy in Musicians
Abbey Lawless, PhD

This is a 4-phase multimodal research using Emotional Freedom Technique (EFT), an emerging psychosomatic stress reduction approach, as a training and therapeutic methodology for musicians. Specifically, this research proposes that EFT reduces music performance anxiety, and increases wellbeing, thereby expediting the learning and acquisition of pitch accuracy whilst offering more opportunities to experience the much sought-after motivating flow state. **Phase 1** was an initial scoping literature review that identified various inherent systemic weaknesses and challenges as well as existing pillars to support music industry workers. **Phase 2** was a semi-structured interview with 22 seasoned and professional Australian musicians conducted as a ‘pulse check’ on prevalent issues, which identified that influences such

as flow, music performance anxiety, pitch accuracy, and overall wellbeing were pivotal influences throughout a musician's career.

Phase 3 is an online survey of 140 tertiary music students to investigate how flow, wellbeing, and music performance anxiety impact musicians early in their careers.

Phase 4 will offer a brief 4-week intervention in a mixed modal ABA time course design, to investigate EFT's influence on music performance anxiety, general wellbeing, flow and pitch accuracy in tertiary music students.

Targeted intervention and skill mastery early in training and development could better screen clinical issues such as music performance anxiety, help buffer adverse industry-specific occupational challenges in a musician's career and harness and enhance wellbeing. Ultimately, it is anticipated that trained and potentially un-trained musicians could further their musicality by improving pitch accuracy through EFT as an arousal reduction technique.

It is proposed that results from **phases 1,2, and 3** and a brief outline of the EFT pilot intervention in **phase 4** will be presented at the upcoming 2023 conference. As **phase 4** of this research is due to commence in July 2023, the researcher aims to present findings from the pilot intervention at the 2024 conference.

Successful Withdrawal from Six Psychiatric Medications Using Criteria-Based Energy Testing: A Case Report Alice W. Lee, MD, ABIHM, ABoIM

Currently, the field of psychiatry is beginning to understand the severity and persistence of psychiatric medication withdrawal symptoms. Functional approaches have been proposed for some psychiatric medication withdrawal processes, but there is no consensus for a reliable method for guiding safe psychiatric medication withdrawal or resolving underlying causes of mental illness for psychiatric patients' unique needs over the course of treatment. Consequently, mental illness is still generally considered a chronic incurable disease, and the use of psychotropic medications is still recommended as the best treatment option for an indefinite period of time.

In order to have a successful psychiatric medication withdrawal process without having a relapse during or post withdrawal, a patient must simultaneously heal from their underlying causes of mental illness and any dependency on drugs/psychiatric medications. This process requires sufficient understanding of relevant factors impacting the patient, which shift over time (and during the actual healing process). Factors that affect a patient's mental and physical condition include genetics, nutritional status, healing interventions, internal and external stressors, toxicity and drugs/medications.

Given these difficulties and challenges, how can clinicians determine what interventions would be appropriate for patients at any given point during the treatment process beyond clinical empirical guesswork? Is there a method that can reliably, efficiently, and accurately guide clinicians to help patients resolve underlying causes of mental illnesses?

This case report answers these central questions using the example of a 60 y.o. woman diagnosed with bipolar disorder with psychotic features, who successfully withdrew from six psychiatric medications within a year without a relapse during or post withdrawal. The patient began holistic psychiatric treatment in March 2020 after being switched to six psychiatric medications. She was psychiatrically stable and presented with the following symptoms: flat and numb emotions, cognitive slowing, and excessive fatigue and sedation.

Interventions during holistic psychiatric treatment included nutritional supplements, gradual medication taper, and energy psychology techniques. Criteria-based energy testing (CBET) based on principles underlying manual muscle testing or applied kinesiology accessed relevant descriptive information on function that guided the treatment process. CBET was performed through self-muscle testing by the clinician for the patient at a distance, i.e., patient and clinician were located in different states when testing was performed.

This case report illustrates how specific, clinically relevant data can be accessed through CBET to successfully heal from mental illness and smoothly withdraw from six psychiatric medications by 1) determining the patient's underlying causes of illness, 2) adjusting nutritional supplements and medication dosages appropriately, and 3) providing proper timing for supplement and medication adjustments. Using CBET, she was able to taper off all psychiatric medications and remain in excellent mental health since March 2021.

**Embodied Therapy to Treat Trauma and Addiction:
A Case Study
Bruce Wayne Meleski, PhD**

This case study examines the role of High Intensity Embodied Therapy in balancing neuro-regulation for SM, a 30-year-old female who has suffered from extreme trauma and addictions. The client experienced multiple sexual abuses as a teenager, completed psychiatric and psychotherapy treatment both inpatient and outpatient for 15 years, and presented with self-harm behaviors and psychotic episodes. This case shows how addressing stored embodied patterns can accelerate healing beyond traditional medication and talk therapy strategies.

The intervention used to address embodied patterns is the Body Logic System (BLS), comprised of two components: High Intensity Embodied Stimulation (HIES) and Body Mind Integration (BMI). HIES is best described as a vibrational massage using touch, sound, and spinal manipulation. BMI is a comprehensive Interpersonal Neurobiology (IPNB) approach tailored to the experiences of HIES and provides a framework for emergence. Together the components create a system for mental well-being and health.

The client had overcome addictive behaviors (alcohol, drugs) with traditional psychotherapy including extensive residential treatment. She presents with mild food addictions and self-harm (cutting and skin picking) behaviors. SM suffers from anxiety disorders, insomnia, and psychoses in the form of hallucinations. All these current behaviors have resolved or improved following the Body Logic System program. Psychotic episodes have reduced by more than 70% when compared to the 3 months before the BLS Program. Cutting has not occurred since March 13,

2022, a specific date that SM remembers. Skin picking has decreased more than 70% compared to 3 months prior to BLS Program.

This case study examines the impact of HIES and BMI on resolving embodied patterns resulting from trauma, changes in behavior and improvements in quality of life. Preliminary observations suggest that the BLS produces therapeutic experiences comparable, or alternative to psychedelic treatment for trauma and addictions.

**Daily Mindfulness Meditation for Improved Student Outcomes:
A Whole Primary School Approach
Peta Stapleton, PhD**

There is now evidence for the positive impact of mindfulness in children, and a recent systematic review (29 studies) of meditation techniques used by mindfulness-based programs on cognitive, socio-emotional, and academic skills of children from 6 to 12 years of age indicated their support to improve cognitive and social-emotional outcomes. Criticisms of child meditation studies include that most have once weekly sessions only, and they often fail to have follow-up periods after the intervention ends.

Method: With ethical approval from both the university and the education department, the current study took a whole school approach, across ages 4.5 years to 12 years, and utilised a daily guided mindfulness meditation approach. The meditations were played in the classroom by the teacher every day at the start of the first lesson, for a 10-week term (July – September 2022) and used a recorded guided meditation (provided by investigator partner Dr Joe Dispenza). There were 23 classes of students aged 4 to 8 years, and 15 classes of students aged 9 to 12 years, totalling 920 students. Every class participated and no teachers withdrew from the study.

There were two options based on age: a 3–4-minute track for younger students (4.5 – 8 years) and a 5–7-minute track for older students (9-12 years). The same meditation was played for two continuous weeks, and then a new one was played. In total there were 5 different meditations included.

The themes were:

1. Breathing – getting in touch with breath
2. Body scan meditation / Affirmations
3. Kindness meditation (Heart Centred)
4. Feeling Good meditation
5. Staying Positive meditation

Results: The students completed baseline measures related to emotional regulation, perceived achievement progress, mindfulness skill and happiness. They also completed the same measures every Friday of the week, and completed weekly evaluations and personal journals on the experience. Teachers also provided qualitative feedback on the trial. A 12-week follow-up is occurring in December 2022.

Discussion: Results will be presented with implications for future research.



Presenter Biographies

Professor Liz Boath Ph.D., is Professor of Health and Wellbeing at Staffordshire University in the UK. Liz has over three decades experience in qualitative and quantitative research, systematic reviews, and service evaluation. Liz is a leading light in EFT research and is a long-standing member of the EFT International Research Committee and Honorary Member. She is a prolific writer and has published over 60 peer reviewed publications and ten books, including many publications in the field of EFT and Energy Psychology (EP). Her latest book *'Making the Case for EFT and Energy Psychology: Designing, Conducting and Publishing Case Studies'* highlights the need for published EFT and EP case studies and provides a clear road map to guide practitioners to publish their own case studies. This book has been translated into Dutch *'Bijdragen aan BewijsOpbouw voor EFT en EnergiePsychologie: Case Study's Ontwerpen, Uitvoeren en Publiceren'*, and the Spanish edition will be available soon.

Elizabeth Boath, PhD
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Terrie Hope, PhD is a clinical researcher and published author. She holds a PhD and Doctorate of Natural medicine with advanced studies on quantum medicine and consciousness. Focused on developing new frontiers in health and whole wellness. Her interest in energy, neuroscience and transformation has led to multiple research studies relating to transformation, neuro-activity and changes in consciousness. She creates and facilitates programs and consults with people around the world to achieve high level wellness with a focus on consciousness, neuroscience and mind body integration.

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Margaret Hux, MSc is a registered psychotherapist in her fourth year of Spiritual Psychotherapy practice in Ontario, Canada. Marg uses EFT and other modalities with individuals with anxiety, depression, life change or relationship issues, chronic pain and trauma. She worked for 25 years in health outcomes and market access research for medications, medical devices and other health technologies. Key research topics included the cost-effectiveness of a new treatment compared to current treatments, and impact on health care budgets of funding, measuring patient quality of life and health utility measures, systematic literature reviews and meta-analyses. This research is in support of manufacturer market access submissions to payers in Canada and in other countries with rigorous and challenging requirements and health technology assessment of evidence determining whether products will be purchased and used.

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Mahima Kalla, Ph.D., is a Co-design Researcher within the University of Melbourne. She has a keen interest in exploring health and wellbeing from a multidimensional perspective. In her PhD, she explored how Emotional Freedom Techniques (EFT) can be used to support physical chronic disease healthcare. Mahima specialises in conducting qualitative research which involves the in-depth exploration of people's lived experiences. Additionally, her research has explored the study of underlying neurobiological mechanism of action in EFT. Mahima's work has been published and cited across a range of journals, including but not limited to *Disability and Rehabilitation* and *Current Research in Psychology*. She is regularly invited to present her research at conferences and symposia both in Australia and internationally.

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Announcing two books on Energy Psychology:

Dr. Liz Boath of Staffordshire University in the UK has recently completed a book, *Making the Case for EFT and Energy Psychology: Designing, Conducting and Publishing Case Studies*. As the title implies, this book is designed for EFT/TFT/EP practitioners, and guides them through the step-by-step process of planning and conducting clinical case studies, and then writing and preparing them for publication.

Clinical case studies:

- Are a recognized form of research which practitioners can conduct
- Provide valuable feedback in real-life conditions
- Help build the evidence base for EFT and Energy Psychology
- Will enhance the confidence and credibility of practitioners.

Making The Case.... can be the first step toward conducting your own case studies, getting published, and developing mastery of tapping modalities.

<http://getbook.at/makingthecaseforEFT>

Catherine Folkers is the editor of *Treating Trauma with Energy Psychology*. Advanced Integrative Therapy (AIT) is a comprehensive psychodynamic and energetic therapy developed by Asha Clinton, PhD. It is unique in that it combines manual muscle testing with “decision trees” to identify blocks in functioning, and then resolves those blocks by treating the energy centers (Chakras). The book consists of numerous insightful case studies, with contributions by Vann Joines, Tony Roffers, Glenn Soberman, Marcia Guimares, Gina Verseman, Georgia Howorth-Fair, Susan Josephson, Nancy L. Smith and Catherine Folkers. Highly recommended for anyone wishing to learn more about AIT in clinical practice.

https://www.amazon.com/Treating-Trauma-Psychology-Catherine-Folkers/dp/1977244386/ref=sr_1_1?crid=V6GQT7HFR70C&keywords=catherine+folkers+treating+trauma+with+energy+psychology&qid=1650309880&s=digital-text&sprefix=catherine+folkers+treating+trauma+with+energy+psychology,digital-text,217&sr=1-1

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