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Advances in Energy Psychology

Proceedings of the Thirteenth
Annual Research Symposium

Association for Comprehensive Energy Psychology
Phoenix, Arizona
May 30, 2024

“The important thing is not to stop questioning.

Curiosity has its own reason for existence.

*One cannot help but be in awe, when he contemplates
the mysteries of eternity, of life, of the marvelous
structure of reality.*

*It is enough if one tries merely to comprehend a little of
this mystery each day.”*

Albert Einstein



Welcome from the Symposium Coordinator

Welcome to the Wigwam! We held our annual conference here in 2002, and it's great to be back here again.

Energy psychology is an international affair. Last year, twenty research studies and eight systematic and comparative reviews from Australia, India, Indonesia, Iran, Korea, Spain, Turkey, the UK and the US, were published in peer-reviewed journals. This year we will hear presentations from Australia, India, Iraq, the UK and the US.

Our skirmishes with the APA continue. In 2022 David Feinstein wrote a systematic review entitled "Integrating the Manual Stimulation of Acupuncture Points Into Psychotherapy: A Systematic Review With Clinical Recommendations," which was published in *the Journal of Psychotherapy Integration*, an APA journal. The article received a critical response from professors Carolyn Boness, Gerald Pfund and David Tolin, the author of the Tolin criteria for Empirically Supported Treatments. In their "blistering critique," to use David's words, they called EP "an unsinkable rubber duck," and stated that "the validity of energy meridians is dubious," "there is little or no credible evidence of acupressure as an active treatment ingredient," and "EFT is not in the realm of ethical behavioral health practice."

David will discuss his article, the subsequent controversy and his rejoinder in what promises to be a fascinating Keynote.

Just as it takes a village to raise a child, so 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; David Feinstein, Dawson Church and Melinda Connor; our Symposium review committee, Jenny Edwards, Suzan Thompson and Jan Warner; members of ACEP's research committee including Suzanne Connolly, Shirley Conrad, Jenny Edwards, Phil Friedman, Maria Elena Garcia-Terra, Sue Hannibal, Terrie Hope, Bob Hoss, Marg Hux, David MacKay (board liaison), Sarah Murphy, Suzan Thompson, Veronica Wanzer 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

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.

Every year this research symposium is great. But I have to say that this year's symposium may be the best ever. Research itself is super important. But the narrative that goes along with the research may be even more important. While science should be objective, it involves people who are not. Despite the ever-increasing amount of research on EP, we still face an issue called "hardening of the paradigms" by many people still stuck in the past. This is just part of the process. David Feinstein's talk will address the latest version of this dynamic.

We are super excited about ACEP's ongoing 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 mind-body-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 methods and models to treat psychological and emotional problems, facilitate health and wellbeing, and improve human performance. These models and methods are used within an integrative and holistic approach to psychotherapy, counseling, coaching and integrative medicine.



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 1,400 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.

2022 Research Symposium Review Committee

Our review committee this year consisted of Jenny Edwards, PhD, Suzan Thompson, PhD and Jan Warner, PhD. Many thanks for their painstaking efforts in reviewing and evaluating the Symposium submissions.

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>

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/>

Jan Warner, LISWS Ph.D., is a licensed independent social worker, therapist, consultant and group facilitator. She earned a Masters in Social Work from Case Western Reserve University, and a doctorate in Clinical Psychology from the California Institute of Human Science. Last year she retired from the VA Cleveland Medical Center where she held several positions in psychiatric social work specializing in dual diagnosis. Currently she volunteers as a telehealth facilitator for the Mental Health Community Ministers at Mission Peak Unitarian Universalist Congregation. She currently maintains a part-time telehealth psychotherapy practice specializing in adult mental health. She has made presentations to the social work department and nursing department of the VA, and has also spoken to the United Nations on adult mental health care issues. She has co-authored two research studies published in peer-reviewed journals, and is an active member of ACEP's research committee.

**13th Annual
Energy Psychology Research Symposium
May 30, 2024**

8:30am – 8:40am	Welcome and Introductions, John Freedom.
8:40 – 9:05am	<i>“About Face: Is Online Delivery of Emotional Freedom Techniques (EFT) as Effective as Face-To-Face?”</i> Elizabeth Boath, PhD.
9:05am – 9:30am	<i>“Optimising Plant Morphology, Chlorophyll Content, and Yield Across Diverse Plant Varieties Through Pranic Healing Techniques,”</i> by K. Nagendra Prasad, PhD, Vinu Vijayakumar, MSc., and Srikanth N. Jois, PD.
9:30am – 10:00am	<i>“A Meta-Analysis of Randomized and Non-Randomized Trials of Thought Field Therapy (TFT) for the Treatment of Posttraumatic Stress Disorder (PTSD) and Anxiety,”</i> Jenny Edwards, PhD and Michelle Vanchu-Orosco, PhD.
10:00am – 10:15am	Morning break
10:15am – 10:45am	<i>“Comparing AIT and EFT in the Reduction of Negative Emotions Associated with a Past Memory: A Randomized Controlled Trial,”</i> Greg Brown, MD.
10:45am – 11:15am	<i>“Utilizing Advanced Integrative Therapy (AIT) to Treat Anxiety and PTSD in a Pregnant Woman: A Single Design Case Study,”</i> Elizabeth V. Pace, LPCS, M.ED.
11:15 - 11:45am	<i>“Effectiveness of Lay Counsellor-Delivered Thought Field Therapy for Trauma-Related Symptoms Among Trauma Affected Internally Displaced Women in Iraq,”</i> Suzanne Connolly, LCSW.
11:45 – 1:00pm	Lunch Break
1:00pm – 2:00pm	Keynote Lecture: <i>“A Blistering Critique of Energy Psychology and How I Responded,”</i> by David Feinstein, PhD.
2:00 – 2:30pm	<i>“Client Experiences of Virtual Energy Healing,”</i> Janet M. Marinelli, MS, and Carol C. Geisler, PhD.
2:30– 2:45pm	Afternoon break
2:45pm – 3:15pm	<i>“The Effect of Emotional Freedom Techniques for Facilitating Forgiveness: A Randomized Controlled Trial,”</i> Peta Stapleton, PhD.
3:15pm – 3:45pm	<i>“High Intensity Embodied Stimulation Effect on Brain Function: A Pilot Study,”</i> Bruce Wayne Meleski, 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,” Abbey Lawless, PhD.

Abstracts of Presentations

About Face: Is Virtual Group Delivery of Clinical Emotional Freedom Techniques (EFT) as Effective as Face-To-Face Group Delivery in Improving Psychological and Physiological Markers of Health?

Elizabeth Boath, PhD

Introduction: Over 100 studies demonstrate the efficacy of Emotional Freedom Techniques (EFT), an evidence-based therapeutic method. However, most research is on in-person delivery of EFT. Only a few studies examine EFT delivered virtually, and to date no research has provided a direct comparison of group virtual EFT to group in-person delivery.

Objectives: Delivery of EFT shifted to online platforms in the wake of the 2020 COVID-19 pandemic. This makes a comparison of virtual delivery to in-person delivery timely. The research question of whether online group delivery is as effective as in-person group delivery is of high clinical relevance, given the increased access and convenience offered by virtual treatment options.

Methods: Participants in the online group were a convenience sample of 172 participants drawn from four four-day virtual EFT training sessions. Changes in psychological and physiological symptoms were measured pre, post, and at six-month follow-up using the Patient Health Questionnaire (PHQ-4), the two-item Post Traumatic Stress Disorder (PTSD) Checklist (PCL), the Happiness Scale, and the QuickDASH pain scale. These results were then compared to those of a previously published study of in-person group EFT ($N=203$) that used an identical training curriculum delivered face-to-face (Bach et al., 2019). Due to COVID restrictions, the physiological measures used in the face-to-face delivery could not be replicated in the virtual group.

Results: Online group EFT demonstrated significant improvements in PTSD ($p<0.001$), anxiety ($p<0.001$), depression ($p<0.001$), pain ($p<0.001$), and happiness ($p<0.001$) pre to post EFT. These improvements were maintained at six-month follow-up for PTSD ($p<.001$), depression ($p=0.048$), pain ($p=0.002$), and happiness ($p<0.001$). Although there was a reduction in anxiety in the online group at six-month follow-up, this did not reach significance ($p=0.102$). When compared to the in-person group (pre COVID), the percent change in symptoms, while still clinically and statistically significant, was for most conditions smaller in the virtual group (post COVID) at both post and follow-up time points.

Conclusions: EFT is associated with significant improvements in psychological and physiological

conditions including PTSD, anxiety, depression, pain, and happiness whether delivered virtually in groups or in-person in groups. The psychological and physiological benefits identified in online treatment are similar to those found during in-person delivery. This finding is consistent with the literature demonstrating that online treatment is an effective method of delivering psychological therapies. Published treatment guidelines already recommend in-person EFT as an efficient and cost-effective first-line intervention in primary care; virtual group EFT can be similarly recommended.

Comparing AIT and EFT in Reduction of Negative Emotions Associated with a Past Memory: A Randomized Control Study

Greg Brown, MD

Advanced Integrative Therapy [AIT] is an Energy Psychology-based system of intervention utilized by psychotherapists since the late 1990s. Recently, a study investigated the perceptions of therapists regarding the effectiveness of AIT in reducing negative emotions related to past traumatic events. Emotional Freedom Techniques (EFT) are a set of well-researched Energy Psychology based interventions which have been established as an effective intervention for post-traumatic stress disorder. This study is the first to compare the effectiveness of AIT to EFT in reducing negative emotions associated with a particular memory in a sample of college and professional students, who were randomly assigned to the intervention.

A total of 72 students (intervention AIT: $n = 38$, 52.8%) or EFT (intervention EFT: $n = 34$, 47.2%), completed a pre/post survey consisting of Subjective Units of Distress (SUD) scale, presence of the initial negative emotion, and presence of the original physical sensation. Both interventions led to a significant drop in SUD scores from over 4 (pre-intervention) to about 1 (post-intervention). There were no statistically significant differences observed in the post-intervention mean scores of SUD (1.03 ± 1.10 vs. 1.29 ± 0.71 , $p = 0.2$) and HRV (52.02 ± 20.68 vs. 47.23 ± 21.55 , $p = 0.4$) among both intervention arms. Interestingly, a significantly higher proportion of participants who underwent AIT required only one round of intervention to report their SUD dropped to 0 or 1 (elimination of negative emotion) as opposed to those with intervention EFT (47.4% vs. 14.7%, $p = 0.012$).

The results of this trial suggest the equivalence of AIT and EFT, that AIT provides the same degree of robust response already documented with EFT in reducing the negative emotions associated with traumatic past experiences. This first randomized control trial (RCT) of AIT compared with a known effective treatment, EFT, provides an initial set of data to suggest that AIT demonstrates similar efficacy in the reduction of negative emotions associated with past traumatic experiences.

Effectiveness of Lay Counselor-Delivered Thought Field Therapy for Trauma-Related Symptoms Among Internally Displaced Women in the Kurdistan Region of Iraq

Suzanne M. Connolly, LCSW

Purpose: We aimed to determine if lay persons who had been professionally trained to facilitate a thought field therapy (TFT) intervention can efficiently and effectively reduce symptoms of trauma in women living in Internally displaced persons camps in the Kurdistan region of Iraq.

Method: In this double-blind feasibility study, women volunteers in one camp for internally displaced persons received one to three sessions of lay counselor facilitated thought field therapy interventions and women volunteers in a second camp for internally displaced people received one to three sessions of the four-seven-eight breathing exercise over a period of two days. A posttest was administered over the following two days, and the follow-up assessment one month following. The camps were selected randomly and were geographically distant to prevent cross-contamination. The therapists, the assessors, the participants, and the statistician were blind to which group was the treatment group and which group was the active waitlist group.

Results: The results obtained from between-group and within-group analysis of the General Health Questionnaire show that the changes of the two groups are significantly different in terms of time ($p < 0.001$). Also, the interaction between time and group ($F = 414.45$, $P > 0.001$) shows a significant difference. Based on the obtained Eta coefficient, the effect size of time and group interaction was 0.68, which is considered a high effect size. The examination of the two groups also showed that the two groups show a significant difference ($F = 25.59$, $P > 0.001$). The level of effectiveness based on the results obtained shows an effect size of 0.12, which indicates a medium effect size. The results obtained from between-group and within-group analysis of Post Traumatic Stress show that the changes of the two groups are significantly different in terms of time ($p < 0.001$). Also, the interaction between time and group ($F = 385.12$, $P > 0.001$) shows a significant difference. Based on the obtained Eta coefficient, the effect size of time and group interaction was 0.66, which is considered high effectiveness. The examination of the two groups also showed that the two groups show a significant difference ($F = 4.13$, $P > 0.001$). The level of effectiveness based on the results obtained shows an effect size of 0.02, which indicates a small effect size.

Discussion: Our feasibility study found initial evidence that professionally trained lay counselors with a brief training in thought field therapy are capable of reducing symptoms of PTSD and improving a sense of wellbeing in internally displaced women following a brief thought field therapy intervention.

A Meta-Analysis of Randomized and Non-Randomized Trials of Thought Field Therapy (TFT) for the Treatment of Posttraumatic Stress Disorder and Anxiety

Jenny Edwards, PhD and Michelle Vanchu-Orosco, PhD.

Background: Thought Field therapy (TFT) is a method of tapping on the meridians of the body to treat symptoms of psychological distress such as posttraumatic stress and anxiety. The purpose of the study was to determine whether participants, guided by TFT-trained professionals or trained paraprofessionals, demonstrate symptom reduction greater than those receiving no treatment as assessed by standardized psychometric measures for posttraumatic stress and anxiety.

Method: A meta-analysis of studies (conducted between 2001 and 2023) evaluating TFT efficacy for individuals suffering from posttraumatic stress or stress was conducted. Thirty-nine databases were searched. In addition, requests were sent to colleagues to share any studies that had not been published. Every attempt was made to obtain all studies that had been done on TFT and posttraumatic stress.

Nine studies met the qualifications for inclusion in the meta-analysis: 1) Posttraumatic stress or anxiety needed to be one of the identifiers or be separated out if other psychological issues were included; 2) Thought Field Therapy needed to be the treatment or be separated out if other treatments were involved; 3) the assessment had to capture change from initial diagnosis to measuring the outcome after TFT treatment; and 4) the study needed to have means, standard deviations, and/or *p*-values, or it needed to have quantitative data so that pre and post measures could be compared. In two of the studies, a 1-10 Subjective Units of Distress (SUD) scale (or in one study, presence or absence of posttraumatic stress) was used rather than a measure of posttraumatic stress or anxiety.

Results: Publication bias, examined using plots of effect sizes by weighting, funnel plots, and Duval & Tweedie's Trim and Fill, did not appear to be an issue. The overall effect size for the pre- to post-TFT treatment in quasi-experimental conditions (-2.01) was large and statistically significant. The overall effect size for the pre- to post control in quasi-experimental conditions (-0.52) was a medium and statistically significant effect.

Conclusions: The results show that TFT is highly effective in reducing symptoms of trauma and anxiety in a variety of populations and settings. This meta-analysis extends the existing literature through facilitation of a better understanding of the variability and clinical significance of PTSD improvement subsequent to TFT treatment.

Keynote Presentation:

A Blistering Critique of Energy Psychology and How I Responded

David Feinstein, PhD

A small victory for Energy Psychology in 2023 was when one of the APA's top clinical journals published a paper I'd written called "Integrating the Manual Stimulation of Acupuncture Points into Psychotherapy: A Systematic Review with Clinical Recommendations."

However, one of the low points of the past year for us as a profession was related to that same paper. A blistering commentary on it was written by three prominent psychologists, accepted by the same influential journal, and distributed on Google Scholar and then in a journal article pre-print site well ahead of publication (or chance for rebuttal).

The commentary concluded that "EFT is not compatible with ethical practice in behavioral health." Along the way, it attacked the validity of the evidence base that we at ACEP claim shows Energy Psychology to be unusually powerful. It condemned our explanations about why tapping works.

The critique is erudite and well-pedigreed. I not only felt devastated when I first read it, I had been in a constructive dialogue with two leaders within clinical psychology who abruptly cut off all communication with me shortly after the critique was posted and distributed widely. Coincidence? By March 2024, more than 600 people had viewed the pre-print, with nothing countering it.

In this talk, I will (1) discuss the main assertions in the critique, which reflect the opinions of many of our colleagues, (2) explain the rationale for each assertion, and (3) then one by one, unmask, with evidence, the erroneous assumptions that are at the base of each major assertion. If you are advocating energy psychology, particularly in a conventional health or mental health setting, you may find yourself having to field similar challenges.

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 (c)

A substantial number of musicians encounter heightened psychological distress due to industry-specific stressors, with professional Australian musicians being 4.5 times more susceptible to suicidal ideation than the general population. Emotional Freedom Technique (EFT), an emerging stress reduction method, has demonstrated strong efficacy in various clinical conditions like pain, addiction, anxiety, weight loss, sports, and education, yet its application in music education and the facilitation of the flow experience remains understudied.

The 'Musicians in the Zone' clinical pilot study investigated the effectiveness of Emotional Freedom Techniques (EFT) in a structured 5-week live-online intervention, followed by three- and six-month follow-ups. Led by specialist EFT practitioners and involving 13 musicians, the program aimed at reducing music performance anxiety, enhancing wellbeing, cultivating flow experiences, and improving pitch accuracy. Results were promising, showing that EFT is a viable

tool for enhancing the wellbeing and performance of musicians. Designed for integration into music education and health services, this intervention has the potential to significantly improve musical proficiency and contribute positively to the broader musical community.

Client Experiences of Virtual Energy Healing

Janet M. Marinelli, MS, and Carol C. Geisler, PhD

Context: During the COVID-19 pandemic medical and holistic health practitioners turned to utilizing virtual healthcare. As energy healing practitioners and educators who shifted to an online format, it seemed important to document descriptions of client experiences of virtual energy healing.

Objective: To describe client experiences of virtual energy healing sessions.

Design: Descriptive pre-post intervention design.

Setting and Interventions: Two experienced and eclectic energy healing practitioners developed a protocol and conducted energy healing sessions via Zoom.

Participants: A convenience sample of Sisters of St. Joseph of Carondelet (CSJ) Consociates, people of diverse lifestyles and spiritual traditions who are committed to living the mission of the CSJs in the St. Paul Province.

Main Outcome Measures: Pre-post 10-point Likert scale rating of relaxation, well-being, and pain. Pre-post primarily qualitative questionnaires.

Results: Results indicated significant pre-post differences: pre-session relaxation ($M=5.036$, $SD = 2.9$) and post-session relaxation ($M=7.86$, $SD = 6.4$): $t(13)=2.16$, $p=.0017^*$; pre-session well-being ($M=5.86$, $SD = 4.29$); post-session well-being ($M=8$, $SD = 2.31$), $t(13)$, $p=.0001^*$; pre-session pain ($M=4.0$, $SD = 6.15$) and post-session pain ($M=2.25$, $SD = 3.41$), $t(13)=2.16$, $p=.004^*$. Thematic analysis revealed six themes related to client experiences of virtual energy healing: 1) embodied sensations, 2) relaxation, 3) release - a letting go of tasks/anxieties/worries, 4) sense of peace/joy/calm, 5) connection to themselves, others, and something larger, and 6) surprise that virtual energy healing works.

Limitations: This was a descriptive study using a convenience sample, therefore, there was not a control group, a large sample size, and the sample might be more prone to report better results than the general population because of their spiritual perspectives. Results were not generalizable.

Implications: Clients reported positive descriptions of virtual energy healing and say they would do it again. However more research is needed to understand the variables that influenced the results and the underlying mechanisms of action.

Body Mind Spirit Framework: Measurement, Method, and Feedback Processes for Neuro-Regulation

Bruce Wayne Meleski, Ph.D.

A review of a unique groundbreaking method for neuro-regulation, High-Intensity Embodied Stimulation (HIES) provides insights into assessing and managing challenges of neuro-dysregulation. Traditional embodied methods that facilitate neuro-regulation, such as breathwork, yoga, and meditation, rely on slow and steady practices. HIES protocol is unique in that it utilizes high intensity stimulation to efficiently calm the nervous system, fostering a state of ultra-relaxation, improved sleep, and reduced anxiety.

In this presentation I will explore the mechanics of neuro-regulation, identifying key elements of body, mind, and spirit. As the body influences the mind in monitoring human neuro-regulation, body and mind re-pattern via new neural pathways, improving homeostatic sentience.

A review of HIES generated experiences, changes in neurophysiology, emotional release, body mind integration, brain function, and neuro-strengths unveil a profile of increasing neuro-regulation. This paper presents several assessments for a nuclear family (mother, father, and son) who recently completed the HIES program. Self-reported changes in family dynamics and behavior are correlated with changes in neuro-regulation.

Utilizing Advanced Integrative Therapy (AIT) to Treat Anxiety and PTSD in a Pregnant Woman: A Single Design Case Study.

Elizabeth V. Pace, LPCS, M.ED

Many women experience pre-birth anxiety during pregnancy, especially during their first pregnancy because so much is unknown. This case study was undertaken to explore the efficacy of Advanced Integrative Therapy (AIT), a somatic energy psychology (EP) trauma treatment modality, in reducing the anxiety symptoms of a woman carrying her first pregnancy. It was hypothesized that the client's symptoms of anxiety and her scores on multiple trauma assessment measures would be reduced after utilizing Advanced Integrative Therapy as the only treatment intervention. The study was conducted in the office of the author, who met with the client weekly over 6 sessions, 60 minutes each. The client's self-report and subjective units of disturbance, a basic anxiety scale, a dissociative experiences scale, a posttraumatic stress checklist, and a complex post-traumatic stress checklist were completed pre and post treatment. This was a single study case design conducted on a previous patient after she became pregnant with her first child. The study found that the client's anxiety and post-traumatic stress scores were significantly reduced, and that the patient's subjective units of disturbance were also reduced. Previous case studies have found AIT to be effective in desensitizing and reprocessing stored traumatic memories that lead to an overactive nervous

system and symptoms of anxiety. More research on AIT's potential as a gentle treatment intervention for maternal mental health is needed.

Optimising Plant Morphology, Chlorophyll Content, and Yield Across Diverse Plant Varieties Through Pranic Healing Techniques

K. Nagendra Prasad, PhD, Vinu Vijayakumar, M.Sc. and Srikanth N. Jois, PD

Pranic Healing is an energy-based complementary healing practice that aims to balance the energy field or prana of plants and animals to enhance physical and mental well-being. Pranic agriculture (PA) harnesses prana to boost plant development. Prana is the subtle energy required for plants during all stages of growth. PA involves the projection of prana to plants to promote development.

The current study aims to understand the application of PA practices on chili, ridge gourd and marigold plants grown in field conditions. Chlorophyll content, plant length, stem diameter, root length, days to first flowering, days for first harvest and yield parameters were compared between pranic-treated and control groups.

Results: Chlorophyll content increased in pranic (26.61% & 13.64%) in ridge gourd and chilli respectively and the results were significant ($p < 0.05$) when compared with control. Plant length also increased and it increased 22% in chilli, 7.4% in ridge gourd and 3.8% in marigold respectively against the control. Also, the pranic group had 8% more stem diameter than the control. Root length was found to be significantly increased ($p < 0.05$) in the Pranic group by 44% in chilli and 38.46% in ridge gourd. The pranic group had earlier flowering and earlier harvest dates than the control group. When comparing crop yield between the groups, the pranic yielded more in chilli (16.71%), ridge gourd (5.85%), and marigold (30.67%) than the respective control groups.

The mechanism underlying this increment in PA treated crops is still not investigated. Farmers can benefit from adopting PA, which has the immense potential to help them generate additional income.

The Effect of Emotional Freedom Techniques for Facilitating Forgiveness: A Randomized Controlled Trial

Peta Stapleton, PhD

Introduction: Interpersonal transgressions, when individuals perceive someone has morally wronged them or caused hurt and harm and pain to their life, are inevitable in interpersonal interaction in everyday life. While unforgiving responses erode the victims' health and impair multiple functions in the bodily systems, the forgiving response reduces physiological responses and decreases allostatic load which leads to homeostasis and better health outcomes. The

application of Emotional Freedom Techniques (EFT) to assist individuals with emotional pain incurred from interpersonal transgression has not yet been investigated. Therefore, the purpose of this study was to expand current knowledge of the effectiveness of EFT to foster forgiveness in individuals enduring various degrees of interpersonal hurt.

Method: The study investigated the effectiveness of a single, self-administered, online EFT session in facilitating the process of forgiveness in individuals experiencing interpersonal hurt. The convenience sample comprised adult students taking undergraduate psychology courses at Luther College in the United States and Bond University in Australia and community members in both countries. Participants were randomly allocated to a single online session of EFT (N=50) that was pre-recorded or a block matching activity (N=50). Measures used pre and post the session included: The Negative Affect Schedule, a single-item stress scale, the Patient Health Questionnaire for Depression and Anxiety, the Transgression-Related Interpersonal Motivations scale, the Affective Empathy for Transgressor Measure, the Rumination about an Interpersonal-Offense Scale, the Injustice-Gap Scale and the Positive Affect Schedule.

Results: There were statistically significant improvements ($p < 0.001$) for the EFT group in revenge, avoidance, benevolence, empathy, rumination, injustice, negative mood, anxiety and depression, compared to controls (no significant differences). The only variable that did not change was positive mood (for both groups). The PANAS measure might not have been sensitive enough to capture subtle changes after just one session. Forgiveness involves intricate emotions such as anger, hurt, and betrayal and these did respond to EFT after one session. Resulting positive emotions may take longer.

Discussion: Results will be discussed in light of a single session of EFT and implications for future research and treatment of interpersonal transgression will be presented.



Presenter Biographies

Elizabeth Boath PhD, 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. 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 French: *Études de cas avec l'EFT et la psychologie énergétique: Apprenez à concevoir, réaliser, publier et diffuser un travail scientifique de qualité*; into Dutch *'Bijdragen aan BewijsOpbouw voor EFT en Energie Psychologie: Case Study's Ontwerpen, Uitvoeren en Publiceren*; and into Spanish: *En Defensa de EFT y Psicología Energética: Realizacion Redaccion y Publicacion de Estudios de Caso.*

<https://tinyurl.com/y5t9xkk4>

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