

Energy Psychology Techniques

I know that this may be new and different. However, no one can argue with the results of a collection of psychological therapies that have been around for two decades. Their success is impressive. Please read the attached article. I know it is a bit technical. However, it will describe some of the science behind the techniques.

Energy Psychology is a form of therapy that can complement other forms of psychotherapy used by licensed clinicians. In many instances, various energy psychology techniques can be taught to the layperson. However, I will address some cautions about this later.

The term energy psychology refers to a number of treatment strategies based on the traditional acupuncture meridians. These strategies often relieve health problems by eliminating emotional traumas or blockages from the mind/body continuum just as acupuncture relieves blockages in the traditional meridian system. However, unlike traditional acupuncture, energy psychology works by touching or tapping key points on the body rather than using needles. First developed in the mid 1980s, these energy psychology techniques soon came to be called "power therapies" because they work so quickly compared to traditional talk therapy. Some who have practiced and studied energy psychology report that this relatively quick effect may be due, in part, to effects deep within structures in the brain known found in the Limbic System and the Brain Stem. Neurotransmitters appear to be regulated, and even endorphins, the brain's own pleasure inducing and pain relieving chemicals, seem to be stimulated.

This kind of treatment strategy can help you address all kinds of conditions commonly referred to as psychological. Interestingly, it can also help treat conditions normally considered as physical that may have psychological aspect to them. You see, symptoms like digestive complaints, chronic pain, weight gain, headaches, sleep disturbance, hormonal imbalances, and more may have psychological components like stress, anxiety, anger, depression, frustration, worry, persistent negative thinking, and the like. So, forms of Energy Psychology, proven to be very safe for both children and adults, help improve psychological and "physical" complaints.

As a result of my research, I believe that this form of therapy ought to be part of a more comprehensive approach. Only a licensed clinician can evaluate when it is

best to include one of the many different Energy Psychology methods. Also, only a licensed clinician can help you process any emotions and issues that might arise. However, there are aspects of these methods that I may teach you for use at home. It is a way for you to reinforce our work together, and it is a way for you to empower yourself.

By the way, I have created my own form of Energy Psychology which I call Rapid Transformation. It is described elsewhere on this website.

This article gives you a glimpse into the fascinating science behind these techniques. I truly recommend it. As always, if you cannot cut and paste it into your browser, please copy it by hand and type it in.

www.shiftinaction.com/node/3965

VERY IMPORTANT: THE BOOK, THE GENIE IN YOUR GENES (PERHAPS A BAD TITLE FOR A VERY GOOD, SIGNIFICANT, AND UNCOMPLICATED BOOK) PRESENTS THE SCIENCE UNDERLYING ENERGY PSYCHOLOGY. IT IS WRITTEN FOR THOSE WHO ARE NOT SCIENTISTS NOR MEDICAL CLINICIANS. I HIGHLY RECOMMEND IT.