

# **Mental Field Therapy, Energy Kinesiology and Applied Psycho-Neurobiology**

## **with an Important Attachment About Thought Field Therapy**

(Related PDFs I recommend include: Neuro Emotional Technique, Eye Movement Integration and Neural Facilitation Technique. In fact, for a more “nuts and bolts” description of what an office treatment might be like, read the Neural Facilitation Technique PDF).

*(Note: MFT, APN, and EK (Energy Kinesiology) have been developed by Dr Dietrich Klinghardt MD, PhD (Psychology). Dr. Klinghardt is Founder of the American Academy of Neural Therapy, Medical Director of the Institute of Neurobiology, and lead clinician at the Comprehensive Medical Centre, all located in Bellevue, Washington. He is also Founder and Chairman of Klinghardt Academy (UK), Institute for Neurobiology (Germany) and CYNIK (Switzerland).*

*Internationally known for his successful treatment of chronic pain and illness, Dr. Klinghardt combines non-surgical orthopedic medicine with immunology, endocrinology, toxicology, neural therapy, hypnotherapy and energy psychology. His unique approach to diagnosing and treating diseases and disorders on both the physical and mental-emotional levels recognizes that good health is dependent on:*

- *A well-functioning autonomic nervous system*
- *A healthy mind that creates a balanced emotional state*
- *A supportive network of relationships within current and past generations of the family. His teaching includes explorations of the influence of family relationships on health, based on approaches developed by psychoanalyst Bert Hellinger*

*In recognition of his work, Dr. Klinghardt received the Physician of the Year award from the Global Foundation of Integrative Medicine in May 2007).*

**Applied Psycho-Neurobiology:**

The practical application of Applied Psycho-Neurobiology utilizes all that is known and true in psychology, psychotherapy, counseling, psychiatry, neurology, neurosurgery, physiology, and techniques that exert their healing effect primarily over the ANS (such as neuralkinesiology, applied kinesiology, neural therapy, acupuncture, chiropractic, syntonic optometry, biology and all recent combination of the above, such as neuropsychology, with the clear intention to use this knowledge for healing). The theory and practical application of APN is a synthesis of the work of many researchers, psychologists, chiropractors, medical doctors and others.

**Psycho Kinesiology:**

PK is today the most elegant form of biofeedback counseling. The ART muscle test is used to engage the subconscious mind in a conversation and reveal unresolved deep-seated conflicts and post-traumatic stress states. The underlying cause of most illnesses, unwellness, premature aging, hormonal problems, chronic pain and other issues can be uncovered in minutes - and healed. For the past 12 years PK has been the fastest growing new technique in humanistic psychology in Europe. The goal of PK is to make traumatic events from the past conscious (unless they already are), uncouple their ill-making effect from the ANS and replace limiting beliefs that have been created, as an ineffective way to deal with trauma, with liberating beliefs.