

What is Energy Psychology (EP)?

Based on an integration of quantum physics, psychology, Eastern medicine, and spirituality, Energy Psychology believes that emotional, psychological, and behavioral problems are a reflection of disturbed bio-energetic patterns. Energy Psychology utilizes tools to directly balance the human energy systems.

Clients learn skills to self-regulate, rapidly reducing symptoms of anxiety, anger, trauma, guilt, shame, and depression. The mind-body connection involves a two-way communication system modulated by the energy pathways and centers of the body. Energy Psychology utilizes these energy pathways while working with disturbances in thought and emotion to more rapidly and thoroughly effect change.

Energy Psychology provides tools to quickly assess unconscious beliefs and resistances, release limiting beliefs and blocked emotions, promote readiness to change, and strengthen positive attitudes.

EP is used by practitioners for:

- Treating and relieving those suffering from emotional challenges such as addictions and compulsions, anxiety, depression, limiting beliefs, personality disorders, phobias, stress, and trauma.
- Maximizing human performance in business, sports, and the arts.
- Supporting the healthy development and well-being of individuals and groups.
- Increasing compassion, understanding, and peace throughout the world.

What is ACEP?

The Association for Comprehensive Energy Psychology is an international non-profit organization promoting and professionalizing Energy Psychology and collaboration among practitioners, researchers, and licensing bodies.

Since 1999, ACEP has expanded into a worldwide organization and sponsors an annual International Conference.

In addition, regional conferences are currently held in the US, Canada, Europe, and the Pacific Rim.

Our Mission and Objectives

ACEP is dedicated to the research, education and promotion of Energy Psychology to establish its credibility and effectiveness among all health professionals. We work toward achieving this mission by:

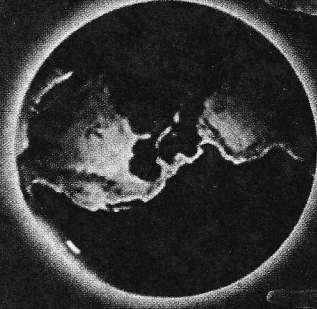
- Serving as a central resource by providing the latest developments in research and groundbreaking discoveries through our website, newsletter, and conferences.
- Sponsoring regional and international conferences about Energy Psychology to help expand awareness of this field among healing professionals and the lay community.
- Providing continuing education credits for licensed professionals.
- Conducting and/or financially sponsoring research that documents the validity and efficacy of these methods.
- Identifying and overseeing standards of care and ethical guidelines for professionals who incorporate EP modalities in their work.
- Fostering the development and implementation of a competency-based program of study leading to credentialing in Energy Psychology and a program for maintaining credentials.
- Supporting the dissemination of these methods among under-served populations worldwide through our Humanitarian Committee.

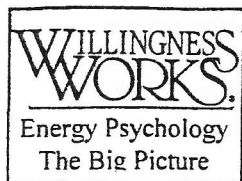
ACEP

Association for Comprehensive Energy Psychology

Join the Leading Edge of Energy Psychology

Reaching the World, Healing the World





Getting On the Same Page

How All the Different

Energy Psychology Approaches Fit Together

Nine Lineages That Birthed Energy Psychology

1. **The Chakra/Prana Lineage (India):** Balancing, strengthening and aligning the chakras (the human energy field's 'ENERGY CENTERS') has long been one of their keys to health, the benefits of which are now being documented by western science and medicine. Yoga and Pranic Healing/Psychotherapy are parts of this lineage. Chakra treatments are also incorporated into Barbara Brennan's and Rosalyn Bruyere's healing approaches, and Carolyn Myss' diagnostic approach. These three innovators are among the grandmothers of chakra and biofield based psychotherapies.
2. **The Meridians/Acupoints/Qi Lineage (China):** Balancing, strengthening and aligning the meridians and associated acupoints (the human energy field's 'ENERGY PATHWAYS') has long been one of their keys to health, the benefits of which are now being documented by western science and medicine. Acupuncture, Qigong and Feng Shui are parts of this lineage. This lineage intersected with chiropractic and physical therapy traditions, through George Goodheart, to create the discipline of Applied Kinesiology (AK), the grandfather of the meridian-based psychotherapies.
3. **The Aura Lineage:** Balancing, strengthening and aligning the aura (the multi-layered 'BIOFIELD' portion of the human energy field which envelops the physical body) has long been considered a key to health, the benefits of which are now being documented by western science and medicine.
4. **The Nursing Lineage:** Florence Nightingale, the British founder of modern nursing in the 1800s, was also a spiritual mystic who advocated the importance of treating the whole person in such a way that activated the person's intrinsic capacity for health. In 1970, Delores Krieger and Dora Kunz developed Therapeutic Touch (TT), bringing the treatment of the aura (biofield) into the realm of medical healing adjuncts. TT evolved in the nursing community to include chakra interventions of pioneers like Brennan & Bruyere as well, becoming known as Healing Touch (HT). Dorothea Hover-Kramer was a major figure developing HT. As a psychologist in addition to being a nurse, she is also the mother of biofield and chakra-based psychotherapy (which she termed "Psychoenergetics").
5. **The Physical Therapy (PT) Lineage:** The PT lineage utilized a diagnostic approach called Kinesiology to diagnose, through muscle testing, which muscle groups were in need of PT treatment, and to also evaluate if the PT treatment was producing the desired results.
6. **The Chiropractic Lineage:** In the mid 1960s, George Goodheart, D.C., hypothesized that diagnosing which meridians and acupoints needed treatment could be accomplished by adapting PT's Kinesiology diagnostic procedure to this purpose. His brilliant discovery led to the development of Applied Kinesiology and its offshoots, which have since become a major part of what is considered "standard of care" in the Chiropractic field. Descendants that are chiropractic cousins of meridian-based therapies include John Thie's Touch for Health (TFH), Dennison's & Teplitz's Educational Kinesiology (Edu-K) and Brain Gym. Scott Walker's Neuro-Emotional Technique (NET) and Victor Frank's Total Body Modification (TBM). The Nambudripad Allergy Elimination Technique (NAET) is a derivative of TBM, and the Tapas Acupressure Technique is a derivative of NAET.
7. **The Psychology Lineage:** American psychologist Roger Callahan and Australian psychiatrist John Diamond believed that AK might be developed into a psychotherapeutic intervention. In the course of studying with George Goodheart, they tried to collaborate together toward this end before parting ways. Roger built on AK to develop the Callahan Techniques. John built on AK to develop Behavioral Kinesiology. These two seminal innovators are our treasured fathers of the meridian-based psychotherapies, which have come to be referred to generically as Thought Field Therapy. Derivatives and hybrids based on TFT include such methods as: James Durlacher's Acu-Power, Gary

Craig's Emotional Freedom Techniques (EFT), Greg Nicosia's Thought Energy Synchronization Therapy (TEST), Fred Gallo's Energy Diagnostic & Treatment Methods (EDxTM), Judith Swack's Healing From the Body Level Up (HBLU), Larry Nims' Be Set Free Fast (BSFF), Lambrou's & Pratt's Emotional Self-Management (ESM), as well as a whole host of others. Asha Nahoma Clinton developed a hybrid of chakra and meridian interventions known as Matrix Work.

8. **The Electromagnetic Field (EMF) Lineage:** In 1935, Dr. Harold Saxton Burr, Professor of Neuroanatomy at Yale University School of Medicine, established that all living matter, from a seed to a human being, is surrounded and controlled by electrodynamic fields. This spawned a growing body of Western scientific research on human electromagnetic fields (and those of other animals), and the effects of astronomical electromagnetic fields, geophysical electromagnetic fields and artificial electromagnetic fields on the human electromagnetic field. The courageous pioneer, physician Robert Becker, further developed this field. Research has led to the development of devices to help keep the human energy field strong in the presence of artificial EMFs. EMF research is also helping us learn more about the causes of certain types of energy system disruptions that can be treated by Energy Psychology methods and their cousins from other allied health disciplines. The fields of geopathic stress, dowsing and Feng Shui are related to this lineage as well.
9. **The Quantum Physics Lineage – the Physics of Non-Material Energy:** Stunning research in the field of post-Einsteinian physics provides a scientific understanding of the underpinnings that may explain why Energy Medicine and Energy Psychology methods work. The proliferation of high tech medical diagnostic devices that conventional medicine now uses to evaluate the condition of the human energy system owes its theoretical credibility to quantum physics as well.
10. **Put These Nine Lineages Together and What Have You Got?** A comprehensive picture of what constitutes our wonderful new field of Energy Psychology!!! The *Association for Comprehensive Energy Psychology (ACEP)* is a non-profit organization whose purpose is to provide ways to facilitate collaborative interplay among all these lineages. ACEP helps advance the visibility, credibility, treatment and research of interventions that directly and explicitly intervene with the meridians, chakras and biofield to treat mind-body, psychological, spiritual and peak performance issues. *Comprehensive Energy Psychotherapy (CEP)*, developed by psychologists (and ACEP co-founders) David Grudermeyer, Rebecca Grudermeyer & Dorothea Hover-Kramer, is one of a number of training approaches which integrate diagnosis and treatment of all three of these aspects of the human vibrational matrix into a multidimensional Energy Psychology treatment approach.

MERIDIAN/APPLIED KINESIOLOGY PSYCHOLOGICAL LINEAGE SUMMARY

Applied Kinesiology = Meridians + Physical Therapy's "Kinesiology" (muscle testing): A.K. and its descendents have become standard practice in chiropractic care

Thought Field Therapy (& cousins*/derivatives**) = Applied Kinesiology + Psychology

CHAKRA/BIOFIELD PSYCHOLOGICAL LINEAGE SUMMARY

Healing Touch/Psychoenergetic Healing = Therapeutic Touch + Brennan/Bruyere Approaches + Psychology

COMPREHENSIVE ENERGY PSYCHOTHERAPY LINEAGE SUMMARY

CEP = Thought Field Therapy (and its cousins* and derivatives**) + Healing Touch/ Psychoenergetics + EMF/Physics Lineage + Professional Ethics + Standards of Care + Empirical Research Advocacy

* *TFT Cousins* = BK, PK, Edu-K/Brain Gym, HBLU, TAT, etc.

** *TFT Derivatives* = Acu-Power, EFT, TEST, EDxTM, BSFF, Matrix Work (a chakra-meridian hybrid), etc.