

Oct. 21 - Energy Psychology Interactive

This presentation will describe the concept of Energy Psychology, where it evolved from, the potential applications for it's use in expanding our self-care repertoire as third age learners, and provide an introductory learning application for TALC participants.

Presenter: Orval R Henderson, bsa, mce, maabs

Continuing to actively learn with other TALC'ers, Orval is an adult educator, and clinical psychotherapist, practicing his craft for over three decades.

Session Learning Objectives

- i) Encourage an attitude of interest and curiosity in TALC'ers regarding their personal experience(s) with self-care programs and methods, sharing what works best, and any limitations they experienced with these methods.
- ii) If there was one change an individual TALC'er would like to incorporate in their own life this winter, what would that be, and what result / outcome would this 'look like" by Spring 2017?
- iii) Introduce a brief history of energy psychology, including some of the methods associated with this manner of enhancing self-care aspirations in TALC'ers lives.

- ~ Donna Eden, & her daily Eden Energy Medicine methods
- ~ Roger Callahan, & his discovery of Thought Field Therapy (TFT)
- ~ Garry Craig, & his Emotional Freedom Techniques (EFT)
- ~ Francine Shapiro, & her Eye Movement Desensitization and Reprocessing (EMDR)
- ~ Dr's Dawson Church, David Epstein, John Diamond, Fred Gallo, et al
 - * Double Blind Research on E.P.'s Effectiveness
- ~ Association for Comprehensive Energy Psychology (ACEP)
 - Professional Association for energy practitioners

Your Reflections

1. What are some of your most reliable self-care methods that keep you healthy and which best maintain living your core aspirations in your day – to - day life?
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2. What are some of the most central challenges you face in being consistent in living out your core mythology / core aspirations?
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3. If you could name it, what is one personal change you would set as your Personal Goal for this autumn thru winter period?
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