

## **What is Energy Psychology?**

Energy Psychology (EP) is a family of integrated approaches to psychotherapy, coaching and healthcare treatment rooted in mind-body healing traditions that are up to 5,000 years old. EP methods blend the bio-energetic insights of these traditions with the best of contemporary psychological practice, and have been refined through 35 years of modern clinical experience with millions of clients throughout the world.

Embracing what modern physicists and ancient wisdom traditions know, energy psychology acknowledges the role of bio-energetic systems within and between people as important determinants of health and well-being, illness and pathology.

Energy psychology theory suggests that psychological problems are a reflection of disturbed bio-energetic patterns within the mind-body system – a system that involves complex communication between a person's neurobiology and their cognitive-behavioral-emotional patterns.

Energy psychology practitioners combine cognitive interventions (including focused awareness and mindfulness, imaginal exposure to traumatic memories and cognitive reframing) simultaneously with the stimulation of one or more of the human bio-energy systems such as meridians, chakras and biofields.

This powerful combination facilitates rapid positive change and optimal psychotherapeutic outcomes and is aligned with the latest findings from neuroscience and traumatology. With over 50 research studies to date, EP meets the criteria to be designated as evidence-based treatment.

## **What are Emotional Freedom Techniques (EFT)?**

Emotional Freedom Techniques (EFT) are one of the facets of Energy Psychology. EFT uses a powerful, contemporary healing approach that is based on ancient Chinese healing philosophy. The Emotional Freedom Technique focuses efforts on the meridian system – the system that also acts as the centerpiece for Acupuncture and Acupressure.

The meridian system is a set of channels that conduct energy through the body. Disruptions in the meridian (energy) system accumulate and lead to a variety of physical ailments and emotional issues. Clearing them often brings relief and/or resolution faster than traditional methods alone. Acupuncture and Acupressure have been primarily focused on physical ailments. EFT combines the physical benefits of Acupuncture with the cognitive benefits of conventional therapy for a much faster, more complete treatment of emotional issues, and the physical and performance issues that often result.

If you feel the results from conventional cognitive therapy have left you feeling “stuck,” Emotional Freedom Techniques may re-ignite your healing process with lasting results.

Source: <http://www.energypsych.org>

## What is Matrix Reimprinting?

Like Emotional Freedom Techniques (EFT), Matrix Reimprinting (MR) is a meridian tapping therapy that addresses emotional and/or physical issues and is used to manifest your dreams and your goals. Like EFT, MR utilizes the Traditional Chinese Medicine meridian Tapping System that has been used in acupuncture for thousands of years.

While MR evolved from EFT, it has some significant differences with EFT. With MR memory is transformed. By going into a specific memory and saying and doing what you wished you had said and done, the *picture* of that memory is transformed into a more positive experience. Since past negative memories affect your physical and mental health, changing the *picture* brings about healing on the physical and emotional plane and enables you to attract more positive experiences into your life. Therefore, you tune into a more resourceful experience while releasing stress and trauma in the mind-body field.

### *References:*

Tapping Training <http://www.efttappingtraining.com/eft-research/>

ACEP [http://energypsych.site-ym.com/?Research\\_Landing](http://energypsych.site-ym.com/?Research_Landing)

EFT Universe <http://www.eftuniverse.com/research-studies/eft-research>