

Energy Psychology

Energy Psychology has been called 'acupressure tapping for the emotions'.

This approach to emotional clearing offers a powerful tool for the clinician as well as potent back-home tools for the client. It is a self-empowerment approach that draws from various spiritual and healing practices and has good foundations in modern neurophysiology and psychology. It provides simple methods for *shifting brain patterns away from unwanted thoughts, actions, and emotions, such as anger, fear, anxiety, jealousy, shame and depression. By tapping energy points/nerve reflexes on the surface of the skin while focusing the mind on specific psychological content, problems, or goals - the brain's electrochemistry can be shifted to quickly help:*

Overcome Fear, Guilt, Shame, Jealousy, Anger, or Anxiety
Change Unwanted Habits and Behaviors
Enhance the Ability to Love, Succeed, and Enjoy Life.

By following some simple principles you will be able to immediately begin using it in your own life to make emotional and behavioral changes.

The Essential Principle: Recent research shows that the brain's ability to alter or shift neural pathways - that are the source of many psychological disorders, is far more effective and actually easier than previously believed.

How Does It Work? Tapping on nerve reflex/acupuncture points while focusing on an anxiety-evoking memory or thought - sends signals to the brain and nervous system that alter or disrupt the stressful response while allowing for new thoughts\behaviors to be processed and then programmed into different memory patterns.

It Can Be Used For treating: Unwanted emotions, compulsive behaviors, phobias, post-traumatic stress, depression, addictions, and chronic pain patterns. It can also be used for promotion of peak performance states and help in attaining personal goals.

Why Does It Work? Tapping over nerve reflex points, when paired with focusing procedures that activate memory networks in the nervous system and brain, sends signals to the brain that alter release of stress chemicals, deactivates emotional arousal states, and rapidly alters these pathways so change of emotional state can be felt and then acted upon.

Effectiveness has been established: Evidence is mounting and spreading that these techniques provide rapid, significant, and powerful tools for both self help and clinical treatment. Some 300 articles can be found in the EFT & Energy Psychology Article Library at <http://www.eft-articles.com>

Also - **Energy Psychology in Disaster Relief** - David Feinstein, Ph.D. www.EnergyTraumaTreatment.com

Energy Psychology: A Review of the Preliminary Evidence - David Feinstein, Ph.D.
www.EnergyPsychologyResearch.com