

Energy Psychology

By Arlene Anisman, M.Ed., R.P., CCA, DCEP

Over the past 30 years of practice as a psychotherapist, I have always sought effective ways to empower my clients to help them feel better and make the changes they want with the least amount of struggle or pain. **Energy Psychology** is one of the ways that I have found.

Energy Psychology is a family of mind/body techniques that have been clinically observed to consistently help with a wide range of psychological conditions, and is applicable to many areas including psychotherapy, counseling, education, vocational counseling, physical health, pain management, sports, peak performance and self-care.

There are three major interacting systems involved with Energy Psychology:

1. the energy pathways which includes the meridians and related acupoints,
2. the energy centers called the chakras, and
3. the human biofield which includes the systems of energy that surround the body, sometimes referred to as the 'aura'.

I work with an Energy Psychology system called "*Energy Diagnostic & Treatment Methods*" (EDxTM) which was developed by Fred Gallo, PhD. and is an integrative method incorporating the work of many practitioners and focuses mainly on the meridians and related acupoints. I compare the meridian system to the wiring in a house ... it is the wiring in our bodies. As we know, stressful events in our lives, negative thoughts and even chemical imbalances will impact and contribute to psychological and emotional problems in our lives. So, if there is an ongoing stressful event in your life, or a terrible event or trauma that happened to you, you'll likely have certain thoughts and beliefs about it, and these thoughts will trigger electrical impulses in your brain and body that produce imbalances in your body and upsetting feelings like anxiety, depression, anger, etc. And this all feeds back into the whole system, including the meridian system.

EDxTM is a form of Energy Psychology that involves manual muscle testing in both diagnosing the energetic aspects of psychological problems and in tailoring precise verbal statements and self-administered tapping to stimulate acupoint points where trauma, stuck feelings, and old beliefs are lodged in order to rapidly alleviate the disturbances, ie to let go of past traumas and stuck feelings, and to change old patterns that are not beneficial to us at present. Once the energetic structure of the problem is determined, the treatment is designed to efficiently eliminate the feeling, thinking and physical aspects of the condition. As such, EDxTM is a powerful tool that can be used alone or in conjunction with other approaches.

Energy Psychology in its many forms, and specifically *Energy Diagnostic & Treatment Methods* is helpful in the physical, emotional and creative areas of our lives, both in psychotherapy and for our own self-care.

Arlene Anisman is offering courses in EDxTM, Levels 1, 2, 3 and 4, in Toronto, on a regular basis. Contact her for further information at arlene@web.net or 416-766-8261.

For additional information, www.energypsych.com and www.energypsych.org .