

## WHAT OUR CLIENTS ARE SAYING

*"I had Post Traumatic Stress Disorder (PTSD) for years after I was in the area of a bomb blast. I couldn't go out in public without feeling dizzy and petrified. After doing EFT, all my symptoms have gone and I feel normal again."*

*"By teaching me the TAT technique, (it has) given me the key to overcome any emotional problems that occur in my life; from fear of flying, to family conflict and even weight issues, I can now tackle my problems and eliminate them quickly, before they have time to fester. My life is all the lighter and happier for it."*

*"I was a little sceptical about the whole affair but decided to give it a go anyway. I arrived late and hassled due to busy work commitments. Within 5 or 10 minutes or so my demeanour had changed dramatically and a soothing calm enveloped me. At the end of the 60 minute session I felt relaxed yet invigorated."*

*"I suffered emotional and physical abuse for years. After six sessions of EFT I actually feel it's all been lifted off me and I didn't even have to talk about it. EFT is very gentle; I would recommend it to anyone."*

*"I am a very different [me] now - very calm, very relaxed and very content. I am absolutely blown away by the difference our session has made to me."*

*"I know I shouldn't be amazed ...but I am, at how much lighter and freer I feel. I feel like it's easier already, that a lot of hurt, pain and anger have been released."*

*"I wanted to thank you for your great help in my flying fears when I went to London at Easter. I was absolutely fine.. Coming back was equally good."*

## ENERGY PSYCHOLOGY IRELAND

Energy Psychology Ireland is an internationally recognised peer-support organisation for practitioners of Energy Psychology techniques, providing up-to-date information, practitioner listings and guidance to the professions and to the public.

Energy Psychology Ireland is excited to be an international region of ACEP, (Association for Comprehensive Energy Psychology);

ACEP is an international, non-profit, organization established to promote responsible Energy Psychology treatments and collaboration among practitioners, researchers and licensing bodies.

**Visit the ACEP website at [www.energypsych.org](http://www.energypsych.org)**

### Accomplish Change

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Certified Teachers & Trainers in Energy  
Psychology Modalities.

Live the life you are  
meant to live!

# Energy Psychology

## A new paradigm for Healing

Energy Psychology is a family of mind/body techniques that are clinically observed to help with a wide range of emotional and physical problems.

accomplish  
change

UNWINDING LIVES  
...TRANSFORMING FUTURES



## ● WHAT IS ENERGY PSYCHOLOGY?

*A family of mind-body therapies and self-help techniques, Energy Psychology addresses disruptions in the energy that runs through and around your body. These disruptions appear to be the cause of emotional distress, negative thinking and unwanted behaviors. Energy Psychology is an innovative method stemming from cutting edge developments in the fields of acupuncture, medicine, psychology, kinesiology, including working with the human energy system using meridians, accu-points, chakras, and the biofield. This often involves eye movements, focusing in to sensations in the body and tapping, or holding, particular points on your own body. Einstein's famous equation,  $E = mc^2$  teaches us that physical matter is a form of energy. The idea that we can heal the body and the mind by working with energy is now being incorporated into medicine and psychology at a rapid rate.*

## ● HOW DOES IT WORK?

These revolutionary and user-friendly techniques are used to shift states of bodily experience. *Energy Psychology clears emotional disturbances in the energy body and its systems by focusing in on a problem, e.g. a negative emotion, a traumatic incident, a bad feeling, or limiting belief, which is normally triggered when some one says something, or you recall a memory, that has caused emotional upset.* When recalling an upsetting incident, which triggers an emotional response in you, it causes a disturbance in your mind/body system and creates neurological changes.

Example: The thought that “I am not good enough” often causes an emotional response. Energy Psychology techniques allow you to change the way you respond by removing the emotional response, and creating a new positive thought and reaction!

## ● HOW CAN IT HELP ME?

Clinical reports suggest that Energy Psychology methods are particularly effective with anxiety, depression, trauma, addictions, panic attacks and phobias. Studies have shown dramatic changes in brain scans, indicating that Energy Psychology techniques bring about rapid and significant changes at neurological level.

Using these methods, clients have:

- REMOVED PERSONAL BLOCKS
- CLEARED ALLERGIES
- ELIMINATED PHOBIAS AND FEARS
- HEALED TRAUMA
- REDUCED ANXIETY AND DEPRESSION
- LOST WEIGHT
- LET GO OF LIMITING BELIEFS
- INCREASED FEELINGS OF RELAXATION
- INCREASED SPORTS PERFORMANCE
- ENHANCED FEELINGS OF PERSONAL EMPOWERMENT AND SAFETY

## *Try it Yourself!*

*Would you like help to clear an issue?  
See the back panel or visit the website at  
[www.energypsychology.ie](http://www.energypsychology.ie)  
to find a practitioner near you.*

## ● WHAT EXPERTS ARE SAYING

*“The techniques of Energy Psychology have provided me with invaluable tools for working with trauma. No therapist can afford to remain ignorant of this new and exciting field”.*

**Nathaniel Branden, Ph.D.**

Author of *The Six Pillars of Self-Esteem*

*“Energy Psychology laser –focuses the principles from energy healing onto psychological issues. You change your energies and you change your neurochemistry. You change your neurochemistry and you change your mind, your mood, your behavior. It is deceptively simple and it is surprisingly effective”.*

**Donna Eden.**

Co-author of *Energy Medicine.*

*“Some truly exciting new upgrades in the field of psychology have been unfolding over the past decade-plus that are beginning to align psychology with the stunning discoveries that have been made over the past 75 years in the field of quantum physics. Energy Psychology is among such innovations leading the way into twenty-first century psychotherapy, appearing to provide rapid, reliable and lasting treatment of a broadening range of psychological issues through utilising some of the principles of quantum physics.”*

**David Gruder, Ph.D.,**

Director of *Willingness Works*

Co-Founder and first President of *acep*