

## Outline

### Energy Psychology – The Concepts & The Evidence

- Body-Mind Approaches to Human Problems
- The Energy Systems
  - Meridians
  - Chakras
  - Biofields
- A Brief Guide to the World of EP Therapies
  - Thought Field Therapy (TFT)
  - Tapas Acupressure Technique (TAT)
  - Comprehensive Energy Psychology (CEP)
  - Advanced Integrative Therapy (AIT)
- Does the Research Support the Clinical Claims?
  - 115+ Outcome Studies
  - Meta-analyses
  - Brain Research
  - The Critique Against EP
- Integrating Energy Approaches with Neuroscience
  - Interpersonal Neurobiology
  - Polyvagal Theory and Neuroception
  - Amygdala Modulated Alarm Reactions
  - Memory Reconsolidation
- Integrating EP within a Trauma Informed Approach
  - Adverse Childhood Experiences (ACEs)
  - Using EP to Keep Clients Within the Window of Tolerance
  - EP as a Bottom-up Approach to Treating Trauma
- Integrating EP with other Modalities
  - Overall Systems Approach to Psychotherapy
  - Mindfulness Approaches
  - Somatic Experiencing
  - Acceptance and Commitment Therapy CBT
  - Ericksonian Approaches

### Assessment

- How to Use EP Within the Tri-Phasic Model of Trauma Treatment
- Deconstructing Trauma and Anxiety-Based Beliefs, Schemas, and Patterns
- Eliciting Specific Traumatic Events that Support Limiting Beliefs and Schemas

- Body-Feedback Approaches
  - Unconscious blocks
  - Limiting beliefs
  - Energetic disturbances
- Isolating the Trauma and Anxiety-Based Components to Physical Problems
- Levels of Intervention-Which Do You Use and When?

### Treatment Techniques

- Emotional Freedom Techniques
  - The Basic Formula
  - Tuning into the Right Aspect of a Problem
  - “Tell the Story” Technique for Traumatic Events
  - Gentle Approaches to Prevent Overwhelm and Shut Down
  - Personal Peace Procedure for Treatment Planning
  - Treat Trauma-based Symptoms
  - Reducing Anxiety, Anger, Cravings
- Treating Negative Thoughts, Beliefs and Schemas for Trauma and Anxiety Disorders
- Reducing “Resistance” and Unconscious Blocks to Change
- EP Approaches to Increase Boundaries
- Tailoring Treatment to Client’s Specific Needs and Circumstances
  - Self-care and Stress Management
  - Palliative Treatment Approaches
  - Addictions
  - Pain
  - Couples
- Limits and Ethical Considerations using EP
  - Introducing EFT to Clients
  - Using EFT During Teletherapy
  - How not to “Force” EP on People
  - The Most Effective Stance for Using EP

### Live Webinar Schedule

(Times listed in Eastern)

**8:00** Program begins

**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

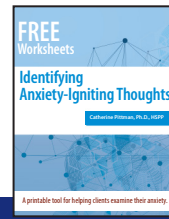
**PESI Offers Group Discounts!** To save on groups of 5 or more, contact us at [pesi.com/info](http://pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Jon Olstadt** at [jolstadt@pesi.com](mailto:jolstadt@pesi.com) or call **715-855-5215**.

**FREE WORKSHEETS!**

**Identifying Anxiety-Igniting Thoughts**



Get yours today at [www.pesi.com/ccatpworksheets](http://www.pesi.com/ccatpworksheets)

**Group Training Solutions Made Easy!**

- **ONLINE** or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000

— Join us online, for this live training! —

# TAPPING INTO ENERGY PSYCHOLOGY

**Approaches for Trauma & Anxiety**

**LIVE Interactive Webinar**  
**Wednesday, April 21, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



**REGISTER NOW:**  
[pesi.com/webcast/84788](http://pesi.com/webcast/84788)

— Join us online, for this live training! —

# TAPPING INTO ENERGY PSYCHOLOGY

**Approaches for Trauma & Anxiety**



**Featuring:**

**Robert Schwarz, PsyD, DCEP**

Trauma and EP Expert, author, & Executive Director of the Association for Comprehensive Energy Psychology (ACEP)

- Treat aspects of PTSD and Anxiety in 6 sessions or less
- Apply evidence-based mind-body approaches to increase client safety
- Integrate EP with other treatment modalities
- Apply techniques that reduce symptoms without medication
- Customize treatments for your client’s needs



**Live Interactive Webinar**  
**Wednesday, April 21, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

**REGISTER NOW:**  
[pesi.com/webcast/84788](http://pesi.com/webcast/84788)

# TAPPING INTO ENERGY PSYCHOLOGY

Your anxious and traumatized clients are suffering. Their bodies have been hijacked while anxiety and trauma keep their minds working overtime. They want to change how they feel and take control of their lives. They need your help to get relief and move forward through their traumatic experiences and anxious episodes.

As a therapist, what do you need to make a difference in their lives? You need action-oriented mind-body tools that can be customized to the unique needs of your clients. When they walk out of your office, you want to feel confident they have the tools to heal and stay in control when powerful emotions come at unexpected times.

Energy Psychology (EP) approaches offer state of the art evidence- based techniques to rapidly treat PTSD and anxiety. Commonly known as “Tapping”, these strategies have a rapidly growing base of research evidence and an ever-increasing group of followers - clinicians and clients alike.

**And now, you can learn these effective techniques from one of the country’s leading experts on Energy Psychology – Dr. Robert Schwarz.**

Join Dr. Schwarz for this webcast and he will give you:

- Methods to integrate EFT/EP within a trauma informed approach
- State-of-the-art therapy that utilizes the mind-body connection
- The ability to treat aspects of PTSD in 6 sessions or less
- Techniques to help clients rapidly reduce overwhelming negative affect w/o medication
- A framework to integrate EP with other treatment modalities

When you use EP in your practice, you will notice that your clients now feel safer, calmer, and hopeful about their futures. Discover the skills you need to transform the lives of your traumatized and anxious clients.

**Register today!**

## Objectives

1. Demonstrate the 4 basic steps of Emotional Freedom Techniques for symptom management.
2. Evaluate the current state of EP research and its clinical implications.
3. Utilize EP within the tri-phasic model of trauma treatment.
4. Apply one energy psychology approach in-session to help strengthen interpersonal boundaries.
5. Differentiate at least 2 EFT techniques to minimize abreaction while treating trauma.
6. Categorize the 4 main unconscious blocks to improved functioning and their treatment implications.
7. Analyze the effectiveness of EP from the perspective of neuroception and memory reconsolidation.
8. Execute the Personal Peace Procedure for treatment planning and symptom management.

## Meet Your Speaker

**Robert Schwarz, PsyD, DCEP**, has been a practicing psychologist for 35 years. He is a clinical member of AAMFT, an approved ASCH consultant in hypnosis; and he has been involved with Energy Psychology since 1995. He is diagnostically trained in Thought Field Therapy. He is a diplomat in Comprehensive Energy Psychology. He is the executive director of the Association for Comprehensive Energy Psychology (ACEP) and was the chief architect of ACEP’s making it possible for psychologists to get CE credits for Energy Psychology training. He is the organizer of ACEP’s Online EFT training Program. Dr. Schwarz is the author of *Posttraumatic Stress Disorder: a clinician’s guide* (1991); *Tools for Transforming Trauma* (2002), one of the first trauma books to describe Energy Psychology approaches, as well as *We’re No Fun Anymore: Cultivating Joyful Marriages Through the Power of Play*. He has organized the last 15 international conferences on Energy Psychology and taught workshops throughout the United States, Canada, England, France and Brazil.

Speaker Disclosure:

Financial: Robert Schwarz has an employment relationship with ACEP (Association for Comprehensive Energy Psychology). He receives a speaking honorarium from PESI, Inc.

Non-financial: Robert Schwarz is a member of the American Association of Marriage and Family Therapy.

### Target Audience:

Counselors • Social Workers • Psychotherapists • Marriage & Family Therapists • Nurses • Psychologists  
Addiction Counselors • Occupational Therapists • Case Managers • Physicians • Psychiatrists  
Physicians • Other Mental Health Professionals



**Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-844-8260 and we will make it right.

### CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapy, Nurses, Occupational Therapists, Physicians, and Social Workers.**

For specific credit approvals and details, visit [pesi.com/webcast/84788](http://pesi.com/webcast/84788)

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84788>

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84788>



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to

provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

This activity is pending approval from the National Association of Social Workers.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to  
**6.25 CE**  
Hours for one  
low price!

For all credit approvals and details, visit: [www.pesi.com/webcast/84788](http://www.pesi.com/webcast/84788)

## SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/84788](http://pesi.com/webcast/84788)**

### Live Interactive Webinar (Option 1)

**April 21, 2021** [PWZ84787]

**\$219.99** tuition

8am Eastern time

**Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar

*\*Live CE is only available when viewed live*

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

### On-Demand Digital Seminar (Option 2)

**\$219.99** [POS057800]

**Digital Seminar Experience:**

- Learn at your own pace with 24/7 access from your PESI account
  - Access to the program materials
  - Enjoy lifetime on-demand access
  - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability.

### DVD (Option 3)

**\$219.99** [RNV057800]

**DVD Experience:**

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-844-8260 to check for availability and pricing

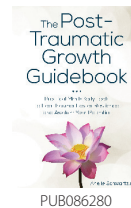
## Recommended Reading:



**Feeling Great**  
*The Revolutionary New Treatment for Depression and Anxiety*

David D. Burns, M.D

~~\$26.99~~ **\$19.99\***



**The Post-Traumatic Growth Guidebook**  
*Practical Mind-Body Tools to Heal Trauma, Foster Resilience and Awaken Your Potential*

Arielle Schwartz, PhD

~~\$24.99~~ **\$19.99\***

*\* Discount Included with purchase of the Webinar*

### OTHER WAYS TO REGISTER

**Phone: 800-844-8260**

Fax: 800-554-9775

Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000

\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-844-8260

### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

