Energy Healing In Psychotherapy

Energy healing in psychotherapy involves a mind-body approach to understanding and improving human functioning. The field of energy psychology incorporates the relationship between neurologic and electrophysiologic processes, bioenergy systems and human functions including thoughts, emotions, sensations, and behavior. These methods can be directly applied within any psychotherapeutic modality. Participants learn how to introduce clients to the science and art of energy psychology. They learn how to begin, from the first session, easily and smoothly helping clients to become accustomed to these powerful theories and practices. Learn the most authoritative and most popular balancing, calming, and centering techniques. Gain an overview of this burgeoning field. Learn to use Chinese meridian acupoints and energy centers for self-soothing and resolution of emotional disturbances. Experience muscle testing. Use tapping methods and energy centers to reduce stress and resolve emotional disturbances. Participants receive a copy of Dr. Peterson’s Energy Healing in Psychotherapy: A Clinician's Desktop Handbook (Southeast Institute, 2006).

Coming out of this workshop you will know how to bring these concepts and procedures into your clinical practice:

- 3 Positive Thoughts
- Body Focusing—Bottom-Up Therapy
- Goals of Therapy
- Good things-Bad things Timeline
- Cross Crawl
- Energy Exchange Breathing Exercise
- Over-Energy Balancing Procedure
- Triple Balance Procedure
- 9-Gamut Exercise
- Emotional Freedom Techniques
- Energy Center Healing
- Elaborated Eye Roll
- Self-Hypnosis Eye Roll
- Running Tri-Heater Backwards
- Light Stream
- Muscle Testing
- Energy Exchange Breathing
- Correcting Psychological Reversal
- Energy Healing Light Process
- Fronto-Occipital Hold
- Biofield Brushdown
- Covenant with unconscious
- Energy center healing procedures
- Lazy Eight
- Temporal Tap

Learning Objectives – By the end of the seminar, participants will be able to:

- Discuss how energy healing methods fit into and support general psychotherapy practice
- Describe memory reconsolidation in clinical practice
- Scale goals of therapy and disturbing events
- Apply three calming/centering procedures
- Administer the biofield brushdown
- Administer and interpret muscle testing
- Assess clinical signs of energy disorganization
- Develop issues for targeting
- Understand the purpose of and execute bridging techniques
- Apply a problem resolution procedure to disturbing events
- Employ the light stream technique
- Use energy center procedures to resolve disturbing events

*For a complete list of learning objectives and the training schedule, visit http://www.seinstitute.com or call (919) 929-1171.

DATES: February 24-26, 2017  CE Contact Hours: 15
TIME: Friday & Saturday 9:00am – 5:00pm; Sunday 9:00am – 12:00pm
FACULTY: Gary Peterson, M.D.
TUITION: $350, $100 deposit. Retake this workshop for $100 off
LOCATION: Southeast Institute
659 Edwards Ridge Road
Chapel Hill, NC 27517