

» [Return to the Energy
Medicine Institute Website](#)

EXECUTIVE OFFICES

Executive Director

Gina Ryan, MSW, CAE
8900 Boulevard East, Suite 8 A N
North Bergen, NJ 07047-6069
USA
Phone: 1-201-751-5032
Acep_ed@energypsych.org

2007 BOARD OF DIRECTORS

President

Larry Stoler, MSSA, PhD

Secretary/Treasurer

Michael Galvin, PhD

Immediate Past President

Mary Sise, MSW

Executive Director

Gina Ryan, MSW, CAE

Directors

Maria Becker, MD
Mary Jo Bulbrook, BSN, EdD
Dawson Church, PhD
John Freedom
Mary Hammond, MA
James Klopman, MBA
Gregory Nicosia, PhD
Robert Schwarz, PsyD
Carole Stern, BSN, MS

ADVISORY COUNCIL

Daniel Benor, MD
Asha Nahoma Clinton, PhD
Barbara Dossey, PhD
James Durlacher, DC
Tapas Fleming, L.Ac.
Fred Gallo, PhD
David Gruder, PhD
Dorothea Hover-Kramer, MSN, EdD
Belleruth Naparstek, MSW
James L Oschman, PhD
Lee Pulos, PhD
Gary Schwartz, PhD
William Tiller, PhD

ADMINISTRATIVE OFFICES

Tamra Rutherford
Administrator
PO Box 61838
Santa Barbara, CA 93160, USA
Phone: 1-619-861-2237
Fax: 1-805-683-2141
acep@energypsych.org
www.energypsych.org

IRS Tax ID: 33-0832999
Publicly Supported Foundation

Assessing Energy Psychology Courses According to APA CE Criteria

Updated January 6, 2008

The APA's April 2005 "Standards and Criteria for Approval of Sponsors of Continuing Education for Psychologists," in describing the curriculum content of programs considered appropriate for APA CEs, states that such programs:

"may include content related to well-established psychological principles, or may be based on content that extends current theory, method, or practice."

It also lists specific criteria for establishing whether curriculum content is appropriate for APA-sponsored CEs. These criteria are introduced as follows:

"Sponsors must be prepared to demonstrate that information and programs presented are based on a methodological, theoretical, research, or practice knowledge base. This requirement must be met by at least one of the following:

"1.1. Program content has obtained credibility, as demonstrated by the involvement of the broader psychological practice, education, and science communities in studying or applying the findings, procedures, practices, or theoretical concepts.

"1.2. Program content has been studied according to established procedures of scientific scrutiny that can be reasonably relied upon.

"1.3. Program content has peer reviewed, published support beyond those publications and other types of communications devoted primarily to the promotion of the approach.

"1.4. Program content is related to ethical, legal, statutory or regulatory policies, guidelines, and standards that impact psychology."

The following discussion addresses the status of energy psychology according to each of the criteria that might reasonably apply to energy psychology (points 1.1 – 1.3).

1.1. *"Program content has obtained credibility, as demonstrated by the involvement of the broader psychological practice, education, and science communities in studying or applying the findings, procedures, practices, or theoretical concepts."*

A. Conservative estimates based on organizational affiliations and e-lists suggest that at least 5,000 licensed psychotherapists are utilizing energy psychology methods in their practices. Energy psychology is also being used in traditional health care settings such as Kaiser Permanente and Veteran's Administration Hospitals.

Assessing Energy Psychology Courses According to APA CE Criteria – Page 2

B. At least three U.S.-based international disaster relief organizations, and several others outside the U.S., are utilizing energy psychology as a primary modality in working with the mental health needs of disaster survivors. The Green Cross (The Academy of Traumatology's humanitarian assistance program), for instance, which was founded in 1995 in response to the Oklahoma City bombings, deploys counselors to disaster areas with a focus on alleviating the psychological consequences of trauma. The Green Cross has been increasingly using energy psychology methods. More than 9,000 documented cases exist of individuals having received energy psychology treatments following human-made or natural disasters, with strong anecdotal evidence indicating substantial relief and recovery, including assessments from local leaders who were not invested in any particular treatment approach. Source: "Energy Psychology in Disaster Relief," scheduled for publication in *Traumatology* (Vol 14, Issue 1, March 2008). Pre-pub copy attached.

C. The Association for Comprehensive Energy Psychology (ACEP), formed in 1999, currently has more than 700 professional members and a comprehensive Certification Program and Ethics Code.

D. Various well-recognized leaders within the mental health community whose primary affiliation is in an area other than energy psychology have described their observations after applying the approach and their assessment that it is a valuable clinical innovation. For example:

1) Charles Figley, Ph.D., who chaired the Department of Veterans Affairs Committee that coined the term Post-Traumatic Stress Disorder, is a leading figure in mental health interventions with disaster survivors: "Energy psychology is rapidly proving itself to be among the most powerful psychological interventions available to disaster relief workers for helping the survivors as well as the workers themselves."

2) Bessel van der Kolk, M.D., Professor of Psychiatry at Boston University Medical School and one of the leading figures in the treatment of posttraumatic stress, has publicly stated that the procedures used in energy psychology "can bring about remarkably rapid changes in the way people feel and move through the world."

Taken together, these seem to meet even a strict interpretation of the criteria of substantial involvement by the practice community in applying energy psychology procedures.

1.2. "Program content has been studied according to established procedures of scientific scrutiny that can be reasonably relied upon."

A. Eleven randomized controlled clinical trials have compared energy psychology to another treatment or wait list condition. All eleven showed energy psychology to be statistically superior to the other condition. A review of the eleven studies, to be published in the APA Division 29 journal *Psychotherapy: Theory, Research, Practice, Training*, found seven to be methodologically strong. Three have been published in peer reviewed journals and others are under review. Two of the peer reviewed studies meet APA Division 12 criteria for establishing energy psychology as a "probably efficacious treatment," with one form of energy psychology having been demonstrated as being effective with specific phobias, another for weight control

Assessing Energy Psychology Courses According to APA CE Criteria – Page 3

(Source, “Energy Psychology: A Review of the Preliminary Evidence,” pre-pub copy attached). This table is reproduced from that paper with the author’s permission (reference info is in the attached paper):

Table 4: Seven Controlled Trials with Potentially Strong Generalizability Showing EP to Be Statistically Superior to Other Treatment Conditions

Source *= <i>peer-reviewed</i>	Condition	Treatment, N	Controls, N	Measures	Diff. <i>p</i> <
Schoninger, 2004	Public speaking anxiety	1 TFT Session, N=24	Wait-list, N=24	SUD, Speaker Anxiety Scale, Trait/State Anxiety Scale	.001 .001 .001
Sezgin & Özcan, 2004	Test-taking anxiety	Training in EFT, N=16	Relaxation Training, N=16	Standardized test-anxiety inventory	.05
Elder, et al., 2007*	Weight loss maintenance	10 hours group TAT sessions over 12 weeks, N=27	10 hours group qigong sessions over 12 weeks, N=22	Maintenance of weight loss after 10 group sessions and then 12 weeks later	.006 .000
Korber, et al., 2002*	Anxiety, pain, and elevated heart rate following injury	Paramedic-applied acupressure before transport to hospital, N=20	Paramedic-applied sham-acupuncutre N=20, No treatment, N=20	Pulse rate; Visual analog scale for anxiety pain	.001 .001 .001
Wells, et al., 2003*	Specific Phobia (partial replication of Wells)	30-min EFT Session, N=18	30-min Diaphragmatic Breathing Session, N=17	SUD, Standardized Fear Survey, Behavioral Approach Task	.005 .005 .02
Baker & Siegel, 2005	Specific Phobia (partial replication of Wells)	45-min EFT Session, N=11	45-min Supportive Counseling, N=10	SUD, Fear Questionnaire 1, 2, Behavior Approach Task	.001 .02 .001 .03
Salas, 2001	Specific Phobia (partial replication of Wells)	1 Session EFT, 1 Diaphragmatic Breathing, N=22 (half in each order)	Subjects were own controls	SUD, Beck Anxiety Inventory, Behavioral Approach Task	.01 to .001

Assessing Energy Psychology Courses According to APA CE Criteria – Page 4

B. Six uncontrolled outcome studies—five of which used standardized outcome measures and four of which were published in peer reviewed journals—all found significant pre- to post-treatment differences (.05 to .0005). This table is reproduced from the attached research overview paper with the author’s permission (reference info is in the attached paper):

Table 2: Six Uncontrolled Outcome Studies

Source *= <i>peer-reviewed</i>	Treatment	Condition, N	Measure	Pre-/Post Difference, <i>p</i> <
Rowe, 2005*	18 hours group EFT training	Global measures of psychological distress, N = 102	Derogatis Symptom Checklist (short form)	.0005
Swingle, Pulos, Swingle, 2004*	2 EFT sessions	Traumatic stress following auto accidents, N = 9	SUD, symptom inventories	.001, .05
Lambrou, Pratt, Chevalier, 2003*	30-minute TFT session	Claustrophobia, N = 4	Speilberger State- Trait Anxiety Inv.	.001
Folkes, 2002*	1 to 3 TFT sessions	Refugees and immigrants with PTSD symptoms, N = 29	PTSD checklist Subscales: intrusive thoughts avoidance hypervigilance	.05 .05 .05 .05
Darby, 2001	1-hour TFT session	Needle phobia, N = 20	SUD, Wolpe & Lang Fear Survey	.001, .001
Sakai, et al., 2001	Average of 51.4 TFT sessions in an HMO	31 psychiatric diagnoses, N = 714	SUD	.001 for 28 conditions; .01 for the other 3

In summary, three variations of energy psychology (as defined in the article cited above) have been studied according to established procedures of scientific scrutiny and found to produce positive clinical outcomes.

In addition to the studies referenced above, the scientific community has taken an increased interest in energy psychology, with numerous well-designed studies underway being conducted at credible institutions such as Kaiser Permanente.

Assessing Energy Psychology Courses According to APA CE Criteria – Page 5

1.3. *“Program content has peer reviewed, published support beyond those publications and other types of communications devoted primarily to the promotion of the approach.”*

A. As noted above, seven of the studies supporting the efficacy of energy psychology have been published after peer review. All of these were in neutral journals—four of which generally report on conventional therapies and three of which focus on alternative therapies. The journals include: *Counseling and Clinical Psychology*, *Journal of Clinical Psychology*, *International Journal of Emergency Mental Health*, *Anesthesia & Analgesia*, *Journal of Alternative and Complementary Medicine*, and *Subtle Energies and Energy Medicine* (two studies).

B. A review of one of energy psychology’s major texts (*Energy Psychology Interactive*), in the APA’s online book review journal (*PsychCritiques*), notes that because energy psychology successfully “integrates ancient Eastern practices with Western psychology [it constitutes] a valuable expansion of the traditional biopsychosocial model of psychology to include the dimension of energy.” The review, by a former APA division president, describes energy psychology as “a new discipline that has been receiving attention due to its speed and effectiveness with difficult cases” (Serlin, 2005).

C. A review of the same text, which appeared in *Clinical Psychology* (a journal of the British Psychological Society, October 2004, Issue 42, pp. 37 - 39), calls the book an “intelligent, balanced, scientific, and responsible approach to an exciting and rapidly developing realm.” The review is by Phil Mollon, Ph.D., Chief of Psychology and Psychotherapy Services, Lister Hospital, Stevenage.

Published reports affirming the efficacy of energy psychology appear in numerous peer-reviewed venues beyond those devoted primarily to the promotion of energy psychology.

* * *

Energy psychology is a controversial approach that calls for careful evaluation by the professional community. Enough information about the approach exists that it can be evaluated according to the APA’s CE Standards. While the Standards specify that only one of its four criteria must be met for establishing that curriculum content is appropriate for APA CEs, all three of the criteria that pertain to energy psychology are met.