



## ACEP 2017 Highlights

2017 saw many milestones for ACEP and the field of energy psychology. We are proud of these accomplishments and grateful for the many people and groups who helped make them happen. Here are a few highlights.

### Humanitarian Projects Provide Trauma Relief



#### **Resources for Resilience**

Particularly in light of hurricanes, earthquakes, shootings, fires, and ongoing terrorist acts, we are extremely proud of the newest project of ACEP's Humanitarian Committee - Resources for Resilience. R4R's mission is to alleviate suffering by teaching self-help techniques to survivors of violence, trauma and natural disasters. There are now resources on ACEP's web site that anyone can access for immediate trauma relief and building resilience. You can [access the pages here](#).



#### **Training Veterans to Help Veterans**

Sponsored by the ACEP Humanitarian Committee and funded by your donations, this project trained veterans to help their peers with Thought Field Therapy tapping techniques. The Veterans Transitional Resource Center in Las Vegas, Nevada was instrumental in the project's success, helping with recruitment and providing space.

In 2016 and 2017, the Humanitarian Committee made three trips to Las Vegas, where they coordinated with several veterans' organizations. Thirty-eight veterans learned how to use tapping for themselves and through two-day TFT workshops.

Many veterans experienced partial or total relief from their post-traumatic stress symptoms after a tapping session. Participants have had so much success in relieving their trauma symptoms that some are still meeting weekly to hone their TFT skills. Others are sharing tapping with their peers. You can [read stories about two participants here](#).

#### **Conference Workshops**

The 2017 conference included a full one-day training titled Practical Humanitarian Outreach: Everyone Can Make a Difference, as well as two Learning Labs - Discover the Humanitarian Within and Responding to Critical Events with Energy Psychology.



### **Trauma Relief in the D.R. Congo**

We funded a study of how a specific model using TTT will affect levels of stress and trauma of children liberated from armed groups in D. R. Congo. Gunilla Hamne, Ulf Sandström, Placide Nkubito and Germando Kagomba trained two groups of boys/girls, age 12-19, and staff at two centers. The model has already been replicated in other places, including five schools in D.R. Congo, 13 prisons in Rwanda and a refugee camp in Uganda. Preliminary results show promising significance; data is still being collected.

*"I have been here 3 months and at Uvira as medical doctor. I've seen the traumas here and have seen very positive results from the Trauma Tapping Technique. When they come from the army or street they are physically closed and cannot talk, they are stressed and don't want to integrate. There are many things you can do like sports and music, but at the end of the day the kids have not changed. With TTT they have. It is a key for opening up."*

## Research Milestones



**Thanks to your support, ACEP donated \$15,000** towards Peta Stapleton's research in Australia on EFT and food cravings, as well as \$6,720 towards Ulf Sandstrom and Gunilla Hamne's research on the Trauma Tapping Technique (TTT) in the Congo.

**Our seventh Annual Research Symposium** was held just before our annual conference, with a keynote address by William Bengston, PhD and ten research presentations from Australia, the United Kingdom and the U.S.

**2017 saw the first publication in a peer-reviewed journal of a meta-analysis of EFT for treating PTSD.**

[Sebastian, B. & Nelms, J. \(2017\). The Effectiveness of Emotional Freedom Techniques in the Treatment of Posttraumatic Stress Disorder: A Meta-Analysis. \*Explore: The Journal of Science and Healing\*, 13\(1\), 16-25.](#)

The ACEP Research Committee has created "**Recommended Guidelines for Future EP Research**" based on APA, CONSORT and JADAG standards.

**A special issue of the journal [Medical Acupuncture](#) included three articles by ACEP members:** "Integrative Medicine for Military Issues," by Rick Leskowitz; "The Manual Stimulation of Acupuncture Points in the Treatment of Post-Traumatic Stress Disorder: A Review of Clinical Emotional Freedom Techniques" by Dawson Church and David Feinstein; and "Six Sessions of Emotional Freedom Techniques Remediate One Veteran's Combat-Related Post-Traumatic Stress Disorder," by Lorna Minewiser.

## Big News!



**The U.S. Veterans Administration has listed EFT as a “generally safe”** treatment for PTSD. This follows last year’s news that the National Registry of Evidence-Based Programs and Practices (NREPP) in the U.S. has recognized Thought Field Therapy (TFT) as an effective, evidence-based modality for the treatment of trauma and other disorders. We are still hopeful that their decision about Emotional Freedom Techniques (EFT) will be announced soon.

**ACEP and The Association for the Advancement of Meridian Energy Techniques (AAMET) have collaborated on the submission of “EFT Treatment for PTSD” to the National Institute of Clinical Excellence (NICE)**, a government body in the UK that assesses and approves treatments for medical conditions, including psychiatric. This body controls what treatments are provided within the National Health Service (the main health provider).

## Two New Online Courses



**Clarity & Wisdom: Ethics & Energy Healing.** So many of our members have told us that they have concerns about ethics. To meet this need, we launched [Clarity & Wisdom: Ethics and Energy Healing](#) in the fall. Over 4,000 people from 48 countries viewed the free miniseries and

over 300 professionals have purchased the course to date. We’re proud that this valuable resource is now available.



**Emotional Freedom Techniques – with live, virtual practice.** We also launched the first (to our knowledge) [EFT training](#) which is totally available on-line, and can therefore be accessed by everyone, regardless of their

geography, yet still includes live practice - thanks to the wonders of technology! The first class sold out, the second class almost sold out, and we expect to make additional courses available about every two months. The next class starts on February 19, 2018.

Plus, we created a free EFT miniseries, which has been viewed by over 1,000 people in 50 countries to date. You can [view the free miniseries here](#).

## 19<sup>th</sup> International Energy Psychology Conference – Our Best Yet!



**Our 2017 conference was one of the largest we’ve ever had.** What a great sign for the growth of our field! 448 professionals from 13 countries joined us in San Antonio, TX. Participants deepened their learning and

inspiration in learning labs, demonstrations, keynotes, music, dancing, and the fabulous opportunity for connection that makes gathering together so special. We hope you’ll be able to join us in Orlando, May 3-7, 2018 for our Twentieth Anniversary Conference: *Celebrate the Magic*

of Energy Psychology at Disney Contemporary Resort. [Registration will open in December.](#) Our conference web site isn't up yet, but you can [get some information here.](#)

### **Financial Support for Grad Students & Others**

We continued to offer discounts for full time graduate students. This year, for the first time and thanks to a generous donor, we were also able to offer scholarships to seven other people of varied backgrounds.

## 7 Workshops: Essentials in Comprehensive Energy Psychology



**Our live in-person training, Comprehensive Energy Psychology, is one of the vital ways we help spread the use of our approaches and train the next generation.** We held 7 Level 1 workshops in cities throughout the U.S., educating 212 professionals in

the foundations of energy psychology.

### Social Media Reach Increases

**Our Facebook posts often reach over 20,000 people per week,** and we have over 11,000 likes. We have 1,322 Twitter followers. These are great resources for relevant news and articles. Be sure to like/follow us if you haven't already!

### Great Resources to Help You Stay Connected

**Local ACEP groups** are meeting throughout the U.S. and in Canada. These groups are supportive learning communities, and are open to members and nonmembers who use, or want to use EP with clients. To find a group in your area, [visit here.](#)

**Communities of Practice** are meeting! These virtual groups are open only to ACEP members, meet online or via phone, and are focused on a particular topic. Communities focused on CEP, EFT and TFT are forming. [Learn more.](#)

**ACEP Connect** is a program of the ACEP Membership Committee. The ACEP Membership Committee is delighted to welcome you and answer any questions you have. They'll serve as your ACEP friend, answering your questions, telling you about all the resources available to support you and more. [Learn more.](#)

### ACEP Top-Rated NonProfit for 2017



Once again, ACEP received a top rating from [greatnonprofits.org.](#)

**[Please donate to ACEP today.](#)**  
***Help us continue our important work.***