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EMP 740: INTRODUCTION TO ENERGY PSYCHOLOGY

(3 Credits)

OVERVIEW OF COURSE:

Students will be introduced to the basic principles and procedures of meridian based Energy Psychology and will have an opportunity for guided practice with self and with others.

Course Topics:

1. History and current uses of Energy Psychology.
2. Protocols for applying Energy Psychology.
3. Working with fear and trauma.
4. Working with other psychological concerns.
5. Working toward goals and peak performance.
6. Back-home applications

Learning Objectives:

By the end of this course, students shall be able to:

1. Discuss the role of Energy Psychology (EP) in clinical and non-clinical settings.
2. Perform a basic EP protocol for working with psychological issues.
3. Adapt the protocol to working with psychological concerns with self and others.
4. Adapt the protocol for reaching goals and peak performance with self and others.
5. Discuss limitations and cautions in using the technique.
6. Present a plan for using the approach in their back home setting.

Audience:

Open to all students in the Masters program.

COURSE DESCRIPTION:

This class is organized around a 5-day intensive workshop that introduces students to the fundamental principles and procedures of meridian based Energy Psychology. Energy Psychology draws from ancient spiritual practices and healing traditions, yet it is a thoroughly modern approach that is consistent with current scientific understanding of how emotion and psychological treatments affect the brain.

Using acupuncture points and related energy systems, maladaptive emotional responses can rapidly be uncoupled from their triggers, providing greater freedom to live one's life more effectively and joyfully. This class is a hands-on introduction that will teach you the basic principles and enough technique that you can immediately begin using Energy Psychology in your own life and, if you are a psychotherapist, to consider how to integrate it into your practice.

Students must register for the workshop separately (upcoming 5-day Energy Psychology classes are listed at www.innersource.net). Beyond the workshop, students must complete the assigned readings and submit a minimum seven (7) page paper demonstrating their understanding of the course content and their personal experience. They will also describe in detail ten (10) energy psychology sessions self-applied on a back-home basis and/or applied within appropriate settings.

A senior Eden Energy Medicine (EEM) Instructor with a background in Energy Psychology will be administering the paperwork and back-home student contact portions of the course.

NEEDS STATEMENT:

Students will:

1. Develop an in-depth awareness of the essential principles and procedures of energy psychology.
2. Understand the assumptions and values at the core of their knowledge in order to fully communicate their own knowledge, critically assess the work of other professionals, and extend their own research and therapeutic methods. This will be explored within the context of Energy Psychology.
3. Develop skills needed in identifying essential factors pertaining to appropriate applications of Energy Psychology.
4. Assist clients in performing back-home applications of Energy Psychology.

FACULTY-STUDENT COMMUNICATION:

1. Students shall have a telephone orientation meeting with the EEM Instructor prior to the workshop.
2. Students shall have a telephone debriefing meeting with the EEM Instructor following the workshop.
3. Students shall have at least a monthly consultation meeting with the EEM Instructor regarding their course writing assignments and EP sessions. Other consultation meetings to be scheduled if the EEM Instructor or student deem necessary.
4. Students shall have one closing telephone meeting with the EEM Instructor where the two mutually evaluate the student's experience and performance in the class.
5. Students are encouraged to provide the EEM instructor with weekly e-mail updates to discuss their progress, problems, or concerns with their personal application of Energy Psychology, with the required paper, or with their required EP sessions.

6. Students will send communications via email and submit reports and other paperwork as MSWORD format files attached to emails, unless other arrangements are made with the EEM Instructor.

COURSE DELIVERY STYLE:

All lessons, coursework and papers must be copied to lessons@energymedicineuniversity.org from both the student and professor.

1. Students shall attend a 5-Day Energy Psychology Intensive taught by David Feinstein, Ph.D.
2. Students shall read the assigned texts, as listed.
3. Students shall conduct and document a minimum of ten (10) Energy Psychology sessions on self and with others as appropriate. These are to be documented and submitted to the EEM Instructor. The student will receive direction from the EEM Instructor as to what aspects are to be addressed during the sessions.
4. In addition to staying in contact with the EEM Instructor via email and on-going discussion with the instructor about insight, questions, and concerns, students will subscribe to and read the twice-weekly newsletter available from <http://emofree.com/>.
5. Students shall write a minimum of seven (7) page paper that describes the integration and back-home application of the course materials within their own lives.

COURSE ASSIGNMENTS:

Assignment #1: Attend and fully participate in a 5-Day Energy Psychology Intensive taught by David Feinstein Ph.D.

Assignment #2 Conduct a pre class and post class telephone interview with the EEM Instructor.

Assignment #3: Read the assigned text, articles and EFT Newsletter as listed. Post on occasion insights, questions, or concerns to the EEM Instructor.

Assignment #4: Conduct Energy Psychology sessions on self and with others as appropriate, e-mailing the EEM Instructor reports of at least ten (10) of these sessions spread out over the 16 weeks. Maximum of 5 sessions for self.

Assignment #5: Minimum of monthly telephone contacts and weekly email contacts with EEM Instructor during the course.

Assignment #6: Minimum of seven (7) page (double spaced, 12-point font) paper describing the student's back-home application and experience of the course materials within his or her own life.

This paper shall cover at least the following topics:

1. List the Energy Psychology techniques you have found the most useful and how you have incorporated them into your life.
2. Describe three (3) principles beyond the basic procedures that are important to remember when performing an Energy Psychology session.
3. Describe the goals you have set for *yourself* and how the Energy Psychology sessions impacted these goals -- what worked and what strategies might work better?
4. Describe the goals of *others* you have worked with and how the Energy Psychology sessions impacted these goals -- what worked and what strategies might work better?

INDIVIDUALIZATION OF STUDENT ASSIGNMENTS:

Each research project will be chosen by the student to best support their individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research and providing professional criticism of each others work. Each student will be afforded the opportunity of writing on a subject that is related to his or her field of interest. This will assist the student in making each paper individualized.

COURSE EVALUATION:

The course grade will be based on the student's demonstrated comprehension of the topics covered, the quality of paper and other assignments, participation and promptness of email and telephone contacts, and the final interview with the EEM Instructor.

COURSE GRADING DETERMINANTS:

Grades are based on the following elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

Reading required readings and contacts with EEM Instructor = 30%

Minimum of ten (10) back-home EP sessions = 30%

Course paper = 30%

Final Interview with EEM Instructor = 10%

Using this technique, there will be 100 points assigned to the course. Final semester grades will be calculated as follows:

92-100 points = A range

86-91 points = B range

80-85 points = C range

70-80 points = D range

Under 70 points = F

COURSE COMPLETION TIMETABLE:

Prior to Week 1: Participate in the 5-Day Energy Psychology Workshop (Assignment 1) Participate in an orientation meeting with the EEM Instructor prior to the Workshop. Subscribe to the EFT Newsletter at www.emofree.com.

Read the Introductory Material and Chapter 1 of *The Promise of Energy Psychology* prior to Workshop.

Week 1: Phone call with EEM Instructor debriefing the Workshop (Assignment 2). Read “Chapter 2” of *Promise* and each *Newsletter* (Assignment 3).

Conduct first back-home EP sessions and send report to EEM instructor (Assignment 4).

Begin to outline paper (Assignment 6) in consultation with EEM Instructor.

Week 2: Read Chapter 3 of *Promise* and each *Newsletter* (Assignment 3). Continue with back-home EP sessions (Assignment 4). Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 3: Read Chapter 4 of *Promise* and each *Newsletter* (Assignment 3). Continue with back-home EP sessions (Assignment 3 & 4). Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 4: Read Chapter 5 of *Promise* and each *Newsletter* (Assignment 2). Continue with back-home EP sessions (Assignment 4). Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 5: Read Chapter 6 of *Promise* and each *Newsletter* (Assignment 3). Continue with back-home EP sessions (Assignment 4). Telephone Contact with EEM Instructor. Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 6: Read Chapter 7 of *Promise* and each *Newsletter* (Assignment 3). Continue with back-home EP sessions (Assignment 4). Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 7: Read “Energy Psychology in Disaster Relief” and each *Newsletter* (Assignment 3) Continue with back-home EP sessions (Assignment 4). Email contact with EEM Instructor (Assignment 5). Continue with scholarly paper (Assignment 6).

Week 8: Read “Rapid Treatment for PTSD” and each *Newsletter* (Assignment 3). Continue with back-home EP sessions (Assignment 4). Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 9 - 14: Read each *Newsletter* (Assignment 3). Continue with back-home EP sessions (Assignment 4). Monthly telephone Contact with EEM Instructor. Email contact with EEM Instructor (Assignment 5). Continue with paper (Assignment 6).

Week 15: Read each *Newsletter* (Assignment 2). Email contact with EEM Instructor (Assignment 5). Continue with back-home EP sessions (Assignment 4). Submit paper.

Week 16: Read each *Newsletter* (Assignment 3). Final interview with EEM Instructor.

SPECIAL NOTES AND INSTRUCTIONS:

All coursework must be completed in a timely fashion. Students are encouraged to phone or e-mail the instructor whenever they need advice, comments, or instruction. If possible, all students should send instructors a short bio and photograph for their files.

RESOURCES:

Required:

The Promise of Energy Psychology by David Feinstein, Donna Eden, & Gary Craig. (New York: Tarcher/Penguin, 2005).

Energy Psychology in Disaster Relief. David Feinstein. Download from www.EnergyPsychEd.com

Rapid Treatment for PTSD: Why Psychological Exposure with Acupoint Tapping Is Effective. David Feinstein. Download from www.EnergyPsychEd.com

EFT Insights Newsletter www.emofree.com

Extra Resources, but not required:

Energy Psychology: A Review of the Preliminary Evidence. David Feinstein. Download from www.EnergyPsychEd.com.

Psychological Exposure and Acupoint Stimulation: A Non-Invasive Procedure for Modulating Gene Expression? David Feinstein & Dawson Church. Download from www.EnergyPsychEd.com