



Campus:

2400 Bridgeway Boulevard, Suite 290
Sausalito, California 94965 USA

Postal Mailing Address:

PO Box 564
Mill Valley, California 94942 USA

Website: www.EnergyMedicineUniversity.org

Phone: 415-331-1011

Fax: 415-331-9293

Instructor Contact Information:

Mary Hammond MA LPC DCEP RPT-S

Salem Oregon 97302 USA

Email: mhnheart@comcast.net

EMP 748: Depression Free with Energy Psychology (3 Credits)

Course Overview

Illness as energy will be the core principle guiding this course. Students will have the opportunity to assist depressed people to heal depression in most cases without medication. Energy psychology will be contrasted and compared with other allopathic and naturopathic treatments. Students will apply energy psychology interventions with depressed people.

Course Topics

- History and Neurology of Depression
- Illness as energetic structure
- The Energy of Depression
- Treating the depressed person energetically
- Working at the origins

Learning Objectives: Students will

1. Demonstrate in writing an understanding of the differences in the various disciplines of depression treatment.
2. Demonstrate in an assessment the difference between dysthymia, major depression, and bipolar disorder—clinically and energetically.
3. Practice preparing the energy field for treatment.
4. Develop energetic intention with depressed clients, understanding that thought fields are energy fields.
5. Develop written safety plans for suicidal clients that include recommended energy interventions.
6. Demonstrate a specific, thorough energetic protocol in a practicum with depressed client.
7. Demonstrate a protocol for using energetic strategies to assist clients with their desire to be medication free.
8. Demonstrate guiding a client to live a depression free life behaviorally, physically, emotionally, mentally, socially, spiritually.
9. Participate in using standardized pre- and post assessment tools to measure the effects of energetic strategies with depression.

Course Description

This course is designed for students to develop expertise in the energetic treatment of depression while holding awareness of relevant allopathic, naturopathic and other complimentary treatments. Participants will apply the general principles and strategies of energy psychology and specific strategies from Dynamic Energetic Healing® to collapse the energetic structure of depression including neurological, emotional, mental, and spiritual disturbance.

With prescriber supervision students are enabled to use the energy strategies to gradually assist most patients to become medication free. Ultimately, students will guide patients to replace the depressed energy field with a stronger energy field to hold positive thinking, undisturbed sleep, an optimal ability to concentrate and focus, and an improved ability to relate and serve.

NEED STATEMENT

Students will

1. Embrace a philosophy of healing rather than managing depression.
2. Balance the safety needs of the client with their abilities to intervene with depression energetically.
3. View the client as a whole person, not as a diagnosis or illness.
4. Think about thoughts, feelings, neurology and depression as energy.

FACULTY-STUDENT COMMUNICATION

- Telephone Contacts

It is important that students arrange by email beforehand for all telephone or skype communications. Periodic telephone interaction, as required, at student's expense, can most easily be arranged through email contact.

- Phone Bridge sessions will be available when we have groups of students to discuss issues and cases. Watch your in-box for announcements.

- Communications

It is requested that students stay in bi-weekly correspondence with the instructor using e-mail. The student should also set up monthly telephone conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by e-mail, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. The instructor is also willing to set up one-on-one discussions with the student via audio & video Internet exchange using Skype. Check your e-mail frequently for messages.

Students will normally send communications via email and submit papers as MSWORD Format files attached to email messages. The instructor uses a Mac, please test for compatibility.

COURSE DELIVERY STYLE

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current

web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact the University by facsimiles, and postal mail, and by personal visit to the University.

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

- 1) Reading Assignments
Students will read the assignments in a timely fashion
- 2) Course Project/Clinical Practice
Students will engage in practicum with at least one depressed adult.
- 3.) Course papers will be forwarded to the instructor by midnight on the due date.
- 4.) Essay Examination will be a detailed report of one clinical session with each segment backed up with reading or "lecture" (On-line and audio/phone) material.

COURSE ASSIGNMENTS

Assignments #1: Textbooks
Read the following materials:

Choose:

Feeling Good: the New Mood Therapy by David D. Burns, MD or
Change Your Brain, Change Your Life by Daniel Amen MD

Read with attention to the material on depression and clinical data on 200 plus clients:

Living Your Soul's Purpose: Wellness and Passion with Energy Psychology and Energy Medicine, Mary Hammond

YouTube Preview at:

http://video.google.com/videosearch?client=safari&rls=en-us&q=Change+Your+brain,+Change+Your+Life&oe=UTF-8&um=1&ie=UTF-8&ei=8mQPSoyfJ6eMtgPC_4CFAw&sa=X&oi=video_result_group&resnum=5&ct=title#

Assignment #2

Research the History of Depression Treatment in allopathic and naturopathic medicine, and write a five page paper in sources that the student and instructor agree on. Bibliography will be provided.

Assignment #3

Research the Neurology of Depression: Disthymia, Major depression and Bipolar Disorder and write a three page paper.

Assignment #4

Join in class discussion regarding client safety and write a protocol and client safety plan.

Assignment #5

Read and review Dynamic Energetic Healing® protocol and

Practice Energy/Muscle Testing from LYSP, and report in your journal.

Assignment #6

Practice correcting

Neurological disorganization (ND) and Homolateral, and Energetic reversal from LYSP and report in your journal.

Assignment #7

Practice the energetic interventions from LYSP on yourself and others—tapping the meridian points, frontal occipital holding, chakra balancing.

Report in journal

Attend phone bridge practice sessions.

Assignment # 8

Practicum with depressed adult. Have your client keep a journal and you continue recording in your journal over the course of assignments. Complete required paper work and informed consent.

Administer standardized assessment - to be provided by instructor.

Review Creating Sacred Space in LYSP and apply before or in session.

Create an intention with your client to heal depression.

Balance Energy field with muscle testing, and ND and reversal corrections.

Report in journal

Assignment # 9

Practicum with depressed adult.

ET/MT Inner Objections from LYSP, and clear with one of the energetic interventions.

Report in journal

Assignment # 10

Practicum with depressed adult.

Working at the Origins

Review in LYSP

ET/MT a current Life Energetic origin to heal with your client. Practice the tunnel of light protocol in LYSP. Use the indicated energetic intervention to release and balance the trauma.

Clear related death wish, shattered energy field, soul loss, dark energy, limiting beliefs, limiting identities.

Report in journal

Assignment #11

Practicum with depressed adult.

Working at the Origins

ET/MT an Ancestral Energetic origin to heal with your client. Determine if paternal or maternal with ET/MT. Practice the tunnel of light protocol in LYSP. Use the indicated energetic intervention to release and balance the trauma.

Clear related deathwish, shattered energy field, soul loss, dark energy, limiting beliefs, limiting identities.

Report in journal

Assignment #12

Practicum with depressed adult.

Working at the Origins

ET/MT a womb/birth or Healing Divine separation Energetic origin to heal with your client if indicated. If not, practice on self or another. Practice the tunnel of light protocol in LYSP. Use the indicated energetic intervention to release and balance the trauma.

Clear related deathwish, shattered energy field, soul loss, dark energy, limiting beliefs, limiting identities.

Report in journal

Assignment #13

Practicum with depressed adult.

Working at the Origins

ET/MT a past life/karmic Energetic origin to heal with your client if indicated. If not, practice on self or another. Practice the tunnel of light protocol in LYSP. Use the indicated energetic intervention to release and balance the trauma.

Clear related deathwish, shattered energy field, soul loss, dark energy, limiting beliefs, limiting identities.

Report in journal

Assignment #14

Relapse with depression: An energetic perspective.

In one page define “relapse” energetically, and how you would treat it. There are no resources for this. This is your opportunity to show me that you can “think energy.”

Assignment #15

Practicum with depressed adult.

Establishing the energy of new behavior, joy, contentment, positive focus, relating and serving community with boundary work, and practice.

Report in journal

Assignment #16

Essay Examination will be a detailed report of one clinical session with each segment backed up with reading or “lecture” (On-line and audio/phone) material, and Write a treatment plan, and a clinical note that would be acceptable in a traditional agency on one of your sessions.

COURSE EVALUATION

The course grade will be based upon the quality of the papers and projects, participation in on-line or telephone discussion, and practicum. This instructor is interested in critical thinking about healing and the relevance of the ethereal realms touched by energy work. Students will be expected to be able to articulate the components of healing depression.

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 texts and handouts – 20%

Practicum and Journaling– 50%

Course papers – 30%

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

Approximately one assignment per week.

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.

ADDITIONAL RECOMMENDED SOURCES:

Handouts and Bibliographies will be provided during the class.