

The Art & Science of Transformational Change

May 29 – June 2, 2025 | Litchfield, AZ (Phoenix) | The Wigwam Resort

an enlivening, soul-enriching, mind-exploding experience. Every, Single, Year."
— Gail Gillespie, PhD

27TH INTERNATIONAL
ENERGY PSYCHOLOGY CONFERENCE

Register by April 7 and save up to \$200! EnergyPsychologyConference.com

Get breakthrough results with less effort. Join your holistic community, get inspired and learn new skills.

Inspiring keynotes include:

Daniel Siegel, MD • Scarlett Lewis • Jessica Dibb David Gruder, PhD • John Stuart Reid

400+ professionals attend every year.



The #1 reaction to attending for the first time is, "I'm home. I've found my community."

Are You New to **Energy Psychology?**

deep, transformational change that comes from energy psychology work. They often feel a profound sense of wholeness and well being they have never felt before." - Heather LaChance, PhD, DCEP

We've created a series of Learning Labs called EP Fundamentals (track 1) just for you! These five, 2-hour learning labs, taught by leaders in the field, will give you a great foundation in energy psychology science, research and multiple techniques. You'll be able to begin using energy psychology with your clients immediately!

Are You an Experienced **Holistic Practitioner?**

After 26 years the verdict is in. This conference is one of the best for:

- · An alchemical blend of keynotes and invited presentations
- · Providing intensives to deepen your skills
- Curating a diverse group of learning labs to keep you up to date
- Renewing your passion for your healing work
- A nurturing community that gives you strength and joy

Get Nourished on All Levels

Learning happens best when you're fully engaged in body, mind and spirit.

- Music that stirs your soul
- · Experiential learning
- Morning energizers
- Afternoon movement breaks
- Inspiring, heartfelt presenters
- Dancing
- And more

We can't wait to welcome you to the beautiful Wigwam Resort! Your desert oasis awaits.

Surrounded by the stunning Sonoran Desert landscape just outside of Phoenix, AZ, this iconic resort offers a thoughtfully curated selection of luxury casitas and suites, along with an array of recreational amenities, award-winning restaurants, and more. After a century of service, come experience an essential part of Arizona's rich history at The Wigwam.

Get the amazing room rate of only \$194/night. Get details at EnergyPsychologyConference.com







Customize Your Learning

40 Learning Labs in 8 Tracks

- 1 Fundamentals of Energy Psychology
- 2 Specific Approaches & Populations
- 3 The Many Faces of Trauma & Violence
- 4 Flow, Resilience & Performance
- 5 The Science of Therapeutic Change
- 6 Transformative Journeys This track focuses on your personal growth, and is experiential.
- 7 Potpourri
- 8 Potpourri 2

We welcome all helping professionals interested in integrative, mind-body approaches, including:

- Licensed mental health professionals
- Nurses
- Physicians
- Coaches
- Energy healing practitioners
- Chiropractors
- Acupuncturists
- Educators
- Clergy
- Allied health professionals

REGISTER BY APRIL 7 AND **SAVE UP TO \$200!**

energypsychologyconference.com or call 619-861-2237

Up to 30 CE/CNE Up to 23 CE for psychologists

"All the leaders of the field are here—and they're accessible!"

"The founders of healing modalities are at this conference. They're accessible, and they're friendly. It's amazing to engage in conversations with them." - Shoshana Garfield, PhD

Keynotes View objectives at energypsychologyconference.com.

Thursday, May 29 5:30pm - 7:00pm



What is Our Role in **Turning Tumultuous Times into a Transcendent Turning Point?**

Discover how we can turn today's

challenges into a transformative opportunity for humanity. Explore: 1) Key shifts in consumer demand that are reshaping psychotherapy and the human potential movement; 2) How you and ACEP can seize this moment to help elevate humanity's wellbeing.

David Gruder, PhD, DCEP, ACEP's founding president, is a clinical and organizational development psychologist. He is recognized with numerous awards in leadership, social change, conscious business, health, and transformational psychology.

Program is subject to change. See energypsychologyconference.com for updates.

Friday, May 30

8:30am - 10:00am



Building a Culture of Love & Compassion in a Divided World

Days before his death at Sandy Hook, Scarlett's son wrote this message on their chalkboard: "Nurturing Healing Love." Realizing this was a path forward, she decided to provide solutions that address the root cause

of the suffering that leads to despair. Dive into the Choose Love Mindset and discover the neuroscience of overcoming fear.

Scarlett Lewis founded the Jesse Lewis Choose Love Movement after losing her six-yearold son in the Sandy Hook tragedy. She, along with experts, developed the Choose Love Movement, a comprehensive social-emotional development program offered free to schools, homes, and communities worldwide.

5:00pm - 6:30pm



Breathwork for Healing, Transformation, Consciousness & Love: The Unifying Therapy

Breath is the center of life. Modern science increasingly affirms ancient wisdom about the breath's ability to integrate physical, emotional, cognitive, spiritual, and relational wellbeing. Experience a transformative

breathwork practice to empower yourself and enhance your ability to support clients.

Jessica Dibb is founding director of Inspiration Consciousness School, co-director of the Global Professional Breathwork Alliance, and author of Breathwork and Psychotherapy: Clinical Interventions for Healing and Transformation. She developed a rigorous 1500+ hour training to certify integrative breathworkers.



"I was trained at some of the best schools and yet wasn't able to get far with some people, particularly those with trauma and addictions. And then I started using energy psychology. I made more progress with patients in a session or two than I had in several years of treating them. It blew me away." - Anthony Tranguch, MD, PhD



Keynotes (Continued)

Sat., May 31 **8:30am - 10:00am**



A Glimpse into the Future of **Frequency Medicine**

A new medical model is emerging, heralded by photobiomodulation—frequency medicine in the domain of light. Since the body is comprised of vibrational energy,

a wide variety of vibrational modalities are available to support the patient's physiology and well-being. Get a glimpse into the future of frequency medicine, in which John believes light and sound will reign supreme.

John Stuart Reid is an acoustic physics researcher. He has studied the physics of sound for four decades and is a respected authority in the field of cymatics. He invented the CymaScope instrument, a new type of device that makes sound visible.

Sun., June 1 **2:15pm - 3:45pm**



Personality & Wholeness in the Cultivation of Well-Being

Explore how developmental neuroscience and attachment shape personality patterns. Inspired by Enneagram insights, learn practical approaches to transform personality constraints

into growth opportunities, integrating this framework into clinical assessment and treatment for enhanced well-being and personal transformation.

Daniel Siegel, MD, is the founding co-director of the UCLA Mindful Awareness Research Center and founder and director of Education of the Mindsight Institute. With numerous bestsellers and a professional series of textbooks, he is a leading voice in interpersonal neurobiology, shaping minds worldwide with wisdom and compassion.

Invited Presenters

Fri., May 30 2:45pm - 3:45pm



Dream Transfer: A Powerful Mode of Imaginal Healing

We can bring a dream to someone who needs a dream—a healing image, a vision of life possibility. Robert guides us on a conscious dream journey to a place in the

imaginal realm where can find a dream that we—and those we are called to help-may need today.

Robert Moss created the School of Active Dreaming, his original synthesis of modern dreamwork and ancient shamanic journeying practices. A New York Times bestselling author, his many books on dreaming, shamanism, and imagination include Conscious Dreaming.



Beyond Energy: The Power of Stacked Clinical Skills in Energy Psychology

Most discussion of energy psychology (EP) has focused on the "energy" part of the term. While valuable, this has hindered EP's integration into mainstream therapy.

Most EP approaches "stack" multiple therapeutic skills, but they are rarely articulated. Leave with a skills map, making it easier for you to communicate with others.

Robert Schwarz, PsyD, DCEP, ACAP-EFT, has been a licensed psychologist for 35+ years. He was ACEP's executive director of ACEP for 17 years. Bob has organized over 30 conferences and ACEP's online programs. Author of 3 books, including: Tools for Transforming Trauma, Bob has taught internationally.

Sat., May 31 5:00pm - 6:00pm



Harnessing Energy Techniques for Mental Health Treatment

Discover the groundbreaking diagnostic and healing approach that integrates several energy psychology methods as well as new methods Alice created. Learn how she has guided countless

patients through the challenges of psychiatric medication withdrawal, helped them heal underlying mental health conditions, and unlock their creative potential.

Alice W. Lee, MD, ABIHM, is a holistic child, adolescent, and adult psychiatrist who integrates functional and energy medicine in her approach to helping her patients avoid psychiatric medications or taper them safely. She has 30+ years of clinical experience.



The Yes Code: Transforming Sabotage

If you're tired of being stuck in your life and want different results, it's time to understand the real purpose of your sabotage behavior - it keeps you safe. Learn how to use The Yes Code to release the

emotional conflicts and limiting beliefs that are driving your sabotage behavior.

Carol Look is a psychotherapist, founding EFT master, international speaker, and best-selling author of The Yes Code. She is a regularly featured energy medicine expert on leading global telesummits and in the field's leading documentaries.

One of the best conferences

"It's one of the best conferences of its type that you will ever attend anywhere. The things I get exposed to and learn, and the sense of community, it's uplifting, every single year." - Alfred Heath, MA, LPC



Deepen your experience, achieve greater mastery ...

Attend a pre- or post-conference intensive

View presenter bios at energypsychologyconference.com.

Pre-Conference Intensives

Thursday, May 29 8:30am - 4:15pm

Think, Tap, Eat: An Integrative Approach to Chronic **Pain Management**

Fred Gallo, PhD, DCEP & Sarette Zecharia, PhD, DCEP

Discover a holistic approach to chronic pain management, integrating energy psychology, mindfulness, and nutrition within a biopsychosocial treatment framework. Learn practical techniques that equip you with valuable tools to help manage and alleviate chronic pain.

Embody Healing through the Chakras & Vagus Nerve: A Polyvagal-Informed Experience

Arielle Schwartz, PhD & Cheryl Llewelyn, MEd, LPC

Explore the transformative interplay between trauma, embodiment, and the chakra energy systems, with a focus on polyvagal theory. Learn how to stimulate the vagus nerve through targeted techniques, apply mindfulness, and engage in yoga practices that enhance resilience.

Weaving Accessible, Yet Powerful Medical **Qigong into Your Practice**

Roger Jahnke, OMD

Unlock the power of Medical Qigong. Learn how to seamlessly integrate short qigong protocols into client sessions, along with options for longer practices. Learn how to easily use Medical Qigong for yourself.

Invisible Trauma: Overcoming the Hidden Wounds of Emotional Neglect with Energy Psychology

Kristin Holthuis, MD, DCEP

Uncover the impact of emotional neglect and hidden trauma and learn how to support clients in healing these often-overlooked wounds. Gain energy psychology tools to identify and work with attachment wounds, enhancing rapport and fostering deeper healing.

Energetic Resilience & Borrowing Benefits: Nurturing Healers Who Are at the Forefront

Holly Timberlake, PhD, DCEP

The work we love can also challenge our health and resilience. Gain energy psychology tools to boost your resilience, prevent burnout, and maintain your vitality, leaving you empowered to serve from a place of balance and strength.

HeartSpeak Level 1: Harnessing Interoception to Guide Healing

Anne Jensen, MSc, DPhil (PhD)

Learn to use feelings - before they use you! The HeartSpeak method uses cutting-edge research from affective and memory science. In this interactive workshop, you will improve your emotional flexibility while learning this powerful new technique.

Post-Conference Intensives

Monday, June 2 9:00am - 5:00pm

The Power of Energy Psychotherapy & Human Design

Martha Delafield, LCSW

This experiential workshop will guide you through the nine centers of Human Design, highlighting each center's unique gifts and potential vulnerabilities. Using your own designs as a guide, we'll go through the centers, clearing trauma and anchoring gifts.

Uncover & Transform Hidden Limiting Beliefs: A Four Step, Multidimensional Approach

Debra Greene, PhD

Experience and learn a four-step protocol for finding hidden limiting beliefs, transforming them, and installing positive beliefs. Using higher-dimensional energies, this approach can promote profound and lasting effects for both you and your clients.

Timing & Techniques for Safely Integrating Energy Psychology into Trauma Treatment

Mary Sise, LCSW, DCEP

We will begin with an overview of neurobiology and the four stages of trauma treatment. Gain strategies to assess for dissociation, methods for client stabilization and strengthening, and step-by-step instructions for trauma processing.

Explore & Experience the Ethics of Self-Care

Sherry O'Brian, LCSW, DCEP & Rachel Michaelsen LCSW, DCEP

Experience energy psychology, guided meditation, energy medicine, and sound healing practices designed to mitigate cumulative stress and prevent compassion fatigue. Review ethical guidelines for maintaining healthy professional boundaries, with an emphasis on integrating self-care into clinical practice.

CONFERENCE OVERVIEW



Friday, May 30 View details

6:30am - 7:15am	Morning energizers
8:00am - 8:30am	Opening ceremonies
Keynote 8:30AM - 10:00AM	Building a Culture of Love & Compassion in a Divided World Scarlett Lewis
10:45ам - 12:45рм	Learning Labs A (see grid below)
12:45рм - 2:45рм	Complimentary lunch / Annual meeting / Break
Invited Presentations (Your Choice) 2:45pm - 3:45pm	Dream Transfer: A Powerful Mode of Imaginal Healing Robert Moss Beyond Energy: The Power of Stacked Clinical Skills in Energy Psychology Robert Schwarz, PsyD, DCEP, ACAP-EFT
3:50рм - 4:20рм	Movement break: T'ai Chi David Rosenberg
Keynote 5:00pm - 6:30pm	Breathwork for Healing, Transformation, Consciousness & Love: The Unifying Therapy Jessica Dibb
6:30рм	Dinner on your own

Learning Labs A 10:45AM - 12:45PM

	101-154111 121-151111
Track 1 Fundamentals of Energy Psychology	The Evolution & Application of EFT: From Self-help to Powerful Clinical Tool George Limberakis, LCMHC
Track 2 Specific EP Approaches & Populations	Quick AIT Protocol: A Hands-On Introduction to Advanced Integrative Therapy Gregory Brown, MD, DCEP
Track 3 The Many Faces of Trauma & Violence	Parts Work Essentials: A Framework for Healing & Integrating Traumatized Aspects of the Self Jane McCampbell Stuart, MA, LMFT
Track 4 Flow, Resilience & Performance	Best Practices for Facilitating Tapping Groups Betsy Muller, MBA, CEHP
Track 5 The Science of Therapeutic Change	Cultivating Presence: Grounding & Centering Techniques for Enhanced Wellbeing Lori Hops, PhD, DCEP
Track 6a (1 hour) Transformative Journeys	Treating Allergies with Ask & Receive Sandra Radomski, ND, MSW
Track 6b (1 hour) Transformative Journeys	Heart Rhythm Meditation: The Foundation for Heart-Energy Healing Puran Bair & Susanna Bair
Track 7 Potpourri	Traumatic Experiences: Pathways to Healing vs Coping John Diepold, PhD, DCEP & Fred Gallo, PhD, DCEP
Track 8 Potpourri 2	The Subtle Power of Entropy in Energy Psychology & Blue Diamond Healing Phil Mollon, PhD, DCEP

Saturday, May 31 View details

6:30am - 7:15am 8:00am - 8:30am	Morning energizers Opening
8:00am - 8:30am	Opening
Keynote 8:30AM - 10:00AM	A Glimpse into the Future of Frequency Medicine John Stuart Reid
10:45ам - 12:45рм	Learning Labs B (see grid below)
12:45рм - 2:15рм	Lunch on your own Committee meetings
2:15рм - 4:15рм	Learning Labs C (see grid below)
4:20рм - 4:50рм	Movement break: Dance of Connection Julie Delene
Invited Presentations (Your Choice) 5:00PM - 6:00PM	Harnessing Energy Techniques for Mental Health Treatment Alice W. Lee, MD, ABIHM The Yes Code: Transforming Sabotage into Success Carol Look
7:00рм - 11:30рм	Gala Dinner, Awards Ceremony & Dance Party

Learnin	g	Labs	B
10:45am	_	12:45	5PN

Learning Labs C 2:15pm - 4:15pm

	10:45AM - 12:45PM	2:15PM - 4:15PM
Track 1 Fundamentals of Energy Psychology	Muscle Testing 101: A Primer in Energy Testing Debra Greene, PhD	Overcoming Unconscious Barriers: Addressing & Healing Psychological Reversal Sarette Zecharia, PhD, DCEP
Track 2 Specific EP Approaches & Populations	The Self Soothe Strategy: Cultivating Calm, Self-Acceptance & Resilience Kathy Milano, PhD, DCEP	Energy Psychology & Psychedelic Science Panel: Worlds Coming Together Kate Hawke, MA, Lucie Monroe, MA, Melanie McGhee, LCSW, Michael DeMolina, PhD, Steven Fenwick, PhD
Track 3 The Many Faces of Trauma & Violence	Working in Traumatized Communities: Therapeutic Presence, Clinical EFT & Personal Preparedness Lori Leyden, PhD	Healing Transgenerational Trauma in BIPOC Communities with Guided Imagery Jennifer Groebe, LCSW
Track 4 Flow, Resilience & Performance	Clearing Subconscious Blocks to Financial Success Using Be Set Free Fast™ Adriana Popescu, PhD	Unlocking Motivation: Brain-Body Resets for Stuck Clients Margaret Lynch Raniere
Track 5 The Science of Therapeutic Change	Ethical & Culturally Competent Approaches to Spiritual Emergency & Spiritual Emergence Kerri Husman, MD, DCEP	Impeccable Boundaries: An Advanced Class for Energy Psychology Practitioners Rachel Michaelsen, LCSW, DCEP
Track 6a (1 hour) Transformative Journeys	Tap Into Your Best Self Brad Yates	Experiencing the Shift through Himalayan Singing Bowls Greg Carpenter, LMFT
Track 6b (1 hour) Transformative Journeys	Consciousness Dawning as Life Energy's Wellspring Alfred Heath, MA, PPC	Don't be Seduced by Ideals Judith Swack, PhD
Track 7 Potpourri	Integrating CBT & REBT with TFT to Treat Negative Self-Assumptions & Shame Suzanne Connolly, LCSW, LMFT	"I Am an Energy Psychology Practitioner": What does this mean? Robert Bray, PhD, DCEP
Track 8 Potpourri 2	Emotional Freedom Techniques for Ancestral Healing Mirjam Paninski, MA	The Sonic Alchemist: The Art & Science of Sound as Therapy Charleene Closshey

Sunday, June 1 <u>View details</u>

6:30ам - 7:15ам	Morning energizers
8:00am - 10:00am	Learning Labs D (see grid below)
10:30ам - 12:30рм	Learning Labs E (see grid below)
12:30рм - 2:00рм	Lunch on your own
Кеупоtе 2:15рм - 3:45рм	Personality & Wholeness in the Cultivation of Well-Being Daniel Siegel, MD
3:45рм - 4:00рм	Closing ceremony

Learnir	ıg	Lab	S	D
8:00am	- 1	O: 0	0	AM

Learning Labs E 10:30AM - 12:30PM

	8:00am - 10:00am	10:30am - 12:30pm
Track 1 Fundamentals of Energy Psychology	Orientation to the Meridians <i>Michael Galvin, PhD, DCEP</i>	From Burn-out to Balance: The Energetics of Self-care for Practitioners & Clients Prune Harris , MA, EEM-AP, João Pestana, EEM-AP
Track 2 Specific EP Approaches & Populations	Resilience & Cancer: Enhancing Body, Mind, Spirit with 5 Energy Modalities Pamela Bloom, Rev	Help Your Clients Reset Their Relationship Radar: Fantasy Bond Prison Release Keys David Gruder, PhD, DCEP
Track 3 The Many Faces of Trauma & Violence	The Color Key for Accessing, Mapping & Treating Trauma & Pain Brent Baum, SSL, LISAC	From Numb to Nourished: Navigating the Energy of Toxic Shame Kate Munden, DipPsych
Track 4 Flow, Resilience & Performance	Nurturing the Cosmic Child: Integrating Energy Psychology & Holistic Education Raquel Smith, PhD	Using Dreamwork to Guide Your Tapping Process Larry Burke, MD, CEHP
Track 5 The Science of Therapeutic Change	Energetically Empowering Anxious Children: Transforming Anxieties into Strengths Jan Yordy, MEd, MSW	Healing Touch: Balancing Body, Mind & Spirit Donna Ackerman, RN, HN-BC
Track 6a (1 hour) Transformative Journeys	Discover the Inner Counselor Process™: A Path to Spiritual Awakening Shannon South, PhD	Escape the Hijack! Neurovascular Acupoint Techniques to Restore Cognitive & Emotional Balance When Stressed David Rosenberg, PhD
Track 6b (1 hour) Transformative Journeys	Reclaim Your Peace & Power: Healing Interpersonal Offense with Energy Psychology Kristin Holthuis, MD, DCEP	Deepening into Awe & Wonder: An Immersive Experience of Art & Music Cynthia Joba, MA
Track 7 Potpourri	Integrating Ketamine-Assisted Psychotherapy with Energy Psychology for a Successful Practice Michael DeMolina, PhD, DCEP	Integrating Creative Positive Behavioral Strategies with Energy Psychology: Treating Trauma in Children Susan Kane-Ronning, PhD
Track 8 Potpourri 2	Experience the Power of Ask & Receive: A Next Generation Technique Pamela Altaffer, LCSW, Sandra Radomski, ND, Thomas Altaffer, MSW	Clearing the Death Wish Pattern Judith Swack, PhD

Onsite & Livestream Registration

Join us in Arizona or live, online!

Main Onsite Conference Includes

- 5 keynotes, 2 invited presentations and choice of 8 learning labs per time slot
- Research Symposium, Thursday, May 29 (\$210 value)
- Complimentary coffee/tea daily + lunch on Friday (\$75 value)
- Up to 18 CE credits (\$150 value)
- Conference livestream recordings (\$100 value)

3 Days Onsite

	Early Bird	Regular	Late
Registration deadlines:	By April 7	By May 12	After May 12
ACEP Member	\$615	\$675	\$735
Non-Member	\$715	\$775	\$835

Full time graduate students save up to 57%.

3 Days Online (includes livestream recordings)

Registration for online conference opens March 4.

	Early Bird	Regular	Late
Registration deadlines:	By April 7	By May 12	After May 12
ACEP Member	\$475	\$535	\$595
Non-Member	\$565	\$595	\$655

Also Available

- 5 Day All Access Pass
 (5 days for about the price of 4 onsite only)
- 2 Day Pass
- Pre-post 1 Day Intensives onsite only (up to 12 more CE credits)
- Group Discounts!

For details and registration, visit **EnergyPsychologyConference.com**



REGISTER BY APRIL 7 AND SAVE UP TO \$200!

energypsychologyconference.com or call 619-861-2237

Continuing Education

(Up to 30 credits!)

CE, CNE

Continuing education credits are available for LMFTs, counselors, drug and alcohol counselors, social workers, psychologists, and nurses. Details vary by Board.

ACEP is a nationally approved provider for

- American Psychological Association (APA)
- Association of Social Work Boards (ASWB, 1048)
- National Board of Certified Counselors (NBCC) (ACEP No. 7336)
- National Association of Alcohol and Drug Abuse Counselors (NAADAC, 100504)
- Nurses can get CNE through CA and FL.
- CE available for CA, FL, NJ and NY for several professions.

Visit energypsychologyconference.com for details.



The Association for Comprehensive Energy Psychology is the largest international nonprofit organization of its kind, with 1,400+ members. ACEP

promotes professionally responsible energy psychology treatments, humanitarian outreach and collaboration among practitioners, researchers, and licensing bodies. Want to learn more about ACEP and energy psychology? Visit energypsych.org.