



ENERGY PSYCHOTHERAPY TRAINING LTD

TRANSFORMING TRAUMA

Post qualification energy psychotherapy core clinical training, and Post qualification clinical training with certification

**online training for qualified psychotherapists, counsellors,
clinical and counselling psychologists, and psychiatrists**

PROGRAMME OVERVIEW

This post-qualification online clinical training in Energy Psychotherapy which has successfully been run for over 10 years, provides a core *generic* foundation in the principles of working with the body's subtle energy systems, using meridians, chakras, and intention and learning how to integrate this into depth psychotherapy. In addition to the taught parts of the course, this experiential clinical skills-based learning involves plenty of clinical practice, consisting of work in pairs and trios with assistance from the teaching team. The learning occurs incrementally throughout the year, with 12 days of training, and supervision included in the cost. Participants learn how to consolidate and integrate energy psychotherapy into their therapeutic practice through personal study, and monthly small supervision groups (10 throughout the year) where course participants present brief case presentations of their energy work with clients for reflection and discussion.

The training can be taken at 2 levels:

ENERGY PSYCHOTHERAPY - POST QUALIFICATION CORE CLINICAL TRAINING

- A year-long course consisting of 12 teaching days via Zoom
- Supported experiential clinical practice sessions facilitated by the Energy Psychotherapy team
- 10 x 1.5 hour group supervision sessions with clinical case presentations

FEES £3150 *for further information see Finance section*

Options for payment are:

- Payment in full
- Or 12 x instalments of £262.50 payable by monthly standing order

ENERGY PSYCHOTHERAPY - POST QUALIFICATION CORE CLINICAL TRAINING WITH CERTIFICATION

As above plus:

- This course continues for a further 6 months following the end of the teaching
- Additional supervision sessions go deeper into the integration of the work to embed learning



- Practitioners submit a dissertation outlining their learning with 2 clinical case studies
- Following successful completion, participants may join the list of qualified energy Psychotherapists on the EPN website

FEES £3945 *for further information see Finance section*

Options for payment are:

- Payment in full
- Or 12 x instalments of £328 payable by monthly standing order

REGISTRATION

To request an application form please email info@energypsychotherapytraining.co.uk or contact us via the website www.energypsychotherapytraining.co.uk

Once you have completed this and submitted the relevant supporting documents, your application will be processed. You will be required to sign a Participants Contract to complete your registration, confirming that you understand the experiential nature of this training.

FINANCE

For enquiries please contact: Suzie Wood suzie@suziewoodtherapy.com
A payment plan is available

The training fee includes monthly group supervision

EARLY BIRD RATES:

There is a 10% early bird discount if you complete your application by 30th September 2026:

Core clinical training	£2,835
Core clinical training with Certification	£3,555

AFTER SEPTEMBER 2026, THE FEES WILL BE:

Core clinical training	£3,150
Core clinical training with Certification	£3,950

TRAINING MATERIALS

- A CORE TEXT is referred to throughout the training
- SPECIFIC COURSE MATERIALS will be emailed in advance of each training day
- In addition, A GUIDE TO LEARNING will be posted to participants which makes available all the energy practices that you will be learning and practising during the training

For full training programme details see below



TRANSFORMING TRAUMA

POST QUALIFICATION CORE CLINICAL TRAINING IN ENERGY PSYCHOTHERAPY

PROGRAMME DETAILS

CONTENTS

- **ADMISSIONS CRITERIA**
- **DATES OF THE TRAINING**
- **PROGRAMME OUTLINE**
- **LEARNING OBJECTIVES OF THE COURSE**
- **FORMAT OF TEACHING DAYS**
- **SUPERVISION GROUPS**
- **SUMMARY OF COURSE REQUIREMENTS, ATTENDANCE AND ASSESSMENT**
- **BACKGROUND INFORMATION – COURSE PHILOSOPHY**
- **PERSONAL CONTRACT WITH PARTICIPANTS**

ADMISSIONS CRITERIA

As we only accept fully qualified participants on this course, it is expected that all students have the essential core clinical skills of holding, containment, and knowing how to offer a safe, bounded therapeutic relationship. Please contact us if you have any questions regarding the criteria. All course registrants:

- Must have undertaken a *substantial period of personal therapy* (minimum 150 hours)
- *Be qualified and registered /accredited* by and practising according to the professional requirements and code of conduct of their regulatory mental health training body. This means:
 - A qualified accredited psychotherapist who is REGISTERED with the UKCP
 - A qualified ACCREDITED BACP counsellor *member* (being registered with the BACP is not sufficient)
 - A qualified psychotherapist with current accreditation by BPC (British Psychoanalytic Council)
 - A qualified clinical or counselling psychologist registered with HCPC
 - A qualified psychiatrist
- Have *professional indemnity insurance* that would cover working with energy therapy methods
- Having a *personal experience of energy psychotherapy* for a substantial period of time before or during the training is recommended. This provides an invaluable enhancement to learning. (A list of energy psychotherapists is available on request when you sign up for the training)
- Are required to *submit proof of their qualifications*
- Are responsible for finding a *minimum* of two or more clients to work with using energy psychotherapy methods over a period of time.
- Participants will be sent a *Personal Contract for the Clinical Training to sign and return* to ensure you are fully aware of the nature of the training and agree to abide by its guidelines.



ADDITIONAL POINTS

This programme is for therapeutic work with adults, and we do not provide specific training for working with children. However, child therapists can undertake the training as long as they have adult clients to work with, so they can apply the skills and write their dissertation. We do not offer supervision for working with children.

People with other energy trainings such as EFT, who do not have a clinical counselling or therapy qualification recognised by one of these regulatory bodies - BACP, HCPC, UKCP, BPC or equivalent - do not meet the criteria for this training.

TRAINING DATES SEPT 2027 – JULY 2028

The 12 teaching dates are:

- Saturday 18th September 2027
- Sunday 19th September 2027
- Saturday 16th October 2027
- Saturday 27th November 2027
- Saturday 15th January 2028
- Saturday 26th February 2028
- Saturday 25th March 2028
- Saturday 22nd April 2028
- Saturday 20th May 2028
- Saturday 24th June 2028
- Saturday 15th July 2028
- Sunday 16th July 2028

All training days take place online via Zoom from 11.00 until 17.30 (GMT/BST) or on occasion 18.00. The day is made up of 2 sessions: 11.00 – 14.00 (join from 10.50 – teaching begins at 11.00) and 14.45 – 17.30. People are required to attend for the full day including all clinical practice sessions. Your attendance will be registered for both sessions.

The clinical training takes place on **2 weekends and 8 Saturdays over the year**. The format comprises taught theory, demonstrations, experiential practice of energy modalities in pairs and trios, small and large group discussion groups, and monthly supervision groups.

- **The Core Training:** attending all the skills-based training seminars, online supervision groups, and home study.
- **At Certification level:** attending the skills-based training seminars, online supervision groups, and an additional 6 months of integration with supervision, home study, and submission of a 5000-word dissertation demonstrating your learning with 2 clinical cases.
- **Additional meetings:** There will be occasional extra meetings at the end of the teaching day (such as for discussing the Dissertations for those undertaking the Certification level)



PROGRAMME OUTLINE

This programme provides incremental learning, with opportunities to revise and consolidate as the training progresses

DAY 1. 18th September 2027: Bringing Mind and Body together (Part 1)

The first weekend begins with an overview of the history of energy psychology, exploring the unique integration of Energy Psychology methods within psychotherapy (a specific feature of the development of this work in the UK). We emphasise working from a heart-centred state of 'Presence'. Practitioners will be taught a variety of useful tools which bring the mind and body together, including self-energy testing (or muscling testing) which access the client's unique energy system and helps guide the work safely. You will also learn about: the importance of being well-hydrated; methods for emotional regulation; balancing the body's energy system; correcting energetic disorganisation; and how to clear triggered states easily through the energy centres (chakras). We will explore the concept of clearing energetic blockages ('psycho-energetic reversals') using Karate chop (KC) tapping and begin to address self-care for practitioners.

DAY 2. 19th September 2027: An overview of the subtle energy systems

On day two we provide an overview of the subtle energy systems including meridians; energy centres (chakras); thoughtfields' and auras/the energy body. We explore the nature of energy boundaries and how to strengthen them and introduce meridian work using an acupoint tapping sequence which includes finger points. Time will be spent looking at how we introduce and integrate energy work with clients, both online and in person.

DAY 3. 16th October 2027: Acupoint tapping and free associations of mind/body/energy

Practising integrating the methods we have learned so far, we continue with acupoint tapping, introducing emotional correlates and the 9 -Gamut procedure. We also work with the 'Table Top' and 'Table legs' method for finding the roots of trauma. In addition to following the free associations which naturally arise, the importance of thorough assessment is explored, and the co-creation of phrase writing with the client for formulating clinical issues, using the thought field. We also revisit energy balancing and regulation and the importance of self-care for therapists.

DAY 4. 27th November 2027: Chakra clearing

After reviewing what has been learned so far, we unpack trauma and its layers, referring to Freud's concept of 'repetition compulsion' and the origins and deeper roots of trauma. This includes in -utero, preverbal, developmental, transgenerational and transpersonal patterns of trauma. We also look at the neurobiology of trauma, and the repetition of patterns repeat at a cellular level. We introduce the chakras and their developmental correlates and teach how to clear trauma using a simple and more complex method of the 'Waterfall of Light' chakra clearing. We emphasise at all points following the flow of the client's natural healing process, the 'energetic charge' in the moment, and personal free associations, as they arise



DAY 5 15th January 2028: Core Beliefs and Intention

First, we explore the nature of vibration, resonance, and the creative power of the mind. Mindfulness facilitates the power of conscious choice and how we choose to perceive our reality. Emotion is ‘energy in motion’ – a body-to-mind link – as is the use of language and the power of the word. The role of thought processes, schemas, and transforming neural pathways through clearing conscious and unconscious limiting core beliefs will be explored as a vehicle for working with energy. By connecting to the heart and soul through the power of Intention we facilitate the deepest healing. You will be introduced to various versions of Sandi Radomski’s *Ask and Receive*, to transform limiting beliefs and clear trauma. We will also explore resourcing the client with positive intentions and core beliefs.

DAY 6. 26th Feb 2028: Bringing Body and Mind Together Part 2

We explore various aspects of PTSD and the Autonomic Nervous systems (Sympathetic, Parasympathetic, and Polyvagal theory.) We also look at the conceptualisation and treatment of somatisation and psycho-somatic conditions, and the fragmenting nature of trauma. We teach how we can work with fragmented states, parts, and archetypal energies by co-creating Healing Circles as a means of integration, resourcing, grounding, and ego strengthening. We continue working with gentle ways to help with triggering,

DAY 7. 25th March 2028: Working with early attachment and pre-verbal trauma

This day focuses on attachment theory and its usefulness in treating relational trauma, including very early pre-verbal and in-utero trauma. The importance of this early developmental work is emphasised, and the interpersonal therapeutic relationship with its capacity to regulate mood and affect. In addition, we identify how pre-verbal trauma and its related unconscious core beliefs create life-defining ‘blueprints’ for life and work and we introduce ways to transform such deep neural pathways to creative positive outcomes. Working with the deepest roots, including trans generational and transpersonal roots enables us to clear layers of trauma and bring about significant transformation.

DAY 8. 22nd April 2028: Complex trauma, PTSD, dissociation, “deeper reversals”

This day provides an overview of working with complex trauma and PTSD and prioritises different methods for working safely using energy psychotherapy methods. There is an emphasis on stabilisation, grounding, and embodiment, including: Tearless Trauma Techniques; The Movie Technique; and the Tell the Story technique. We work with ‘parts’ and ‘fragments’ to facilitate ego strengthening and integration including working with disconnection, dissociation, ‘alters’, and ‘frozen states’. We explore how to work non-judgmentally with ‘shadow’ energies using Healing Circles to facilitate the integration of the psyche and its contents. We also explore the different levels of memory regarding trauma, and how we might understand client histories when there is an incomplete narrative.

DAY 9. 20th May 2028: Ethics, Research, and methods for working deeply

We will explore the Ethics of working with energy psychotherapy and look at EP’s highly effective evidence-based research. We will introduce some new methods including Phil Mollon’s *Blue Diamond* Chakra clearing: working with ‘deep reversals’; working with dreams and imagery when there are no words; and working with child and dissociated parts using acupoint tapping



Day 10 24th June 2028: Consolidation and bringing it all together

This day focuses on review, consolidation and deepening, an opportunity for students to revise with a focus on practising a variety of EP techniques. We include Judith swack's video on the transformation of neurobiology through EP; the inner boundary protocol for keeping inner parts safe; and space to ask questions and practise bringing it all together including embedding the methods learned in days 8 and 9. We also have a session on the teaching team's 'top tips' in practising energy psychotherapy.

DAY 11 & 12. 15th & 16th July 2028: A weekend Introducing Phil Mollon's Psychoanalytic Energy Psychotherapy (PEP)

On the final weekend, we explore Phil Mollon's depth approach for identifying optimum sequences for finding the energetic encoding for states of distress using acupoint tapping. We will also deepen our understanding of the roots and origins of 'Reversals' and how we can use this as a central focus in the work. In addition, there will be space for reflections about the training ending, with discussions about next steps and how people wish to take the work of energy psychotherapy forward in their practices.

LEARNING OBJECTIVES OF THE TRAINING

We intend that by the end of this Energy Psychotherapy core training that participants will have acquired competence in clinical work. Student's learning is supported throughout, and halfway through the training students are given a self-evaluation form to help monitor their progress and identify any support that may be needed. The learning objectives are as follows:

- An understanding of the history, origins, and development of energy psychology techniques (including research) and their integration into psychotherapy.
- An understanding of and ability to integrate work with the subtle energy systems of meridians, chakras, and other components of the human energy system within the context of the therapeutic relationship.
- Competence in carrying out energy psychotherapy sessions – using the skills of energy testing, correcting imbalances and energy blockages, and identifying the core issue for therapeutic work, including an understanding of 'repetition compulsions', getting to the roots of the problem when necessary, and applying energy methods to that focus.
- Skills in phrase writing, working with the synergy of language, energy, and intention
- A capacity to assess the suitability of clients for energy treatment including contraindications, and recognition of developmental and complex trauma
- To be able to recognise the nuanced differences in energetic work and your training model(s), and how both can work collaboratively and integratively.
- The capacity to reflect on and integrate energy methods at deeper levels with an awareness of safety, ethics, formulations, understanding traumatic origins, and planning the work. This will be illustrated by writing short clinical presentations of cases for discussion in supervision
- For those undertaking the Certification level, this learning will be demonstrated by writing a clinical dissertation.



FORMAT OF TEACHING DAYS

- Group practices for grounding, balancing and setting up the energy field
- Online teaching sessions
- Demonstrations
- Experiential learning in practice sessions in pairs or trios. These take place in breakout rooms, assisted by the teaching team. Participants will work on their personal issues/trauma (*NB this is not role play*).
- Revision of the training materials
- Small feedback and discussion groups
- Plenary Q and A session

EXPERIENTIAL LEARNING IN PAIRED WORK AND TRIOS:

As is stated in the participant's personal contract, this is a skills-based training.

The learning of the clinical skills will be done through paired work, or work in trios.

Participants will change roles between therapist, and client and you will practise energy skills with a variety of people throughout the training to gain maximum experience of working with different people's energy systems.

The dual role of personal healing and learning:

- Between *learning clinical skills*
- Alongside working with and *clearing your own personal issues and trauma*. You will be bringing your own personal material (trauma) to work on, using energy psychology methods to clear 'real' issues. Please therefore bring issues which you feel comfortable working with.
- Energy testing (kinesiology) will be used to guide the work 'in the highest interest of both learning and healing'.

A member of the energy psychotherapy teaching team will regularly be joining you in the breakout rooms.

During experiential work, to help you learn energy psychotherapy skills you will receive coaching which is a vital part of the training. We recognise that holding a dual role of both learning and clearing trauma can be challenging, but we ask you to be open to interventions from the teaching team, who may - for example – notice something you need help with. Everyone feels vulnerable when learning new things, so please do not feel criticised if a member of the teaching team corrects something you are doing – this is to help you learn and there is no judgment involved.

Personal boundaries. Attention is paid during the course to issues around personal boundaries. We are sensitive to this and will assist in managing this so that you do not end up working with someone with whom you may have a dual relationship in another context.

Taking personal responsibility for what arises on the course.

As stated in the participant contract, if it is not possible to complete the 'clearings' during the training sessions, please take this to your individual energy therapy, or continue clearing this yourself (with self-clearing) or with a buddy.



FEEDBACK AND DISCUSSION GROUPS:

There will be a small group discussion on most training days which will provide people with the opportunity to feedback, connect in Zoom breakout rooms, and share their learning experiences. The composition of these groups will be different on each teaching day to provide variety and depth and so that people get to know other participants. The groups will be facilitated by members of the teaching team.

SUPERVISION GROUPS

- All participants will be in regular supervision groups on Zoom, for one and a half hours each session, 10 throughout the year for the core training
- A minimum of 80% attendance is required
- If you sign up for the Certification level after the taught part of the course ends, your existing supervision group will end (although you may wish to continue as a peer supervision group).
- There will be 4 further supervision sessions in new groups, which are formed for those continuing with the Certification level. This is a process of deepening learning that takes place over 6 months while you focus on writing up your clinical cases and reflecting on the integration of energy psychotherapy into your work.
- **Undertaking your own personal energy psychotherapy is extremely important.** It provides a space for processing your personal material and anything which comes up for you on the training. This assists in keeping the supervision space 'clear', so that supervision is focused on client work and the supervisory process.

SUMMARY:

TRAINING REQUIREMENTS, ATTENDANCE AND ASSESSMENT

Energy Psychotherapy Post-Qualification Core Clinical Training

12 DAYS TAUGHT PROGRAMME including clinical practice sessions

LIVE GROUP SUPERVISION (via Zoom)

Therapists will enhance their learning by participating in clinical supervision groups and sharing their experience of integrating energy therapy into their practice, guided by an experienced supervisor. **Ten groups of 1.5 hours.**

STUDY reading core text/additional training materials

Energy Psychotherapy Post-Qualification Core Clinical Training

WITH CERTIFICATION

12 DAYS TAUGHT PROGRAMME including clinical practice sessions

LIVE GROUP SUPERVISION (via Zoom)

Therapists will enhance their learning by participating in clinical supervision groups and sharing their experience of integrating energy therapy into their practice, guided by an experienced supervisor.

Ten groups of 1.5 hours

STUDY reading core text/additional training materials

Additional Supervision 4 x 1.5 hours



CERTIFICATION DISSERTATION DETAILS

Submission deadline: February 2029

Participants are required to submit a **5000-word dissertation** to demonstrate knowledge of energy psychology methods and how they have been integrated into therapeutic practice with clients.

- Prepare 2 case studies showing how you have integrated energy psychology into your therapeutic practice.
- Include within the 5000 words a brief reflective account of your learning, which might include your experiences on teaching days, as a client (with appropriate confidentiality boundaries), and in supervision.
- Participants will be in regular group supervision with one of the EP Course supervisors, including changing to a new supervision which will focus specifically on the Certification process.
- There will be an opportunity to discuss a draft of your dissertation with your supervisor and to make amendments before final submission.

ATTENDANCE REQUIREMENTS FOR BOTH LEVELS OF TRAINING

80% attendance of the 12 Day trainings and 80% attendance of all supervision is required

- **Attendance of complete training days – SESSIONS 1 AND 2** - is an essential requirement of this course. All participants are required to experience and participate in all the clinical practice skills to gain confidence in them.

TRAINING REQUIREMENTS AND ASSESSMENT

- **Journal of reflective learning:** We recommend that all participants keep a journal of reflections and learning experiences as they go along. This is particularly useful for those undertaking the Dissertation for the Certification level. Journaling helps you connect with your learning process and focus on and take in what you are learning.
- **Catch up with any missed days** – participants are required to study the material and to practice the protocols of any day they may have missed so they keep up with the learning.
- **Take on a minimum - ideally more - of two ongoing training clients** - ideally immediately after the start of the course - so you can introduce energy therapy in various forms straight away with several of your clients. The sooner you do this the easier it is.
- **Regular attendance of supervision. This includes:**
 - Undertaking **brief written clinical presentations** of your work using energy psychotherapy
 - These case presentations need to be emailed to your supervision group and supervisor **at least 2 full days before supervision** for discussion in the group so that everyone has time to read them before the supervision group.
- **Working on yourself using energy psychotherapy throughout the course:** Participants are asked to take responsibility for working on themselves to clear any



triggers that may arise on the course, and to undertake various forms of energy psychotherapy practice such as:

- Self-applying the skills and methods learned to clear your own triggers and embed your learning. This includes practising and entraining methods such as self-energy testing, so you become confident in them.
- Regular work with buddies from the beginning of the training to practise the Guides to Learning and to gain as wide a variety of experience as possible with different people's energy systems.

ASSESSMENT

Our aim is to help you successfully learn how to use energy psychotherapy so that you can safely work with clients with it in your practice.

As part of this we recommend the following means of ongoing support during the training:

- **Supervision group support:** In past trainings, many supervision groups have opted to meet up together regularly in addition to the monthly groups to practise buddying with one another. This makes a significant difference to people's confidence, and we strongly recommend it.
- **Buddying:** We recommend that you have more than one practice buddy, ideally starting right from the start of the training and practising regularly
- **Self –Evaluation:** We provide you with a self-monitoring tool halfway through the training so you can assess how you are getting on, which gives you plenty of time to catch up with any practices you are unsure of during the revision and consolidation sessions.
- **Planning for additional needs.** Should you be struggling with the training and your self-evaluation shows you to be falling behind, we will help you develop a plan to catch up with your learning.

BACKGROUND INFORMATION - COURSE PHILOSOPHY

The origins of energy in healing – combining the old and the new: Central to the ethos of our approach is the convergence of many different streams of ideas and practical applications for working with energy. This course aims to present underlying principles creating a solid foundation for practising energy psychotherapy. The healing traditions of working with subtle energies – meridians and chakras (energy centres)– such as in China, India, and other ancient cultures are at least 5000 years old. From these beginnings, we see the flowering of numerous energy disciplines in our contemporary world, including Acupuncture, Qigong, Reiki, Thought Field Therapy, Emotional Freedom Techniques, Tapas Acupressure Technique, Advanced Integrative Therapy, Ask and Receive, Psychoanalytic Energy Psychotherapy, and many others.

Integrating the body and energy fields into psychotherapy: This training aims to teach clinicians to effectively and safely integrate energy psychology into their therapy practice. By including the body and energy field, it is possible to work more easily with deep-rooted issues, including developmental and preverbal trauma that “talking therapies” alone



struggle to reach. These methods are applicable in most aspects of therapeutic work facilitating significant breakthroughs in therapeutic impasses and blocks to development. They also provide valuable self-help resources for clients, enabling them to stabilise and regulate affect. Working in this way can be gentle and transformative.

Growing evidence base: Over 200 review articles, research studies, and meta-analyses have been published in professional, peer-reviewed journals. This includes: • 88 randomized controlled trials • 88 clinical outcome studies 99% of the 176 studies show EP to be effective • 6 meta-analyses • 9 systematic reviews of EP modalities • 23 comparative reviews (EP & other therapies). All reviews document EP's effectiveness

Energy psychology is both evidence-based and in the top 10% in terms of published research for psychotherapy modalities

ACEP- Association for Comprehensive Energy Psychology. www.energypsych.org
Science Behind Energy Psychology Quick Facts Aug 2023.pdf (cdn-website.com)

Making Energy Psychotherapy methods more widely accessible: This training aims to make energy psychotherapy more accessible by providing a solid generic overview and core foundation in the essential theories, principles, and clinical skills. The wide recognition of the need to include the body when working with trauma makes the course highly relevant for integrating *bodymind* and bringing this work into the mainstream. The one-year course (with an additional 6 months for Certification students in supervision, working on their case studies and dissertations) provides a supportive learning environment so practitioners can incrementally learn the tools of Energy Psychology (EP). The training supports participants to gain confidence in integrating EP methods into their existing psychotherapeutic practices, assisted by clinical supervision in small groups throughout the course.

Energy psychotherapy – A depth approach: The online clinical training draws on the rich traditions of different psychotherapies including Jungian, Psychoanalytic, Attachment-based, Cognitive Analytic Therapy (CAT), Person-Centred, Gestalt, Transpersonal, and other perspectives. Energy psychotherapy works with people on many different levels including physical, cognitive, emotional, and spiritual, with conscious and unconscious aspects following the '*free association*' of the *bodymind* and clearing the deepest roots of trauma. It also engages different parts of the self, including the continuum of dissociative experiences, 'parts', 'alters', and 'archetypes' that are often associated with complex trauma, PTSD, and attachment trauma. The training combines an energy perspective with depth psychology to work with these complexities and also brings the possibility of clearing all kinds of trauma - in-utero, birth, developmental, and attachment trauma - as well as trans-generational, cultural, and historical trauma, clearing energies and blockages held in a person's energy field from a variety of sources.

Values of the training – a heart-centred, approach combining open-mindedness, curiosity, and playfulness with sound assessment skills and solid grounding: Central is a heart-centred approach that values the qualities of openness, curiosity, and playfulness. Participants can experience the freedom, wonder, and surprises that energy therapy can bring. The training combines this with a depth approach, where assessment of appropriate



levels of therapeutic intervention and pacing of the work balances and provides solid grounding and safety.

Experiential skills-based learning with participants working on their personal

issues: This is a skills-based training, where clinical discussion, supervision, and self-directed study are all incorporated into the experiential learning. The series of one-day training events cumulatively builds on and consolidates learning which facilitates a thorough grounding in energy psychotherapy. Participants will work with their own personal issues and triggers during training days in a confidential environment. This is personal work rather than 'role-play' so that the learning of clinical skills is fully experienced and personally embodied.

Respecting the uniqueness of each person's healing process and following the flow of energy:

A characteristic aspect of working with energy is to "follow the flow" of each person's unique healing process. Guided *by free association* of the mind and body and helped by "energy testing" (kinesiology), we respect that the client's energy system knows best, both for what needs healing and for the pacing of the work. The philosophy of the training includes being open to unknown or "higher" dimensions and sources of healing accessible in the energy realm beyond the conscious mind.

PERSONAL CONTRACT WITH PARTICIPANTS

We appreciate that in signing up for this training, participants have made a considerable commitment. Alongside learning practical clinical skills, people will also be working on personal trauma as part of the experiential learning. Inevitably students may feel quite vulnerable from time to time as they hold the balance between their personal work and the learning of a new way of working. From our experience of teaching, it is helpful to keep our energy 'fields' as clear as possible. As part of this, on applying for the training we include a personal contract for participants, setting out guidelines to keep this a safe and contained learning space for everyone. You will all be asked to sign a copy of this contract.

CORE STAFF AND CONTACT INFORMATION

For more information about the Energy Psychotherapy Post-Qualification Clinical Training Team please see the relevant section on the Energy Psychotherapy Training Ltd website or email at info@energypsychotherapytraining.com