



Fifteenth Annual EP Research Symposium

Thursday, May 28, 2026

8:30 – 8:40am Welcome and Introductions, John Freedom, CEHP.

8:40 – 9:10am “Evaluating the Effectiveness of Emotional Freedom Technique for Reducing Workplace Stress in Healthcare Professionals: A Quasi-Experimental Study,” presented by Shazia Shahzadi, PhD.

9:10 – 9:40am “AIT, EFT, EMDR: Reduction of Emotion from Fear Based Memories: QEEG Analysis of Three Single Intervention Approaches,” presented by Greg Brown, MD.

9:40 – 10:10am “Akashic Records and Mental Health Outcomes,” presented by Candice Rasa, LCSW and Sarah Coleman, LCSW.

10:10 – 10:25am Morning Break

10:25 – 10:55am “Healing From The Body Level Up (HBLU) for PTSD: A Pilot Study,” presented by Andrea Skillman, BSN.

10:55 – 11:25am “Nurse Stress Relief: A Pilot Study on the Impact of Healing Touch and Chakra Techniques on Well-Being,” presented by Stacy Noel, MSN.



11:25 – 11:55am “A Pilot Study on the Effectiveness of Advanced Integrative Therapy’s 3 Step Transformation in the Treatment of Trauma Symptoms,” presented by Beth Pace, M.Ed., LPCS.

12:00 – 1:30pm Lunch Break

1:30 – 2:30pm Symposium Keynote: “Energy Psychology Evolving: Confusion, Controversy and the Call for a Clearer Definition,” A Panel Discussion. Debra Greene, PhD, moderator; David Gruder, PhD, Kerri Husman, MD and Eric Leskowitz, MD, panelists.

2:30 – 3:00pm “Effective Tapping Statements: An Illustration of Process Research,” presented by David Feinstein, PhD.

3:00 – 3:15pm Afternoon Break

3:15 – 3:45pm “A Biopsychosocial Approach to Youth Athlete Mental Health: Evaluating the Mind 2 Win Pilot Program,” presented by Lauren Brittain and Victoria Barclay-Timmis, PhD.

3:45 – 4:15pm “Daily Mindfulness Meditation for Improved Student Outcomes: An Australian Primary School Trial,” presented by Peta Stapleton, PhD. (presentation pre-recorded).