

14th Annual Energy Psychology Research Symposium

May 29, 2025

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| 8:30 – 8:40am | Welcome and Introductions, John Freedom. |
| 8:40 – 9:10am | “Emotional Freedom Technique for Reducing Depression and Improving Quality of Life among Stroke Patients in Pakistan: A Randomized Controlled Trial,” presented by Shazia Shahzadi, PhD. |
| 9:10 – 9:40am | “Effectiveness of Advanced Integrative Therapy in Treating Attention Deficit Hyperactivity Disorder: A Preliminary Case Report,” presented by Oriel Romano Celestin, MS, LPC. |
| 9:40 – 10:10am | Six-month follow-up comparing AIT and EFT in the reduction of negative emotions associated with a past memory,” presented by Greg Brown, M.D. |
| 10:10am – 10:25am | Morning Break |
| 10:25 – 10:55am | “A Teacher-Led Classroom Intervention in an Area of Mexico Experiencing Community Violence: A Controlled Mixed-Method Feasibility Study,” presented by Suzanne M. Connolly, LCSW, LMFT, LISAC, Leonor Zarazua, MA and John Freedom, CEHP. |
| 10:55 – 11:25am | “Investigating the Clinical Efficacy of Emotional Freedom Techniques (EFT) with Psychology Students to Reduce Stress, Burnout, and Imposter Syndrome,” presented by Lauren Brittain and Victoria Barclay-Timmis, PhD. |
| 11:25 – 11:55am | “EFT (Emotional Freedom Techniques) for Irritable Bowel Syndrome,” presented by Gabrielle Rutten, M.D. |
| 12:00 – 1:30pm | Lunch Break |
| 1:30pm – 2:30pm | Keynote Presentation: “Exposing the Invisible Paradigm War: EP, APA and You” Shoshana Garfield, PhD. |
| 2:30pm – 3:00pm | “From Stress to Serenity: Impact of Emotional Freedom Techniques (EFT) on Stress Levels in Family Medicine Residents: A Cohort Study,” presented by Nicole Delgado-Salisbury, EdD, Sonia Velez, MD and Betsy Muller, MBA, CEHP. |
| 3:00 – 3:15pm | Afternoon Break |
| 3:15 – 3:45pm | “Clinical EFT for Visually Impaired Individuals: Effects on Psychological Wellbeing and Subjective Visual Functioning,” presented by Peta Stapleton, PhD. |

3:45 – 4:15pm

“Efficiency and Effectiveness of Neuro-Regulation Reset during Twelve Sessions of High Intensity Neurophysiological Stimulation,” presented by Bruce Meleski, PhD.

Keynote Presentation: “Exposing the Invisible Paradigm War: EP, APA And You.”

Shoshana Garfield, PhD

There is a myth that science is “objective” and politically neutral. While many scientists aspire to lofty and worthy ideals, scientific research often reflects the values and beliefs of the researchers conducting it, and those of the corporations and foundations funding it. Some authorities set themselves up as defenders of a paradigmatic faith, “scientism,” as if theories are religions.

In the past several years ACEP has engaged in several skirmishes with the American Psychological Association. Some of these have involved whether the APA will authorize CE credits for our courses, workshops and conferences. Most recently, Division 23, the Society for Clinical Psychology has rewritten its definition of “psychological treatment” to not only exclude EFT and Energy Psychology, but all somatic psychotherapies as well. The SCP has denied EFT research from PTSD treatment review, despite strong evidence ---- over 200 peer-reviewed studies ---- documenting its efficacy.

These struggles exemplify a paradigm shift in psychology and the sciences as well, with an outcome far from assured.

In this keynote presentation Dr. Garfield will review the history of conflict between ACEP and the APA, reveal the behind-the-scenes story of how the NICE (the National Institute for Health and Care Excellence in the UK) success actually occurred, and review parallels of similar conflicts between innovative developments in science and healthcare, and attempts to ignore or shut them down.

Shoshana Garfield, PhD, is a psychologist in private practice in the UK. She received her doctorate degree in 2007 from London South Bank University. She was heavily involved with EFT International for over 10 years, as a member and then leader of the Training Board, an Executive Board member, and Co-Chair of the Board. She later became a whistle blower in a successful bid to restore EFTi to the integrity of its mission. She was a leader in the movement to have NICE (National Institute for Health and Care Excellence) recognition of EFT research in 2018, and is currently coordinating efforts to address challenges with the APA. Shoshana is a DEI social activist who champions EP modalities. Her private practice is sociologically grounded and she specialises in leadership, starting with the self, for governance and international executives.