



12th Annual Energy Psychology Research Symposium

Thursday, June 1, 2023

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| 8:30am – 8:40am | Welcome and Introductions, John Freedom |
| 8:40 – 9:10am | “Study Sample Size: How Big a Sample Is Enough?” by Marg Hux, MSc |
| 9:10am – 9:40am | "Global Research on the Effects of Access Bars on Stress, Depression, Anxiety and Pain," by Terrie Hope, PhD |
| 9:40am – 10:10am | “High Intensity Embodied Therapy to Treat Trauma and Addiction - A Case Study,” by Bruce Wayne Meleski, PhD |
| 10:10am – 10:30am | Morning Break |
| 10:30am – 11:00am | "Chronic Disease Patients’ Constructions of ‘Recovery’ as Facilitated by Emotional Freedom Technique (EFT) Therapy,” by Mahima Kalla, PhD |
| 11:00am – 11:30am | "Daily Mindfulness Meditation for Improved Student Outcomes: A Whole Primary School Approach,” by Peta Stapleton, PhD |
| 11:30am – 12:00pm | “A Novel Approach to the Management of Chronic Pain Using an Emotional-Somatic Release Technique in a Yoga Context,” by Anne Jensen, DC, DPhil (PhD) |
| 12:00pm – 1:30pm | LUNCH |
| 1:30pm – 2:30pm | Keynote Presentation: “Finding Freedom within the Evidence-based Paradigm: Questions for the Creative Practitioner” by Anne Jensen, DC, DPhil (PhD) |
| 2:30pm – 3:00pm | “Successful Withdrawal from Six Psychiatric Medications Using Criteria-Based Energy Testing: A Case Report,” by Alice W. Lee, MD |
| 3:00pm – 3:15pm | BREAK |
| 3:15pm – 3:45pm | “‘Everything smells of poo’: A Case Study Using Emotional Freedom Techniques (EFT) for Parosmia Following COVID-19,” by Liz Boath, PhD |
| 3:45pm – 4:15pm | “Musicians in the Zone: Emotional Freedom Technique as a Clinical Pilot Intervention Targeting Music Performance Anxiety, Subjective Wellbeing, Flow and Pitch Accuracy in Musicians,” presented by Abbey Lawless, PhD |