12th Annual Energy Psychology Research Symposium

Thursday, June 1, 2023

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