The Art & Science of Transformational Change

May 30 – June 3, 2024 | Litchfield, AZ
(Phoenix) | The Wigwam Resort

“I wouldn’t even call it a conference. It’s an enlivening, soul-enriching, mind-exploding experience. Every. Single. Year.”
— Gail Gillespie, PhD

26TH INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE

Register by April 8 and save up to $200!
EnergyPsychologyConference.com

Get breakthrough results with less effort. Join your holistic community, get inspired and learn new skills.

Inspiring keynotes include:
David Grand, PhD • Judith Orloff, MD • Stephen Porges, PhD
Arielle Schwartz, PhD • Master Mingtong Gu

400+ professionals attend every year.

Presented by the Association for Comprehensive Energy Psychology | CE & CNE hours available
Are You an Experienced Holistic Practitioner?

After 25 years the verdict is in. This conference is one of the best for:

• An alchemical blend of keynotes and invited presentations
• Providing intensives to deepen your skills
• Curating a diverse group of learning labs to keep you up to date
• Renewing your passion for your healing work
• A nurturing community that gives you strength and joy

We’ll help you learn mind-body methods that can rapidly heal trauma, reduce anxiety, enhance performance and more. We’ve trained over 16,000 professionals just like you.

“Clients are delighted with the results of energy psychology. They see that they can actually change things within themselves instead of just dissecting them, which is so common in conventional approaches. They may have been able to cope better as a result of conventional methods, but they didn’t experience the deep, transformational change that comes from energy psychology work. They often feel a profound sense of wholeness and well being they have never felt before.” – Heather LaChance, PhD, DCEP

Are You New to Energy Psychology?

We’ve created a series of Learning Labs called EP Fundamentals (track 1) just for you! These five, 2-hour learning labs, taught by leaders in the field, will give you a great foundation in energy psychology science, research and multiple techniques. You’ll be able to begin using energy psychology with your clients immediately!

Get Nourished on All Levels

Learning happens best when you’re fully engaged in body, mind and spirit.

• Music that stirs your soul
• Experiential learning
• Morning energizers
• Afternoon movement breaks
• Inspiring, heartfelt presenters
• Dancing
• And more

The #1 reaction to attending for the first time is, “I’m home. I’ve found my community.”

Register Now! energypsychologyconference.com
Surrounded by the stunning Sonoran Desert landscape just outside of Phoenix, AZ, this iconic resort offers a thoughtfully curated selection of luxury casitas and suites, along with an array of recreational amenities, award-winning restaurants, and more. After a century of service, come experience an essential part of Arizona’s rich history at The Wigwam.

Get the amazing room rate of only $189/night. Get details at EnergyPsychologyConference.com

Customize Your Learning

35 Learning Labs in 7 Tracks
1. Fundamentals of Energy Psychology
2. Specific Approaches & Populations
3. The Many Faces of Trauma & Violence
4. Flow, Resilience & Performance
5. The Science of Therapeutic Change
6. New! Transformative Journeys
   *This new track focuses on your personal growth, and is experiential.*
7. Potpourri

We welcome all helping professionals interested in integrative, mind-body approaches, including:
- Licensed mental health professionals
- Nurses
- Physicians
- Coaches
- Energy healing practitioners
- Chiropractors
- Acupuncturists
- Educators
- Clergy
- Allied health professionals

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energypsychologyconference.com
or call 619-861-2237

Register Now! energypsychologyconference.com
Energy psychology blew me away

“I was trained at some of the best schools and yet wasn’t able to get far with some people, particularly those with trauma and addictions. And then I started using energy psychology. I made more progress with patients in a session or two than I had in several years of treating them. It blew me away.” – Anthony Tranguch, MD, PhD
One of the best conferences

“It’s one of the best conferences of its type that you will ever attend anywhere. The things I get exposed to and learn, and the sense of community, it’s uplifting, every single year.” – Alfred Heath, MA, LPC
Deepen your experience, achieve greater mastery ...

Attend a pre- or post-conference intensive

Pre-Conference Intensives

Thursday, May 30  8:30am - 4:15pm

Finding Forgiveness, Accessing Your Power & Unleashing Your Voice, Even After Adversity
Amikaeyla Gaston
How can you shed ancient wounds and find the power to be your truest, fiercest self while crafting a joyful, purpose-filled life? Using the HeartVoice Method, experience forgiveness, deep connection and transformative practices that show the way.

Cultivating Resilience: Equip Your Clients to Thrive Amidst Unprecedented Societal Challenges
David Gruder, PhD, DCEP
Our clients are experiencing record-high levels of sustained stress. Explore this unique way to master a practical, integrative framework that can help your clients more effectively deal with societal stress.

From Fight/Flight to Flowering: Nurturing Resilience
Maria Limardo, PhD, Robin Masiewicz, Kristin Miller, PhD, DCEP, Amy Frost, MBA, MA
Energy psychology has pioneered the use of mind-body tools that are as effective in times of trauma as for wellbeing. Discover how to build wellness and resilience into community outreach programs.

Harmonizing Healing: Trauma Processing & Attachment Repair Using the Vagus Nerve & Chakras
Cheryl Llewelyn, MEd, LPC
Discover how the vagus nerve aligns with the chakras to communicate messages of safety or distress. Develop deeper awareness of what your client’s body is communicating so you can help them clear traumatic responses.

Find & Eliminate Hidden Patterns of Suffering
Judith Swack, PhD
Understand why patterns of suffering can remain hidden, learn effective methods to uncover them, and discover how to help your clients clear them.

Empower Intention & Energy Will Follow: Be Set Free Fast
Alfred Heath, MA, LPC & Adriana Popescu, PhD
Learn how to apply the ancient axiom “energy follows intent” with Be Set Free Fast, which synthesizes and simplifies psychodynamics, somatosensory energetics, and cognitive-behavioral exploration into an efficient process for transformation.

Post-Conference Intensives

Monday, June 3  9:00am - 5:00pm

Transformation for Treating Difficult Issues & Disorders with AIT
Asha Clinton, PhD & Marilyn Doughall, LCSW
Learn how to address complex issues and disorders that often defy conventional treatment with Advanced Integrative Therapy depth work. Help your clients unravel early trauma’s impact on mental health and well-being.

Embrace the Present: Unveiling the Identity Method
Fred Gallo, PhD, DCEP
Dive into the world of the Identity Method, a dynamic approach blending mindfulness, emotional focusing, visualization, and tactile stimulation. Discover how this method can treat psychological issues, helping people live in the NOW.

Release the Emotional Roots of Physical Disease to Recover Health Using Energy Psychology
Kristin Holthuis, MD
When lifestyle changes and medications are not enough... learn to pinpoint specific emotional root causes of physical diseases. Discover how to use energy psychology to clear traumatic impacts so your clients can recover wellbeing.

Empower Intention & Energy Will Follow: Be Set Free Fast
Alfred Heath, MA, LPC & Adriana Popescu, PhD
Learn how to apply the ancient axiom “energy follows intent” with Be Set Free Fast, which synthesizes and simplifies psychodynamics, somatosensory energetics, and cognitive-behavioral exploration into an efficient process for transformation.

Register Now! energypsychologyconference.com

View presenter bios at energypsychologyconference.com.
CONFEERENCE OVERVIEW

Friday, May 31  View details

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM - 7:15 AM</td>
<td>Morning energizers</td>
</tr>
<tr>
<td>8:00 AM - 8:30 AM</td>
<td>Opening ceremonies</td>
</tr>
<tr>
<td>8:30 AM - 10:00 AM</td>
<td>Polyvagal Theory: Harnessing the Healing Power of Safety Signals  Stephen Porges</td>
</tr>
<tr>
<td>10:45 AM - 12:45 PM</td>
<td>Learning Labs A (see grid below)</td>
</tr>
<tr>
<td>12:45 PM - 2:45 PM</td>
<td>Complimentary lunch / Annual meeting / Break</td>
</tr>
</tbody>
</table>

Invited Presentations (Your Choice)

2:45 PM - 3:45 PM
- Elemental Insights: Elevate Client Experiences with the Five Elements in Energy Psychology  Dondi Dahlin
- Navigating New Frontiers: Ketamine Assisted Psychotherapy & the Fusion with Energy Psychology  Kerri Husman

3:50 PM - 4:20 PM
- Movement break: T’ai Chi  David Rosenberg

Keynote

4:45 PM - 6:30 PM
- Embracing the Healing Power of Empathy  Judith Orloff
- Dinner on your own

Learning Labs A
10:45 AM - 12:45 PM

<table>
<thead>
<tr>
<th>Track</th>
<th>Title</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fundamentals of EP</td>
<td>Michael Galvin, PhD, DCEP</td>
</tr>
<tr>
<td>2</td>
<td>Specific EP Approaches &amp; Populations</td>
<td>Tapas Fleming, Lac</td>
</tr>
<tr>
<td>3</td>
<td>The Many Faces of Trauma &amp; Violence</td>
<td>Mary Sise, LCSW, DCEP</td>
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<tr>
<td>4</td>
<td>Flow, Resilience &amp; Performance</td>
<td>Debra Greene, PhD</td>
</tr>
<tr>
<td>5</td>
<td>The Science of Therapeutic Change</td>
<td>Coralee Pringle-Nelson, MEd, PhD</td>
</tr>
<tr>
<td>6a</td>
<td>Transformative Journeys</td>
<td>Margaret Lynch Raniere</td>
</tr>
<tr>
<td>6b</td>
<td>Transformative Journeys</td>
<td>Diane Spindler LMHC, LMFT</td>
</tr>
<tr>
<td>7</td>
<td>Potpourri</td>
<td>Hillary Straus, MA, LMHC</td>
</tr>
</tbody>
</table>
Saturday, June 1  

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
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<tbody>
<tr>
<td>6:30 AM - 7:15 AM</td>
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<tr>
<td>8:00 AM - 8:30 AM</td>
<td>Opening</td>
</tr>
</tbody>
</table>
| 8:30 AM - 10:00 AM | Thriving Beyond Adversity: Unveiling the Path to Resilience & Post-Traumatic Growth  
Arielle Schwartz |
| 10:45 AM - 12:45 PM | Learning Labs B (see grid below)                                    |
| 12:45 PM - 2:15 PM | Lunch on your own | Committee meetings                                                   |
| 2:15 PM - 4:15 PM | Learning Labs C (see grid below)                                     |
| 4:20 PM - 4:50 PM | Movement break: Qigong  
Master Mingtong Gu                                                       |

Invited Presentations  
(Your Choice)

<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 5:00 PM - 6:00 PM | Shift the Mind & Body with the Archetypes of Sound™  
Charleene Closshey |
| 5:00 PM - 6:00 PM | 5 Strategies for Running a Safe, Ethical, & Vibrant Practice  
Ian Foster       |
| 7:00 PM - 11:30 PM | Gala Dinner, Awards Ceremony & Dance Party                           |

### Learning Labs B  
10:45 AM - 12:45 PM

| Track 1          | The Evolution & Application of Emotional Freedom Techniques: From Self-Help to Powerful Clinical Tool  
George Limberakis, LCMHC, DCEP |
|------------------|-----------------------------------------------------------------------------------------------------|
| Track 2          | Higher Dimensional Healing:  
Blue Diamond & the Physics of William Tiller  
Phil Mollon, PhD, DCEP |
| Track 3          | Transforming Grief into Growth: Nurturing Resilience & Renewal  
Jennifer Groebe, MSW, LCSW & Celina Pina Shemo, PsyD, LMFT |
| Track 4          | Release Fear from Your Voice to Manifest Powerfully  
Jan Jorgensen, RN, PhD |
| Track 5          | Tapping into Healthy Masculinity:  
A Practitioner’s Guide  
Larry Burk, MD, CEHP & David Gruder, PhD, DCEP |
| Track 6a (1 hour) | Healing Inter-generational Violence & Trauma  
Tapas Fleming, Lac |
| Track 6b (1 hour) | Mindful Color Intervention for Upgrading Your Inner Parent  
Brent Baum, STB, LISAC |
| Track 7          | Toxic Relationships: Addicted to the Breadcrumbs of Love  
Kate Munden, DipPsych |

### Learning Labs C  
2:15 PM - 4:15 PM

| Track 1          | Energy Testing: Fundamentals for Accurate & Ethical Muscle Testing  
Tabatha Bird Weaver, LMFT, DCEP |
|------------------|-----------------------------------------------------------------------|
| Track 2          | Empower Energy Technique: Advances in Transforming Mental Health  
Alice Lee, MD |
| Track 3          | Healing the Birth Story: Clearing Inherited, Intergenerational & Prenatal Trauma  
Jane McCampbell Stuart, MA, LMFT |
| Track 4          | T’ai Chi Fundamentals®: Fostering Energetic Transformation  
David Rosenberg, PhD, LCP |
| Track 5          | Using Ego State Therapy & Energy Psychology for Healing Childhood Trauma  
Kristin Miller, PhD |
| Track 6a (1 hour) | Healing at the Roots: Core Ask & Receive for Pre-Birth Trauma Resolution  
Thomas Altaffer, MSW & Pamela Altaffer, LCSW |
| Track 6b (1 hour) | Allergy Antidotes: Three Easy Ways to Relieve Allergy-like Reactions  
Sandra Radomski ND, MSW |
| Track 7          | Breaking the Negative Cycle: Treating Ruminating with AAIT Protocols  
Melanie McGhee, LCSW |
### Sunday, June 2

<table>
<thead>
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<th>Time</th>
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<tr>
<td>8:00 AM - 10:00 AM</td>
<td>Learning Labs D (see grid below)</td>
</tr>
<tr>
<td>10:30 AM - 12:30 PM</td>
<td>Learning Labs E (see grid below)</td>
</tr>
<tr>
<td>12:30 PM - 2:00 PM</td>
<td>Lunch on your own</td>
</tr>
<tr>
<td>2:00 PM - 3:45 PM</td>
<td>Healing &amp; Spiritual Awakening as One Path</td>
</tr>
<tr>
<td>3:45 PM - 4:00 PM</td>
<td>Closing ceremony</td>
</tr>
</tbody>
</table>

### Learning Labs D

**8:00 AM - 10:00 AM**
- **Track 1**
  - Fundamentals of EP
  - Beliefs & Boundaries: Moral, Ethical & Legal Considerations in a Polarized World
  - Sheila Bender, PhD, Phil Mollon, PhD, Michael Galvin, PhD

**10:30 AM - 12:30 PM**
- **Track 2**
  - Specific EP Approaches & Populations
  - Resilience Renewed: Energy Psychology for Healthcare Providers
  - Holly Timberlake, PhD, DCEP

- **Track 3**
  - The Many Faces of Trauma & Violence
  - Cultivating Compassionate Care: Addressing Trauma in Primary Care
  - Mary Louder, DO

- **Track 4**
  - Flow, Resilience & Performance
  - Transforming Lives: Energy Psychology in Harmony with Gestalt & Existential Therapy
  - Caroline Sakai, PhD

- **Track 5**
  - The Science of Therapeutic Change
  - EFT for Transforming Chronic Pain: 3 Things That Keep Sufferers Stuck
  - Michelle McCosker, ND

- **Track 6a (1 hour)**
  - Transformative Journeys
  - Don’t Sacrifice Yourself
  - Judith Swack, PhD

- **Track 6b (1 hour)**
  - Transformative Journeys
  - Inner Awareness Method: Client Energy Transformation Tool
  - Teresa Lynch MHS, DPT

- **Track 7**
  - Potpourri
  - Cellular Resonance Quantum Healing & Energy Psychology: The Neuroscientific Bridge to Transformative Recovery
  - Doug Lehrer DC, CQM

### Learning Labs E

**10:30 AM - 12:30 PM**
- **Track 2**
  - Specific EP Approaches & Populations
  - Resilience Renewed: Energy Psychology for Healthcare Providers
  - Holly Timberlake, PhD, DCEP

- **Track 3**
  - The Many Faces of Trauma & Violence
  - Cultivating Compassionate Care: Addressing Trauma in Primary Care
  - Mary Louder, DO

- **Track 4**
  - Flow, Resilience & Performance
  - Transforming Lives: Energy Psychology in Harmony with Gestalt & Existential Therapy
  - Caroline Sakai, PhD

- **Track 5**
  - The Science of Therapeutic Change
  - EFT for Transforming Chronic Pain: 3 Things That Keep Sufferers Stuck
  - Michelle McCosker, ND

- **Track 6a (1 hour)**
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  - Don’t Sacrifice Yourself
  - Judith Swack, PhD

- **Track 6b (1 hour)**
  - Transformative Journeys
  - Inner Awareness Method: Client Energy Transformation Tool
  - Teresa Lynch MHS, DPT

- **Track 7**
  - Potpourri
  - Cellular Resonance Quantum Healing & Energy Psychology: The Neuroscientific Bridge to Transformative Recovery
  - Doug Lehrer DC, CQM

- **Track 8**
  - The Many Faces of Trauma & Violence
  - Cultivating Compassionate Care: Addressing Trauma in Primary Care
  - Mary Louder, DO

- **Track 9**
  - Flow, Resilience & Performance
  - Transforming Lives: Energy Psychology in Harmony with Gestalt & Existential Therapy
  - Caroline Sakai, PhD

- **Track 10**
  - The Science of Therapeutic Change
  - EFT for Transforming Chronic Pain: 3 Things That Keep Sufferers Stuck
  - Michelle McCosker, ND

- **Track 11**
  - Transformative Journeys
  - Don’t Sacrifice Yourself
  - Judith Swack, PhD

- **Track 12**
  - Transformative Journeys
  - Inner Awareness Method: Client Energy Transformation Tool
  - Teresa Lynch MHS, DPT

- **Track 13**
  - Potpourri
  - Cellular Resonance Quantum Healing & Energy Psychology: The Neuroscientific Bridge to Transformative Recovery
  - Doug Lehrer DC, CQM
The Association for Comprehensive Energy Psychology is the largest international nonprofit organization of its kind, with 1,400+ members. ACEP promotes professionally responsible energy psychology treatments, humanitarian outreach and collaboration among practitioners, researchers, and licensing bodies. Want to learn more about ACEP and energy psychology? Visit energypsych.org.

REGISTER BY APRIL 8 AND SAVE UP TO $200!
energypsychologyconference.com or call 619-861-2237

Main Onsite Conference Includes

- 5 keynotes, 2 invited presentations and choice of 7 learning labs per time slot
- Research Symposium, Thursday, May 30 ($210 value)
- Complimentary coffee/tea daily + lunch on Friday ($75 value)
- Up to 18 CE credits ($150 value)

3 Days Onsite

<table>
<thead>
<tr>
<th>Registration deadlines:</th>
<th>Early Bird</th>
<th>Regular</th>
<th>Late</th>
</tr>
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<tbody>
<tr>
<td>By April 8</td>
<td>$615</td>
<td>$675</td>
<td>$735</td>
</tr>
<tr>
<td>By May 13</td>
<td>$705</td>
<td>$765</td>
<td>$825</td>
</tr>
</tbody>
</table>

Full time graduate students save up to 47%.

Also Available

- 5 Day All Access Pass (5 days for about the price of 4)
- 2 Day Pass
- Pre-post 1 Day Intensives (up to 12 more CE credits)
- Group Discounts!

For details and registration, visit EnergyPsychologyConference.com

Continuing Education
(Up to 30 hours!)

CE, CNE
Continuing education credits are available for LMFTs, counselors, drug and alcohol counselors, social workers, psychologists, and nurses. Details vary by Board.

ACEP is a nationally approved provider for
- American Psychological Association (APA)
- Association of Social Work Boards (ASWB, 1048)
- National Board of Certified Counselors (NBCC) (ACEP No. 7336)
- National Association of Alcohol and Drug Abuse Counselors (NAADAC, 100504)
- Nurses can get CNE through CA and FL.
- CE available for CA, FL, NJ and NY for several professions.

Visit energypsychologyconference.com for details.

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