




2024 ACEP Recipient
Outstanding Contribution to the Field of Energy Psychology

**Working in Traumatized Communities:
Therapeutic Presence, Clinical EFT & Personal Preparedness
2025 ACEP Conference Learning Lab**

 **Workshop Intention** We gather not just to learn trauma healing tools, but to become the presence through which healing can flow.

Presentation Objectives:

Objective 1: Describe 3 considerations for working in traumatized communities.

1. Professional skill level
2. Personal trauma healing work
3. Understanding the unique challenges of post-disaster trauma healing

Objective 2:

Name 3 Clinical EFT protocols most effective for working in traumatized communities.

1. Tap and Breathe
2. Basic EFT Protocol
3. Tell The Story
4. Marquis (Adaptation of Movie Title)

Objective 3:

Describe the 3 components of achieving therapeutic presence.

1. Regulating your Heart-Brain-Body Connection.
2. Identifying and experiencing which of the 5 Stages of Embodied Grace are optimal for therapeutic presence.
3. Trusting the EFT process.

🌀 **Module I: Stories from the Field & Grounding**

- Overview: Rwanda-Newtown-Australia-Parkland-Israel-Ukraine
 - Scaling and replicating for optimal impact
 - Key considerations:
 - Cultural, systemic, political & ethical issues
 - Barriers to entry, collaborations, and sustainability
 - What might trigger you or dysregulate you
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🌀 **Module II: Clinical EFT in Traumatized Communities**

- Key EFT protocols:
 - Tap & Breathe
 - Basic EFT with Aspects
 - Marquis (Adaptation of Movie Title)
 - Tell the Story with Core Issues
 - Practitioner pitfalls in trauma settings
 - Trusting & managing the EFT process
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🌀 **Module III: The Role of Therapeutic Presence**

- Therapeutic Presence Definition
 - The role of self-regulation and embodiment
 - Introduction to the **Embodying Grace HeartMap**:
 - *Heart-Brain-Body Connection* - grounding presence through coherence
 - *5 Stages of Embodied Grace™* - practitioner awareness and inner navigation
 - *The Grace Process®* - healing and clearing personal triggers and embodying presence
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🌀 **Module IV: Integration & Next Steps**

- Q&As
- Meditation: Heart wisdom and clarity of purpose
- Call to Action:
 - Heal yourself first.
 - Deepen your EFT mastery.
 - Determine ‘what is mine to do?’

Live Stream QandAs

1. What is a key challenge when working in traumatized communities' post-disaster?

- A) Overcoming language barriers
- B) Ensuring all interventions are brief and temporary
- C) Providing only online resources
- D) Navigating and collaborating with existing mental health responses

Correct Answer: D

2. Why is personal preparedness essential for professionals working in post-disaster trauma healing?

- A) To ensure they have enough funding for their work
- B) To develop marketing strategies for their healing practice
- C) To maintain their own resilience and avoid burnout
- D) To learn the local language before assisting

Correct Answer: C

3. What does the Embodying Grace HeartMap provide for trauma healing professionals?

- A) A system based solely on cognitive therapy techniques
- B) A structured approach integrating heart-brain-body coherence, trauma healing, and embodied resilience
- C) A rigid framework that applies the same way in every community
- D) A crisis intervention method that only focuses on immediate trauma relief

Correct Answer: B

4. In the acute phase of trauma healing, which Clinical EFT approach is most appropriate?

- A) Future pacing and goal setting
- B) Deep reprocessing of past trauma
- C) Encouraging avoidance of emotional expression
- D) Using gentle tapping techniques for stabilization and emotional regulation

Correct Answer: D

5. What is a major barrier to entry when implementing trauma healing programs in a community?

- A) Resistance from existing mental health systems
- B) Lack of social media presence
- C) Too many volunteers wanting to help
- D) A strict uniform requirement for practitioners

Correct Answer: A

6. When working in a different cultural context, what is the most important consideration?

- A) Teaching Western therapy models without modification
- B) Ensuring that sessions are conducted only in English
- C) Adapting techniques to respect cultural beliefs and practices
- D) Avoiding collaboration with local healers

Correct Answer: C

7. What role does therapeutic presence play in post-trauma healing?

- A) It helps practitioners appear more authoritative
- B) It fosters a sense of safety, trust, and deep listening for survivors
- C) It minimizes the need for actual intervention techniques
- D) It is only necessary in individual sessions, not community settings

Correct Answer: B

8. In long-term post-traumatic resiliency work, what is a key factor in sustainable healing?

- A) A quick resolution within a few months
- B) Emphasizing only personal trauma without addressing systemic issues
- C) A reliance on outside experts for all healing sessions
- D) Community-led programs that foster ongoing support

Correct Answer: D

9. Why is Clinical EFT considered an effective tool in trauma healing?

- A) It integrates cognitive, somatic, and energetic healing components
- B) It allows individuals to bypass emotional processing entirely
- C) It is primarily used for physical injuries

D) It requires no prior training or ethical considerations

Correct Answer: A

10. What is one ethical consideration when working with trauma survivors?

- A) Guaranteeing that the client will fully heal in a specific timeframe
- B) Requiring survivors to retell their story in full detail
- C) Offering free services without any structured program
- D) Recognizing personal limitations and referring out when necessary

Correct Answer: D

11. What is a key component of establishing long-term trauma healing programs?

- A) Ensuring practitioners work independently without collaboration
- B) Providing services only in major cities
- C) Building financial and fundraising strategies for sustainability
- D) Avoiding structured training programs

Correct Answer: C

12. Why is self-regulation important for practitioners working in traumatized communities?

- A) It ensures they can work longer hours without breaks
- B) It helps them manage their own emotional responses and maintain therapeutic presence
- C) It allows them to maintain an authoritative stance in sessions
- D) It prevents them from emotionally connecting with clients

Correct Answer: B

13. How does the Embodying Grace HeartMap support practitioners in maintaining therapeutic presence and personal preparedness when working in traumatized communities?

- A) By integrating the Heart-Brain-Body Connection to foster self-regulation, resilience, and coherence in high-stress environments
- B) By using the 5 Stages of Embodied Grace to guide practitioners through their own inner work, strengthening their capacity to hold space for trauma survivors
- C) By applying The Grace Process to release personal triggers and cultivate deep trust in themselves, their work, and the healing journey
- D) All of the above

Correct Answer: D

14. How can Energy Psychology techniques like Clinical EFT and the Embodying Grace HeartMap be integrated into community trauma healing?

- A) By enforcing strict adherence to Western psychological models
- B) By using them as complementary techniques for practitioner and client resiliency
- C) By limiting their use to one-on-one sessions only
- D) By using them exclusively for personal development, not community work

Correct Answer: B

15. The Embodying Grace HeartMap consists of three key components. What is the function of the Heart-Brain-Body Connection in trauma healing?

- A) It is used only in the final stages of trauma healing
- B) It teaches clients how to suppress emotional responses in high-stress situations
- C) It focuses solely on brain-based cognitive restructuring
- D) It helps regulate the nervous system and foster coherence between emotional, cognitive, and somatic awareness

Correct Answer: D