

ACEP 2023 Handouts for

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A7. Using Energy Psychology in Groups for Enhanced Outcomes

Learn more about Betsy's online EFT trainings, scholarships, book study groups and free weekly tapping on Zoom <https://createandconnectbrilliantly.com/calendar/>

This presentation offers caring professionals, trainers, and practitioners a variety of tools, processes, evidence, and insights to help them serve groups. Honoring ethical concerns such as practitioner self-care, privacy, confidentiality and consent, participants will discover how to effectively engage the energy of a group to quickly lift and serve those affected by trauma, grief, life changes, despair, or health crisis. This program offers a powerful message of hope, provides compelling evidence for choosing to work with groups and includes tips and experiences participants can implement immediately to facilitate exceptional virtual and in person group experiences.

The Energetic Handshake Opening – Source Gaisheda Kheawok
<https://whisperingsong.ca/gaisheda-kheawok/>

10 Compelling Reasons EP Groups are Optimal for Outcomes

1. Serve/help more people per hour.
2. Cost is less for participant. Online groups provide added ease for participation (time, cost, logistics, recordings). Therapist/Facilitator earns more per hour too.
3. Relieves a key element of trauma – ISOLATION. Participants realize they are not alone.
4. Human brain is wired for connection. Activated time-tested healing ways – social support, community, ceremony and vivid experiences of all senses to awaken presence.
5. Entrainment - Regulation of central nervous system can be amplified through synchronized brain-heart patterns. (Childe, et al /HeartMath 1999)
6. Borrowing Benefits – Numerous EFT studies show group intervention out-performs one-on-one intervention. (G. Craig 2008, P Stapleton 2020)
7. Valuable discussion and expansion of learning experience
8. Access to the Quantum Field – a place where all is now, no separation, calm, feelings of bliss and awe. (Dispenza, 2017)
9. Can be utilized for many client needs and/or EP modalities (training, mentoring, specific topics or problems)
10. EP groups excel at safely integrating physical, emotional and spiritual healing.

Additional Considerations for Safe Online Group Facilitation

- Privacy/confidentiality
- Technical proficiency and setup for participation
- Participant agreement/disclaimers

- Appropriate Description and Intention for Group
- Managing group size/use of assistants
- Contingency plans for possible difficulties
- Engagement – Activities, planned breaks from screen, using breakout rooms
- Managing emotional intensity

Formula for Successful Group Engagement

- Common Intention/A promise
- Safety/protection/trust
- Inclusion and belonging
- CNS regulation/coherence
- Monitoring and managing emotional dysregulation
- Adhering to established rules
- Pre-frames to contain drama
- Use of humor, play and sensory experiences
- Interventions to center, balance and ground
- Planned variety, flow and breaks
- Celebration

Creating Experiences for Engagement

Opening Activities for Connection

- Physiological Sigh
- Oxytocin Smile (eye contact, rascally smile, 2-part inhale and loud extended sign)
- One word check in
- Breakout room/dyads or triads for introductions
- Tapping to the Energetic Handshake – Opening the Healing Connection
<https://createandconnectbrilliantly.com/an-update-to-the-energetic-handshake-for-2021/>
- Show and tell
- Diagonal X pulls or spinal flush on partner back (Eden Energy Medicine)
- Follow the leader (i.e. Hokey Pokey or tap along)

Managing Energy and Easing the Emotional Reactions

- Tap and Breathe – Straw Breath
- Heart Massage
- Grounding – Stomach meridian tap (under eye points)
- Tapping with a nonverbal sound/sigh
- Amusement break

- Dance break
<https://www.facebook.com/jude.lobo.1/videos/4035779113104662/UzpfSTgzMjM2NjU0MzoxMDE1ODQzNjQ5OTczMTU0NA/>
- Demonstration – with borrowing benefits tapping

Leading by Example - Brain, Heart, Mind and the Quantum Field

Entering the ONE MIND – Group Healing/The Power of Eight (McTaggart 2017)

Suggested 6 minute Video <https://youtu.be/6l9DT37Eb0A>

- Gather
- Focus
- Make connection
- Ask for what you want – specific and directed
- Mentally rehearse outcome, vividly with all senses (10 minutes)
- Multiply the benefits to all who could use the healing intention

Becoming a Conscious Witness: Noticing Synchronicities, Evidence and Miracles

Objectives

Name 3 ethical issues facilitators must mindfully consider when working with groups **online**

- Safety/Privacy/confidentiality
- Permission/Consent
- Managing emotional intensity
- Handling Emergencies & Technical Glitches
- Group Size and Use of Assistants

Identify 3 processes useful for containing emotional intensity while working with a group

- Tap and breathe or tap with nonverbal sound
- Long Exhale/Straw Breath
- Amusement, Rhythm, play or dance break
- Grounding
- Heart Massage

List 3 specific group facilitation challenges that EP is ideally suited to solve.

- Time Constraints
- Emotional triggers for facilitator

- Sudden Changes in Emotional Intensity
- Challenges for Safety & Privacy
- Need for inclusivity
- Wide range of problems and situations
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References

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