

Energy Psychology Essentials™ Training: A Detailed Introduction

by Dr. David Gruder, PhD, DCEP, Developer of Energy Psychology Essentials™

Background

Some truly exciting new upgrades in the field of psychology have been unfolding over the last decade that are beginning to align psychology with the stunning discoveries that have been made over the past 75 years in the field of quantum physics. Energy Psychology is among such innovations leading the way into twenty-first century psychotherapy and coaching, appearing to provide rapid, reliable and lasting assistance with a broadening range of baggage removal and peak performance issues, through utilizing some of the principles of quantum physics.

Despite having been involved with the integrative health and transpersonal psychology fields since the mid 1970s, I had to battle with the classically trained clinical psychologist part of me to put aside my great reluctance and skepticism in order to attend my first Energy Psychology training program in 1995. This proved to be the beginning of a quite unexpected odyssey that resulted in my becoming the Founding President of the Association for Comprehensive Energy Psychology in 1999. This non-profit organization has since grown into the preeminent international leader in helping the Energy Psychology field mature and expand its visibility. I retired as ACEP's Founding President in 2002.

Prior to co-founding ACEP, I had developed the first training program in Energy Psychology methods that was granted Continuing Education credit in California's highly selective Mandatory Continuing Education Program for Psychologists. One aspect of my leadership commitment as ACEP's Founding President was to obtain in-depth training in as many Energy Psychology methods as my time and energy allowed. The list of methods in which I have been trained is too long to include here, but I mention this because part of my mission was to distill the common ingredients among the various methods. My gift as an innovator is not developing completely new methods but rather in integrating multiple theories or methods into a unified superstructure.

What is Energy Psychology?

Energy Psychology (EP) is the name of a recently-emerging family of interventions being explored for possible effectiveness in rapidly treating a range of psychological and spiritual issues, from phobias, trauma and limiting beliefs, to peak performance and creativity. EP methods explicitly and methodically rebalance aspects of the human vibrational matrix. This matrix may include over a half dozen inter-related systems, the most well-known of which are the layers of the electromagnetic biofield (the energetic envelope surrounding and permeating the body), chakras (centers of concentrated bioenergy) and meridians (pathways through which electromagnetic information flows through the body, along with access points referred to in traditional Chinese medicine as acupoints). A somewhat oversimplified way to think about EP procedures is to view them as acupuncture for the emotions, but without the needles. These methods and innovations have already been applauded by the likes of self-help gurus Wayne Dyer & Tony Robbins, self-esteem expert Nathaniel Brandon, renowned physicists such as William Tiller and best-selling microbiologist Candace Pert.

Energy Psychology Addresses Three Core Psychological Dimensions

One straightforward way to describe the key elements of the psychospiritual growth process is through the famous phrase, “Ready, willing and able.” EP methods address all three of these dimensions in elegant new ways that, so far, appear to be more effective, rapid and lasting than most psychotherapeutic methods that have existed before now.

Readiness is established through removing any existing Systemic Energetic Interferences preventing successful treatment of specific psychological issues. Think of trying to tune in TV or radio to a specific station, but the antenna can’t pick up the signal and all you get is white noise. This treatment dimension is about psychoenergetically preparing a person’s system to efficiently respond to treatment.

Willingness is established through removing any Psychoenergetic Objections to treatment success with a specific issue. Think of an image of someone with their goal sitting right beside them, but who is instead giving energy to their fears about succeeding. This treatment dimension is about securing psychoenergetic permission to succeed with treatment.

Ability is facilitated through Resonance Recalibration, in which a person’s energetic resonance with blockages interfering with a goal they have (baggage, blocks, undigested life experiences, or limiting beliefs, for instance) is neutralized, and their ‘magnetics’ with their desired goal are amplified. Think of an image of someone whose resonance or magnetics to any baggage that had kept them from their goal has completely faded and in its place is a strong unimpeded resonance or magnetic that enhances their ability to manifest their goal.

In short, then, Energy Psychology methods provide structured psychologically sophisticated procedures for rebalancing specific energy system imbalances associated with psychological distress and insufficient strength of desired states and intentions. In the hands of properly trained practitioners, these rebalancing procedures consistently appear to and reliably assist people to become “ready, willing and able” to reach their desired goals.

Energy Psychology Essentials™ : State-of-the-Art Training in Energy Psychology

Energy Psychology Essentials™ is the result of my integration efforts in the field of Energy Psychology, which remains to this day but one of my areas of professional and personal interest. Mastering the Energy Psychology Essentials™ superstructure appears to enable practitioners to become excellent Energy Psychology practitioners and troubleshooters. This superstructure also seems to provide them with a big-picture understanding that enables them to more easily integrate future training many choose to receive in specialized Energy Psychology methods. I hope that your Energy Psychology Essentials™ training provides you with these benefits and much more!

Energy Psychology Essentials™ honors the contributions made by a large number of key pioneers in the Energy Psychology field by combining their discoveries and innovations with time-honored psychotherapeutic principles into a coherent and parsimonious superstructure to guide effective treatment *no matter what methods you use.*

Energy Psychology Essentials™ thus provides a superstructure that can supercharge and troubleshoot your effectiveness using any Energy Psychology method, and, beyond that, for providing any sort of counseling or coaching. The EPE™ superstructure contains a specific articulation of six key elements that are universal to healing, implemented in a specific sequence. These dimensions collectively address the key dimensions needed for helping yourself or your clients become “ready, willing and able” to manifest personal, work, love and life goals.

The Six Key Elements of the EPE™ Superstructure

1. **Readiness:** System balancing needed in order to benefit from treating any specific issue
2. **Priority Goal & Priority Treatment Focus:** Determining the most useful treatment goal as well as which issue is most useful to treat at this time in service of attaining that goal
3. **Progress Evaluation Method:** Selecting the most appropriate methods for evaluating progress as treatment progresses
4. **Willingness:** Securing conscious, unconscious and energy system “permission” to benefit from treating the Priority Treatment Focus
5. **Ability:** Selecting and implementing one round of whichever treatment method is the most useful one to use with this layer of this issue at this time (Priority Treatment Method)
6. **Next Step:** Determining, based on results obtained from a round of treatment, what is the best next step to take in service of achieving the Priority Goal

The Energy Psychology Essentials™ Curriculum Provides Three Levels of Training

1. **Self-Help-Strength Treatment:** Provides basic proficiency with the EPE superstructure through first learning it as a self-help method. You learned and practiced this during the first day of your EPE™ training. (This is the first segment of our first two days together. (I can also provide Energy Psychology Essentials™ Self-Help Training as a separate one-day workshop, upon request.)
2. **Prescription-Strength Treatment:** Intermediate proficiency with the EPE™ superstructure, through learning how to customize treatment using Energy Checking, enabling you to significantly increase the chances of success, well beyond the results that Self-Help-Strength Treatment can yield. (This is covered during the remainder our first two days together.)
3. **Full Customization & Troubleshooting-Strength Treatment:** Advanced customized treatment strategies and troubleshooting essentials for practitioners who are well grounded in utilizing the EPE™ superstructure with clients. (This is covered during our second two days.)

Optional Supplemental Training Modules

- **Ethics for Energy Psychology and Energy Health Practitioners:** Required one-day workshop for all ACEP Certification Program Candidates (and anyone else interested).
- **Client Care & Facilitation Skills:** Required supplemental one-day course for ACEP Energy Health Practitioner (EHP) Certification Candidates (and anyone else interested).
- **Energy Psychology Essentials™ Master Practitioner Consultations:** Available to prior EPE™ workshop attendees, through: 1) E-mail consultations; 2) Phone/Webcam consultations; 3) Video or live case critiques; 4) Group consulting (when available). *Because I am an ACEP-Approved Certification Consultant, these consultations can fulfill the Consultation Hours requirement for both ACEP Certification tracks (the track for mental health professionals and the one for qualified practitioners who are not mental health professionals – more about this on the next page).*

NOTE: Check with the sponsor of your EPE™ Workshop, or the Willingness Works Events Calendar (www.willingness.com), for when EPE™ trainings are scheduled for your location.

These Workshops Collectively Meet the ACEP Certification Program's In-Vivo Training Requirement

The Association for Comprehensive Energy Psychology provides two certification tracks: a ***Diplomate in Comprehensive Energy Psychology*** for mental health professionals and a ***Certified Energy Health Practitioner*** for those who are not mental health professionals but who meet the eligibility criteria for becoming an EHP Candidate.

Because I am an ACEP-Approved Certification Program Trainer (in addition to being an ACEP-Approved Certification Consultant), **my Basic & Advanced EPE™ weekends, combined with the Ethics Workshop, are approved to meet the ACEP Certification Program's In-Vivo Training requirement for both certification tracks.** (This currently applies only I give these programs outside North America. Visit the ACEP website for dates when I help teach ACEP's own Certification workshops in North America.)

Energy Health Practitioner Certification Candidates are also required to attend the additional ***Client Care & Facilitation Skills for EHPs*** course.

Visit the Association for Comprehensive Energy Psychology website (www.energypsych.org) for ACEP Certification Program details.

I also encourage enrollees to seek specialized training in any of the specific Energy Psychology methods to which they feel intuitively drawn. Each offers tremendous richness in its own unique ways! I provide links to these methods throughout the extensive two-volume manual that accompanies Energy Psychology Essentials™ training and contains over 200 pages worth of concise and detailed instructions, practice exercises and resource recommendations.

I hope to see you at an upcoming Energy Psychology Essentials™ Training!

David Gruder, Ph.D.

P.S.: I invite you to review the ***training curriculum outline*** for your first EPE™ Training weekend, and, if relevant, for your second weekend as well. You will find the outlines on the next page! Please note that I deliberately designed Weekend #1 so it is complete in itself, regardless of whether you choose to attend Weekend #2 for more in-depth training.

P.P.S.: For the dates of ***upcoming Energy Psychology Essentials™ Training Workshops***, visit the Willingness Works® website's Events Calendar (www.willingness.com).

P.P.P.S.: If you want to ***sponsor me to provide Energy Psychology Essentials™ training*** in your location or for your organization, e-mail me at drdavid@willingness.com.

MY QUICK ENERGY PSYCHOLOGY BIO

- ***Founding President*** of the international non-profit Association for Comprehensive Energy Psychology (www.energypsych.org) from 1999 to 2002.
- ***One of four key developers*** of ACEP's Energy Psychology Diplomate & Energy Health Practitioner Certification Programs, and is an ***Approved Certification Trainer and Consultant***.
- ***Primary architect***, in 1998, of first training program in Energy Psychology ever to be approved for psychologist continuing education credit by California's Mandatory Continuing Education for Psychologists Program (MCEP), arguably the most tightly controlled CE-awarding body in the mental health field.
- Author of the ***Energy Psychology Desktop Companion*** eBook,
- Created the ***Energy Psychology Anywhere™*** self-help audio in addition to a number of CDs on using Energy Psychology methods to help treat a number of specific psychological issues

Training Modules for the First Two Weekends of the Energy Psychology Essentials™ Course

EPE™ Training Part 1 (Days #1 & 2): Treatment Essentials

1. Introductions & Training Overview

Energy Psychology Essentials™ Level 1: Self-Help-Strength Treatment

2. Basic Energy Psychology Self-Help Mechanics

3. Practicum: Energy Psychology Anywhere™ script

Energy Psychology Essentials™ Level 2: Practitioner-Strength Treatment

4. Conceptual Introduction to Energy Psychology Practitioner-Strength Essentials: EPE-on-a-Page

5. “Energy Checking” Practitioner-Strength Essentials

6. “Readiness to Benefit” Practitioner-Strength Essentials

7. Practicum: Establishing Readiness to Benefit Using Energy Checking

8. “Issue Selection” Practitioner-Strength Essentials

9. “Progress Evaluation” Practitioner-Strength Essentials

10. Practicum: Selecting the Priority Goal, Priority Treatment Focus & Progress Evaluation Method Using Energy Checking

11. “Willingness to Succeed” Practitioner-Strength Essentials

12. Practicum: Establishing Willingness to Succeed Using Energy Checking

13. “Ability to Succeed” Practitioner-Strength Essentials

14. Practicum: Identifying & Utilizing the Priority Treatment Method

15. “Next Step” Practitioner-Strength Essentials

16. Practicum: Determining the Next Step Using Energy Checking

17. “Ethics” Essentials, Part 1

CONTINUING FROM HERE: Support Buddies & Preparation Homework for Weekend #2

EPE™ Training Part Two (Days #3 & 4):

Advanced Strategies & Troubleshooting Essentials

1. Re-Introductions & Training Overview

2. Review Energy Psychology Self-Help & Practitioner-Strength Essentials

3. Debrief Homework Experiences as a Troubleshooting & Advanced Essentials Introduction

Energy Psychology Essentials™ Level 3: Troubleshooting-Strength Advanced Treatment

4. The Troubleshooting Hierarchy

5. Checking Your “Energy Checking” Mechanics via the Information Accuracy Troubleshooting Practicum

6. “Readiness to Benefit” Advanced Diagnostics, Troubleshooting Essentials & Practicum

7. “Issue Selection” Troubleshooting Tips

8. “Willingness to Succeed” Advanced Diagnostics, Troubleshooting Essentials & Practicum

9. “Ability to Succeed” Advanced EPE™ Diagnostics, Custom Treatment Methods & Practicum

10. “Next Step” Advanced Essentials & Troubleshooting

11. “Ethics” Essentials, Part 2

12. Full EPE™ Practicum

CONTINUING FROM HERE: Support Buddies, Consultations with Dr. Gruder, Optional Supplemental Workshops from Dr. Gruder, and ACEP resources to know about

Energy Psychology Essentials™ Course Module Descriptions

Core EP Mechanics: Rapport, establishing the treatment issue and attunement phrase, getting a baseline rating of the issue's intensity, treating the issue by stimulating selected energy system locations, evaluating progress, and determining the next step in the treatment.

When Unconscious Awareness Conflicts with Conscious Beliefs: Discovering input from aspects of the person's body, unconscious and energy system, as reflected by subtle ideomotor cues detected through Kinesiological Energy Checking procedures. Determining if distortion, delusion or deception are interfering with the accuracy of the Kinesiological Energy Checking results.

When Systemic Energetic Interferences Preventing Readiness to Treat Specific Psychological Issues: Quick Start procedures to treat transient systemic interference and Chronic Interference First Aid procedures to temporarily minimize chronic systemic interference enough to proceed with treating specific psychological treatment issues. Identifying and treating root causes of Chronic Systemic Interference that can prevent readiness to benefit from treating specific psychological issues.

Accurate Issue Identification: Determining the Priority Goal, the Priority Treatment Focus, and understanding the functions of and differences between the two.

Methods of Attuning to the Issue & Measuring Progress: Multiple ways to best measure treatment progress, in addition to SUD (Subjective Units of Discomfort), based on the nature of the issue being treated.

When Objections to Succeeding Interfere With Willingness: Identifying & treating Disorientation Fear and Psychoenergetic Reversals.

When Customized Treatment Procedures Are Needed: Determining the Priority Treatment Method & Readiness to Utilize It: Discovering which specific treatment method (Energy Psychology or otherwise) is the highest leverage intervention to use at this time with this person regarding this layer of this issue; determining when the person's system understands the issue well enough to proceed with the treatment. Includes *Advanced Algorithm Development*: Discerning customized treatment recipes, utilizing a combination of acupoints and chakras, for treating objections to benefiting from treatment, or for treating the issue itself.

Determining the Next Step: Confirming results and determining when to stop focusing on baggage removal or digesting prior undigested life experiences to installing the desired replacement goal. Harvesting learnings, when and how to assign homework; and when the development of new skills is called for as a follow-up to successful treatment.

Energy Psychology Ethics: What Energy Psychology research data means in terms of marketing and informed consent. Practitioner self-care. Scope of practice considerations, including seeking supervision, making use of continuing education opportunities and when and where to refer.

Putting the Treatment Superstructure Together: Supervised practice in determining the Priority Goal & Priority Treatment Focus, identifying & addressing Systemic Interference with the ability to benefit from treatment & Issue-Specific Objections to succeeding with treatment, selecting & implementing the Priority Treatment Method, evaluating progress to determine the next step or confirm completion, and harvesting learnings & determining if new skills need to be developed.

THE ENERGY PSYCHOLOGY ESSENTIALS™ TRAINING OPTIONS

- *Live workshops* occurring over one or more weekends (depending on how many levels of training are offered)
- *Online Home Study Course:* Energy Psychology Essentials™ is sometimes offered as a ten-week online home-study course. This covers the same content as the first two weekends of the EPE™ workshops. Check the Willingness Works website when this course will next be given.
- *EPE™ for Energy Health Practitioners* (helping professionals who are not mental health professionals)
- One-day *EPE™ Self-Help Training Workshop*
- Two- or three-hour *Energy Psychology Introduction & EPE™ overview*

CONTINUING EDUCATION CREDIT

As a California-approved Continuing Education provider, Willingness Works® is authorized to provide CE credits for nurses (BRN #CEP 12591), drug & alcohol abuse counselors (CAADAC #OS-98-411-1100), social workers and marriage & family therapists (#PCE 1290). For psychologists, even though Willingness Works is an MCEP-approved provider (#WIL076), each time an approved provider wants to psychologist CE for a course being offered, a course application must first be submitted (or re-submitted) to MCEP for review. Willingness Works does this upon request by a course sponsor.