

What is Energy Psychotherapy?

Energy Psychotherapy is a synthesis of psychotherapy and Energy Psychology (EP) approaches. Members of the Energy Psychotherapy Network (EPN) who have made this integration, recognise the diversity of energy psychology modalities and foster teaching, CPD provision, and stimulating dialogue about this rich new field.

The Converging Streams Qualifying Programme in Energy Psychotherapy

EPN has developed seminars that provide professionals new to the field with an overview, in-depth teaching in different methods and how to integrate them into practice. This leads to a Qualification in Energy Psychotherapy.

- **Introductory Days**
- **Five-day Foundation Courses** to teach basic methods using the chakras (AIT) and meridians (EFT) are held regularly in London, Oxford and the Midlands over 2 /3 weekends, providing a sound basis for beginning to integrate Energy Psychotherapy into your practice. Dates and location on website
- **Further seminars** in a two-year cycle on a variety of issues and methods. These also provide CPD for experienced Energy Psychotherapists.
- **Access to specific EP trainings** such as Tapas Acupressure Technique (TAT), Ask and Receive, Psychoanalytic Energy Psychotherapy (PEP), and Dynamic Energetic Healing (DEH) that can contribute to the requirements for qualification in Energy Psychotherapy.

CONVERGING STREAMS AND ACEP SEMINAR PROGRAMME 2017

A pre-requisite for attending these is a Converging Streams Foundation or other Basic EP course.

ASK AND RECEIVE

Fri-Sun September 15th – 17th Basic
Mon+Tue September 18th- 19th Advanced

DYNAMIC ENERGETIC HEALING (DEH)

Fri-Sun September 22nd- 24th Post-Graduate
Thurs-Sun September 28th – October 1st Advanced
Howard Brockman

TRAUMATIC ATTACHMENTS: TRANSFORMING RELATIONAL PATTERNS

Sat October 7th
Ruthie Smith and Sandra Figgess

BEGINNING DYNAMIC ENERGETIC HEALING (DEH) AND PRACTICE WEEKEND

Fri pm-Sun 27th-29th October
Judith Anderson and Sabrina Piergrossi

TRIGGERS AS A GUIDE TO THE UNCONSCIOUS: A PATH TO CORE ISSUES

Sat 2nd December *Sandra Figgess and Heather Redington*

2018

3-DAY SEMINAR ON BODY AS ENERGY: WORKING ENERGETICALLY WITH PHYSICAL SYMPTOMS

Sat+Sun 3rd-4th February and Sat 3rd March
Ruthie Smith and Judith Anderson

ACEP ANNUAL STUDY DAY

Sat 14th April
ACEP UK members sharing new aspects of EP learnt from the annual US ACEP conference.

2018

EXPLORING THE MYSTERY AND POWER OF THE BREATH

Sat 28th April
Heather Redington

TAPAS ACUPRESSURE TECHNIQUE (TAT)

Sat+Sun 2nd-3rd June
Lesley Migdali

WORKING WITH THE BLUE DIAMOND AND OTHER INNOVATIONS

Sat 7th July
Phil Mollon

DYNAMIC ENERGETIC HEALING (DEH) SEMINARS

September - dates to be confirmed
Howard Brockman

DISCONNECTION, INTEGRATION AND PRESENCE

Sun 7th October
Ruthie Smith and Tessa Underwood

WORKING WITH SPIRITUAL WOUNDS

Sat+Sun 3rd-4th November
James Barrett and Judith Anderson

TOPIC AND TEACHERS *tb*

Sat 1st December

Other topics in the Two-year cycle include working with Intention, Core Beliefs, Archetypes, Energetic Boundaries and Phil Mollon's Psychoanalytic Energy Psychotherapy (PEP) method.

Venue, Costs and Application

Seminars take place in London unless otherwise indicated. See website for details of costs and application

Requirements for the Converging Streams Qualification in Energy Psychotherapy

In order to qualify as a practitioner who has integrated energy psychology methods into their practice, the usual learning pathway takes at least one year and has the following steps:

1. Introductory/Taster Day (optional)
2. Five-day Foundation Course
3. A choice of further EP seminars from the programme described here (generally about 8 days)
4. In addition:
 - Supervision of practice
 - Two written case studies
 - Two self-assessments of learning, usually after completing the Foundation Course and at the time of submitting case studies
 - Your personal experience of energy psychotherapy as a client is strongly recommended

Training in other EP courses can count towards qualification.

Practitioners who are already qualified in a form of Energy Psychotherapy can also apply to be listed as a practitioner on the EPN website.

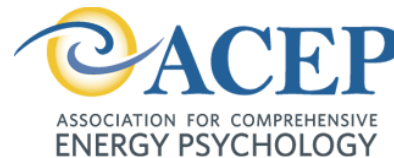
www.energypsychotherapyworks.co.uk

Organisers and Teachers of the Converging Streams Course

Judith Anderson, James Barrett, Sandra Figgess, Heather Redington, Ruthie Smith, and Tessa Underwood are all experienced psychotherapists coming from Psychoanalytic Attachment-based, Gestalt, Integrative and Jungian backgrounds. Ruthie, Heather, James and Judith set up the Converging Streams Programme in 2013.

Visiting Teachers

Howard Brockman
Lesley Migdali
Phil Mollon



Many members of the EPN are also members of ACEP, the largest international Energy Psychology body, which aims to organise and unify Energy Psychology methods, provide professional support and education, and establish ethical guidance in practice.
www.energypsych.org/

“Many of us, having worked for years with other psychoanalytic or cognitive methods, find that energy psychology appears to offer results that are more rapid, deep and gentle than we or our clients have hitherto experienced.” (Mollon)

ENERGY PSYCHOTHERAPY NETWORK EPN



SEMINAR PROGRAMME 2017-2018

www.energypsychotherapyworks.co.uk