

## CEU Workshop: Energy Psychology

### Learning Objectives:

- 1) Explore what is Energy Psychology
- 2) Learn ways to protect yourself energetically during therapy sessions
- 3) Discover how you can introduce and integrate energy psychology into your work
- 4) Learn various techniques to use in your practice
- 5) How to measure progress

Energy Psychology integrates the notion that energy systems in the body effect a person mentally, physically, and emotionally. As mental health professionals it is undeniable that we deal with the “whole” person. We practice in a field where it is not a one-size fits all. Come explore what energy psychology is and how to integrate it into your work. Learn ways to protect yourself energetically which helps prevent things like burnout. Energy psychology techniques and modalities will be explored giving you more “tools” in your skillset. This is a basic “101” level for practitioners who have little or no knowledge about energy psychology practices.

CEUs: (3)