

Energy Psychology

Description

Energy Psychology integrates the notion that energy systems in the body affect 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.

Learning objectives

1. Explore what Energy Psychology is
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. Learn how to measure progress