Benefits of Energy Psychology in the Treatment of Autoimmune Disorders: A 7-Step Protocol - by Anne Merkel, Ph.D., CNHP

Presentation Overview

Autoimmune Disorders are rampant in this society and the medical community cannot identify the causes, so treat the symptoms. In my own experience with Chronic Fatigue and Fibromyalgia, I know there are ways to escape from the "Life Sentence of Suffering" that is the often-provided prognosis. Energy Therapy tools often rekindle a sense of hope that has been killed by clients' experience, suffering, and negative input from physicians.

In most if not all cases subconscious emotional beliefs, fears, traumas block the client from believing it is good or safe to be healthy, and the body begins the struggle against itself.

Autoimmune can be life-threatening, and each case should be taken very seriously, without expectations of a "one minute miracle". The body has a protocol, and there are many aspects of each disease that relate to how it should be handled by any practitioner.

Considering "A Path With Heart - Integrating Effective Tools with Authenticity and Presence", autoimmune requires the practitioner to be present and very patient. Deep questions must be asked, and the seriousness of each condition must be considered. Trust must be earned through compassionate and skilled support, and the understanding of and use of a multitude of techniques. This is advanced work that can reap wonderful rewards as clients reclaim their lives and health, however, they cannot go back to the status quo of before, and that is where we can help.

As Energy Therapists and Energy Psychologists, we need to know what it is we are dealing with in these many clients who present to us with autoimmune symptoms,... and, we must know when "not to cross the line" beyond our skill set and our scope of practice. There is much we CAN do to support and de-stress the clients so that their bodies can begin to rebalance and heal. And, often we can help a client to identify and clear the underlying root cause of the illness and the result can be total remission.

Having worked extensively with autoimmune clients for many years, and in my own Naturopathy and Energy Medicine studies, I have specific background and experience that I'd like to share with other Energy Psychologists so that we may all better support a large segment of society that can benefit from what we offer.

This is a serious area of expertise that requires an experienced and grounded practitioner that is motivated by a client's return to health more than praise or monetary remuneration. To witness and support a client to literally get up off the floor and return to life as a human, re-creating a better and more healthful existence and lifestyle, is the greatest payment of all.

I propose to introduce Autoimmune Disorders, explain something about them in general, cite some case histories with practical applications, provide a demonstration with the audience, and share a seven-step simple and appropriate protocol for Energy Psychologists that can make a difference in the life of a client suffering from autoimmune issues.

I have had wonderful success with many clients and feel passionate about sharing what I have learned with other practitioners so that together we may not only serve the growing
audience of sick people, but also provide evidence that Energy Therapy techniques do work and provide an important role in health and wellness support in our society today.

Presenter Bio

Anne Merkel, Ph.D., CNHP, is a practicing Energy Therapist, Certified Natural Health Professional, plus a doctoral student in Classical Naturopathy. In her practice she specializes in working with clients suffering from autoimmune disorders, and applies NET, EFT, Applied Kinesiology, Energy Medicine, Laser Therapy, Nutritional Coaching. Anne is author of the following books on Amazon: *EFT- Best Practices for Energy Management: How to Reap Optimal Benefits from your EFT & Energy Therapy Sessions* and *Conscious Development Guide for EFT Tapping Practitioners: Energy Therapy Exercises to Improve Your Practice and Your Life!* You may also find the following popular e-books on her websites: "The Cuztic Resistance-Clearing Process Guide" and "Ten Keys to Pure Potentiality", among other e-guides and audio packages found at: [www.arielagroup.com/products](http://www.arielagroup.com/products). She facilitates a twice-monthly EFT & Energy Therapy Practitioners' Mastermind live call: [www.arielagroup.com/mastermind](http://www.arielagroup.com/mastermind) providing practitioners an opportunity to share ideas, support each other in difficult cases, and learn new approaches.

Program Outline

- Introduction of Autoimmune Disorders and potential causes. Discussion of benefits of Energy Psychology in treatment of these disorders. How to judge when not to "step over the line" as an Energy Psychology practitioner. Various tools that can be used effectively to support treatment.

- Seven-step protocol using Energy Psychology to clear specific issues related to most if not all autoimmune disorders... and client cases.

- Hands-on explanation & demonstration working with participants.

- Summary & Conclusions - Question and Answer section.

Presentation Objectives

1. Participants will be able to IDENTIFY specifically how they may support sufferers of autoimmune disorders within the scope of an Energy Psychology practice.

2. Participants will be able to DESCRIBE to an autoimmune disorder sufferer how emotional stress around the condition can be reduced via Energy Psychology techniques.

3. Participants will be able to APPLY a seven-step protocol to support sufferers of autoimmune disorders to clear surface emotional stressimpeding the healing process.
Bibliography of Suggested Resources

The books listed below give extensive background for what I will present in my session at the conference. The data supports basic knowledge of any practitioner wishing to work with the autoimmune audience. While some of these texts refer to the mind-emotion / body connection, others focus on other potential causes of or attributing factors in autoimmune. It is my hypothesis that all suggested "scientifically proven causes" correlate dramatically with underlying emotional factors.


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