



Energy Diagnostic and Treatment Methods (Norton Professional Books)

Fred P. Gallo Ph. D.

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This is the first book to describe a diagnostic system based on the practice of energy psychology: the application of diagnostic and treatment methods that are rooted in an energy paradigm.

Directed at the body's energy system and perturbed thought fields, energy psychology heals at a more elemental level than other psychotherapeutic methods. Effects are generally rapid and painless. Through a variety of protocols, this book guides psychotherapists in diagnosing and treating psychological problems using manual muscle testing and various kinesiological treatments.

The book discusses theory, rationale, and practice. Chapter 1 outlines a number of the assumptions in psychological science and reviews energy meridian approaches such as acupuncture and applied kinesiology. Since diagnosing and balancing the energy system is best conducted within a solid therapeutic relationship, Chapter 2 explores client preparation and engagement. Diagnostic and treatment techniques, such as manual muscle testing, nine gamut treatments, brain balancing procedure, cross-crawl exercises, and rapid stress reduction techniques are detailed in subsequent chapters. Blocks to treatment effectiveness (neurologic disorganization, psychological reversal, and energy toxins) are discussed, as well as how to deal with them. A test and treatment points catalog specifies by way of description and photographs the various test and treatment points. The reader is assisted in precisely locating the alarm or test points used to diagnose meridian imbalance, as well as preferred treatment points used to further evaluate and alleviate imbalance within the energy system. The book closes with a look at the future of energy psychology.

Clear, straightforward, and comprehensive, *Energy Diagnostic and Treatment Methods* will serve as a foundation as well as an important reference on this unique approach to psychotherapy.

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