

Workshop/Vortrag      Ph.D. Fred Gallo

## Treating chronic pain with Energy Psychology and Mindfulness

Traditional and alternative approaches to chronic pain management include physical therapy, osteopathy, massage, acupuncture, pain medication, antidepressants, surgery, implantable therapy, etc. However Energy Psychology combined with mindfulness also has a lot to offer in the treatment of these conditions. Dr. Gallo has been treating patients with chronic pain for well over three decades and had developed an easily applied method for treating pain. This brief workshop will demonstrate this approach. You will also have the opportunity to treat chronic pain with this method. So bring your aches and pain and headaches with you to this session and you just might leave much or all of it behind.

## Integrating Energy Psychology and Mindfulness: The Identity Method (IM)

Fred Gallo discusses mindfulness and attention to the structure of emotion as essential elements of effective energy psychology as well as psychotherapy in general. He also introduces his latest development, the Identity Method (IM), which applies *focused mindfulness* and energetic principles to treat psychological problems. The discussion begins with an overview of some of the research on mindfulness and energy psychology and offers a strategy for integrating the two approaches to maximize therapeutic results. He also focuses on the relevance of adaptive and maladaptive emotions in the treatment process.

**Teilnahmevoraussetzungen:** keine

### Zur Person:

Dr. Fred Gallo, clinical psychologist, has been widely recognized for his leadership and accomplishments in the areas of Energy Psychology and efficient psychotherapy. Since he coined the term and developed a variety of EP methods, he is often referred to as the Father of Energy Psychology. He is also the author of eight books, including *Energy Psychology* (1998, 2005), *Energy Tapping* (with H. Vincenzi 2000, 2008), and *Energy Tapping for Trauma* (2007). He teaches EP worldwide and has developed a certification program in his Advanced Energy Psychology (AEP), which is offered by him and certified trainers internationally.