

Handouts from Betsy Muller ACEP Conference Presentation 2022

Transformation Through Connection

Evidence and Experiences for Optimizing Virtual & Live Groups

Learn more about Betsy's online EFT trainings, scholarships, book study groups and free weekly tapping on Zoom <https://createandconnectbrilliantly.com/calendar/>

The field of Energy Psychology (EP) has the tools, expanding research and a growing army of healers. EP works especially well to quickly regulate and calm the nervous system both in person and through online delivery. There is emerging science to support the superior healing power of groups and the effectiveness of EP through virtual delivery. Those new to EP but experienced with group work will benefit by gaining the body-sensory components demonstrated as part of the experiential segments. At a time when inclusion and care for diverse audiences is top of mind, we will honor our sacred connections, ancestral traditions, individual freedom, and group energy. Following time tested processes for facilitating change, this presentation will share a safe, client-centered approach using evidence-based processes.

10 Compelling Reasons EP Groups are Optimal for Outcomes

1. Serve/help more people per hour.
2. Cost is less for participant. Online groups provide added ease for participation (time, cost, logistics, recordings). Therapist/Facilitator earns more per hour too.
3. Relieves a key element of trauma – ISOLATION. Participants realize they are not alone.
4. Human brain is wired for connection. Activated time-tested healing ways – social support, community, ceremony and vivid experiences of all senses to awaken presence.
5. Entrainment - Regulation of central nervous system can be amplified through synchronized brain-heart patterns. (Childe, et al /HeartMath 1999)
6. Borrowing Benefits – Numerous EFT studies show group intervention out-performs one-on-one intervention. (G. Craig 2008, P Stapleton 2020)
7. Valuable discussion and expansion of learning experience
8. Access to the Quantum Field – a place where all is now, no separation, calm, feelings of bliss and awe. (Dispenza, 2017)
9. Can be utilized for many client needs and/or EP modalities (training, mentoring, specific topics or problems)
10. EP groups excel at safely integrating physical, emotional and spiritual healing.

Additional Considerations for Safe Online Group Facilitation

- Privacy/confidentiality
- Technical proficiency and setup for participation
- Participant agreement/disclaimers
- Appropriate Description and Intention for Group
- Managing group size/use of assistants
- Contingency plans for possible difficulties

- Engagement – Activities, planned breaks from screen, using breakout rooms
- Managing emotional intensity

Formula for Successful Group Engagement

- Common Intention/A promise
- Safety/protection/trust
- Inclusion and belonging
- CNS regulation/coherence
- Monitoring and managing emotional dysregulation
- Adhering to established rules
- Pre-frames to contain drama
- Use of humor, play and sensory experiences
- Interventions to center, balance and ground
- Planned variety, flow and breaks
- Celebration

Creating Experiences for Engagement

Opening Activities for Connection

- Inviting use of the Chat Box
- Oxytocin breath (eye contact, rascally smile, inhale and loud extended sign)
- Breakout room/dyads or triads for introductions
- Tapping to the Energetic Handshake – Opening the Healing Connection
<https://createandconnectbrilliantly.com/an-update-to-the-energetic-handshake-for-2021/>
- Show and tell around the circle
- Diagonal X pulls or spinal flush on partner back (Eden Energy Medicine)
- Follow the leader (i.e. Hokey Pokey or tap along)

Managing Energy and Easing the Emotional Reactions

- Tap and Breathe – Straw Breath
- Heart Massage
- Grounding – Stomach meridian tap (under eye point)
- Tapping with a nonverbal sound/sigh
- Amusement break
- Dance break
<https://www.facebook.com/jude.lobo.1/videos/4035779113104662/UzpfSTgzMjM2NjU0MzoxMDE1ODQzNjQ5OTczMTU0NA/>
- Demonstration – with borrowing benefits tapping

Leading by Example - Brain, Heart, Mind and the Quantum Field

Entering the ONE MIND – Group Healing/The Power of Eight (McTaggart 2017)

Suggested 6 minute Video <https://youtu.be/6l9DT37Eb0A>

- Gather
- Focus
- Make connection
- Ask for what you want – specific and directed
- Mentally rehearse outcome, vividly with all senses (10 minutes)
- Multiply the benefits to all who could use the healing intention

Becoming a Conscious Witness: Tracking Synchronicities, Evidence and Miracles

Objectives

Name 3 ethical issues facilitators must mindfully consider when working with groups **online**

- Safety/Privacy/confidentiality
- Permission/Consent
- Managing emotional intensity
- Handling Emergencies & Technical Glitches
- Group Size and Use of Assistants

Identify 3 processes useful for containing emotional intensity while working with a group

- Tap and breathe or tap with nonverbal sound
- Long Exhale/Straw Breath
- Amusement, Rhythm, play or dance break
- Grounding
- Heart Massage

List 3 specific group facilitation challenges that EP is ideally suited to solve.

- Time Constraints
- Emotional triggers for facilitator
- Sudden Changes in Emotional Intensity
- Challenges for Safety & Privacy
- Need for inclusivity
- Wide range of problems and situations

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