

## SERVICE SPOTLIGHT

### EP Groundswell on East Coast

by Pat Koestner

Our newest combat veterans may be met with a very different treatment protocol if Marilyn (Lynn) Garland has anything to do with it. Lynn treats combat-related trauma in her job with the VA, and she considers EP to be the treatment of choice.

Lynn was originally trained in TFT during her community mental health days, when first introduced to trauma work she reports: "I was looking for all the tools I could find." The results really amazed her, and in 1999, she joined the VA in Worcester, MA, and brought this powerful tool with her. Lynn was immediately impressed with how skilled the VA staff was in treating trauma and took the chance that they would welcome a new, albeit unusual therapy tool. She's thrilled now to have ACEP around to lend credibility to these treatments. She developed a one-day training program for VA staff and has already trained 30 clinicians in the Boston area.

She's also been invited to teach at other Vet Centers in Connecticut and western Massachusetts. Lynn feels, "The best thing I can do is train people and give them the EP tools they can use."

The VA recognizes the value of her work and allows her to provide training during regular work hours. She wants people to walk away from training with a tool that they can use immediately. She provides a one-day training using Gary Craig's EFT protocol and also helps her colleagues understand that this tool can be incorporated into any treatment modality.

Lynn believes she's also doing her part for world peace, because combat veterans who are no longer paralyzed by their trauma symptoms are more able to speak authentically about the reality of warfare. Thus, they form a vitally important voice for peace.



*Marilyn (Lynn) Garland*

Lynn encourages all of us to teach any EP tool we know and believes that inventing some new version of EP is not necessary to make a difference in the world. She hopes to offer a workshop on how to easily teach EP at next year's conference. She can be reached at:

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## President's Report

by Mary Sise, CSW-R

Many people have asked, "Why do we need a professional organization?" The truth is that many people don't. Many people see organizations as trying to control and limit them and would much rather have creative freedom to just do what they want. I certainly can understand that. Anyone who has come in on the ground floor of Energy Psychology has to be an innovative free thinker! So,

why bother with an organization?

### Our Purpose

For me, a professional organization is a way to bring our energies together to bridge Energy Psychology into a world that so desperately needs us. We need to show the world that we have standards of care, that we are creating a body of research, and that we are interested in doing humanitarian work in a culturally sensitive, organized way.

Our conferences connect people, showcase our talents, and invite innovative thinkers from other disciplines to join us. United, with educational programming that is grounded and solid, we can dispel the numerous myths about Energy Psychology and make inroads into insurance reimbursements, inclusion in government-sponsored programs such as the VA or schools, and training colleges and universities.

### This Year's Conference

Returning from our International Conference, I am still in awe of the caliber of our membership. Repeatedly, people voiced their enthusiasm for ACEP and Energy Psychology and their gratitude for the conference to expand their knowledge and recharge their spirits.

The plenary addresses by Doctors Bessel van der Kolk and Doris Rapp confirmed that we are on the right track with our methods. (You can get the tapes to share with your skeptical colleagues!)

We conducted two research projects, including one where we partnered with Gary Schwartz, Ph.D. at the University of Arizona. We also networked with a potentially nationally syndicated alternative health television station.