Evolving Thought Field Therapy: The Clinicians Handbook of Diagnoses, Treatment, and Theory by Sheila S. Bender

State Of The Art!

New concepts made accessible and practical. Rooted in applied kinesiology and traditional Chinese medicine, evolving thought field therapy is an alternative therapy of choice. Three leading practitioners lead readers toward a theoretical and practical understanding of this advancement in energy psychology. This volume instructs and inspires clinicians to integrate new ideas and methods into their practice.

My Personal Review:
Diepold, Britt, and Bender have produced a remarkable addition to the emerging literature of energy psychology. In the first part of the book they introduce the reader to the importance of understanding paradigms as they apply to psychology, and how they must inevitably shift as knowledge accumulates. They then give a solid review of the basics of the meridian system of Traditional Chinese Medicine, and the procedures of manual muscle testing to assess what is happening energetically in the body. They go on to describe the Touch and Breathe method of balancing meridians (which I have used with great success for several years)—an approach with which every practitioner of energy psychology will want to be familiar. They then present the most detailed explication of system disruption and treatment blocks that is available in the literature. They challenge the reader to understand and experiment with two additional forms of therapy localization (diagnosis)—contact-directed diagnosis using the therapist’s own body, and thought-directed diagnosis. New ground is broken with the treatment approach for positive emotions which lead clients to be trapped in destructive compulsions, including addictive behaviors. This is really a break-through for a number of clinical conditions. Their section on supplemental and modified protocols is well-presented, especially the section on the treatment of dissociative
disorders. By no means a cookbook, the authors stress and explain how Evolving Thought Field Therapy is integrated into the overall practice of psychotherapy, and 25 terrific case examples are presented which effectively elucidate their position. The final chapter, Epilogue, and Afterward (by William Tiller, Ph.D., Professor Emeritus, Stanford University) present challenging and thought-provoking theories as it becomes apparent that the authors are thinking deeply and profoundly about the underpinnings of this most powerful and effective therapy tool. This is a book that will be appreciated the most by those practitioners who already have some experience with energy psychology and are hungry for refinements in technique, applicability to a greater range of clinical conditions, and deeper understandings of what is going on with this amazing technique.

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