



Energy Psychotherapy

What is Energy Psychotherapy?

Energy psychotherapy is the linking of psychotherapy to body work with the energy systems in the body, those energy circuits known in Chinese medicine as meridians and in Hinduism as the chakras.

The idea of energy psychotherapy is to take the relationship between body and mind very seriously as an indivisible energy system. Blockages in this system through trauma and stress are often not accessible through talking therapy, because the trauma has become lodged in the body. This method of working aims to heal blockages caused by trauma by combining with the already established psychotherapeutic practice.

Energy psychotherapy consists of the therapist using their usual skills in relation to cognitive behavioural techniques, psychodynamic understanding and relational processes, reflective empathy and key interpretations. However, as well as reading the client with her cognitive and empathic response, the therapist also reads the client's energy system through her own energy system and through muscle testing. The reading of the energy system aids and enables the cognitive work, making it more focused. The therapist intuitively integrates tapping on the meridians and chakras with the cognitive and emotional work, enabling a deep healing which integrates both mind and body.

What we offer

Mark Vahrmeyer is trained in Advanced Integrative Therapy (AIT), an in-depth model of energy psychotherapy developed by Asha Clinton, a Jungian psychotherapist. AIT is a powerful process which focuses specifically on resolving trauma through marrying energy movement with psychodynamic, transpersonal, cognitive, and behavioural understanding.

Work using AIT can be either short-term or long-term, depending on circumstances, and can be integrated into a more traditional structure of talking therapy or used as a stand-alone clinical tool.



If you would like to discuss Advanced Integrative Therapy or book a session, please contact Mark Vahrmeyer. For further information, please see: <http://www.aitherapy.org/wp/>