



Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology

By Fred Gallo



Download



Read Online

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo

Energy psychology is a scientifically validated body of research and core set of treatment techniques that conceptualizes thoughts, feelings, emotions, and other psychological phenomena as manifestations of energy working through the system of the human body. If some psychological phenomenon is causing pain, distress, or a lack of function to an individual, the somatic techniques of energy psychology work to disrupt the flow of energy causing that phenomenon. One of the more common techniques in the energy psychology repertoire is called energy tapping, a practice, similar to acupuncture, that involves manipulating and tapping certain points along the body's energy meridians to influence psychological events. In this new book, author Fred Gallo applies energy psychology techniques specifically to recovering from acute trauma and post-traumatic stress symptoms. Some techniques in this book are adapted from **Energy Tapping** by Fred Gallo and Harry Vincenzi.

Energy Tapping for Trauma offers a concise overview of how trauma affects us and why certain aspects of traumatic experience can linger as post-traumatic stress. The book adapts energy psychology techniques into simple, effective strategies for 'short-circuiting' the emotional problems associated with trauma. Throughout, the book advocates for a balanced and sensible 'whole-person' approach to dealing with and recovering from a traumatic event.

For more information about Energy Tapping please visit the authors:

Harry Vincenzi: www.energytapping.org

Fred Gallo: www.energypsych.com

Note: The book **Energy Tapping** was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.



[Download Energy Tapping for Trauma: Rapid Relief from Post- ...pdf](#)

 [Read Online Energy Tapping for Trauma: Rapid Relief from Pos ...pdf](#)

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology

By Fred Gallo

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo

Energy psychology is a scientifically validated body of research and core set of treatment techniques that conceptualizes thoughts, feelings, emotions, and other psychological phenomena as manifestations of energy working through the system of the human body. If some psychological phenomenon is causing pain, distress, or a lack of function to an individual, the somatic techniques of energy psychology work to disrupt the flow of energy causing that phenomenon. One of the more common techniques in the energy psychology repertoire is called energy tapping, a practice, similar to acupuncture, that involves manipulating and tapping certain points along the body's energy meridians to influence psychological events. In this new book, author Fred Gallo applies energy psychology techniques specifically to recovering from acute trauma and post-traumatic stress symptoms. Some techniques in this book are adapted from **Energy Tapping** by Fred Gallo and Harry Vincenzi.

Energy Tapping for Trauma offers a concise overview of how trauma affects us and why certain aspects of traumatic experience can linger as post-traumatic stress. The book adapts energy psychology techniques into simple, effective strategies for 'short-circuiting' the emotional problems associated with trauma. Throughout, the book advocates for a balanced and sensible 'whole-person' approach to dealing with and recovering from a traumatic event.

For more information about Energy Tapping please visit the authors:

Harry Vincenzi: www.energytapping.org

Fred Gallo: www.energypsych.com

Note: The book **Energy Tapping** was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo **Bibliography**

- Sales Rank: #773228 in Books
- Published on: 2007-08-01
- Original language: English
- Number of items: 1
- Dimensions: .39" h x 7.12" w x 9.94" l, .73 pounds
- Binding: Paperback
- 184 pages

 [Download Energy Tapping for Trauma: Rapid Relief from Post- ...pdf](#)

 [Read Online Energy Tapping for Trauma: Rapid Relief from Pos ...pdf](#)

Download and Read Free Online Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo

Editorial Review

Review

Occasionally I hear someone on television talking about how they are afraid of flying or how they can't get over their trauma, and I find myself thinking, Why don't they just read Fred Gallo's book *Energy Tapping for Trauma* and get over it? Gallo has written an easy-to-read, accessible book that anyone can use to move on from fear, phobias, trauma, and pain, as well as just giving themselves an emotional or energy tune-up. Read it, and tap into your inner healer.

—Bill O'Hanlon, author of *Change 101*

Energy Tapping for Trauma is an amazing evolution of possibility in trauma care. This book is for anyone and everyone looking to discover new strategies to transform trauma and awaken a new self-empowered life. Freedom is now simply a few taps away!

—Donald Epstein, D.C., Author of *Healing Myths*, *Healing Magic* and *The 12 Stages of Healing: A Network Approach to Wholeness*

Finally! A book for the public sector with loads of information and how-to's! This book provides a step by step road map for healing trauma and releasing the blocks that keep it locked up within. *Energy Tapping for Trauma* will certainly become a must-have resource for every therapist's toolbox."

—Sharon Cass Toole, PhD, Founder of Meridian Psychotherapy Services

From the Publisher

Psychologist Fred Gallo, a leader in the emerging field of energy psychology, offers techniques for tapping into the body's energy system and its influence on emotions and cognition to cope with acute trauma and post-traumatic stress.

About the Author

Fred P. Gallo, PhD, runs Gallo and Associates, a private clinical psychology practice that offers services tailored to the individual needs of clients in Hermitage, PA. He is a licensed psychologist, a nationally recognized leader in the field of energy psychology, and recent author of the clinical book *Energy Psychology*. He is also a leading trainer for professionals.

Users Review

From reader reviews:

Evelyn Blow:

The book Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology will bring someone to the new experience of reading a new book. The author style to spell out the idea is very unique. If you try to find new book to learn, this book very suited to you. The book Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology is much recommended to you to read. You can also get the e-book through the official web site, so you can quicker to read the book.

Pamela Guarino:

You could spend your free time you just read this book this guide. This Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology is simple to create you can read it in the area, in the beach, train in addition to soon. If you did not possess much space to bring the printed book, you can buy often the e-book. It is make you better to read it. You can save typically the book in your smart phone. And so there are a lot of benefits that you will get when one buys this book.

Charles Green:

This Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology is new way for you who has fascination to look for some information mainly because it relief your hunger info. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology can be the light food in your case because the information inside this kind of book is easy to get by simply anyone. These books build itself in the form that is certainly reachable by anyone, that's why I mean in the e-book form. People who think that in guide form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a publication especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss it! Just read this e-book variety for your better life along with knowledge.

Carolyn Hoar:

E-book is one of source of expertise. We can add our information from it. Not only for students but additionally native or citizen require book to know the upgrade information of year to help year. As we know those books have many advantages. Beside many of us add our knowledge, also can bring us to around the world. Through the book Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology we can acquire more advantage. Don't that you be creative people? To become creative person must love to read a book. Just simply choose the best book that ideal with your aim. Don't be doubt to change your life by this book Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology. You can more appealing than now.

Download and Read Online Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo #N9U473QJMXA

Read Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo for online ebook

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo books to read online.

Online Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo ebook PDF download

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo Doc

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo Mobipocket

Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology By Fred Gallo EPub