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Energy magazine

Sept/Oct 2024 Issue

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Integrating Energy Healing with Brain-Based Therapies

Integrating Energy Healing Modalities with brain-based therapies creates a synergistic approach that can significantly enhance medical treatment outcomes.

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Your clients are the ultimate owners of their life and their health, but as a health and wellness coach and energy medicine professional, it is important that you have all the information you need to evaluate their mental, emotional, physical, and spiritual health to determine the most suitable combination of energy healing therapies.


A health and wellness assessment might include personal health inventory such as lifestyle, an energy health assessment, and expected short- and long-term outcomes. The assessment provides a structured and personalized approach, ensuring that the client receives a combination of healing energy therapies tailored to his/her specific needs and health goals. Regular monitoring and adjustments ensure that the plan remains effective and responsive to their progress.

Integrating Energy Healing Modalities with brain-based therapies creates a synergistic approach that can significantly enhance medical treatment outcomes. By combining these energy healing with brain-based therapies, clients can achieve better stress management, improved emotional regulation, and enhanced overall well-being. Regular practice monitoring, and adjustments ensures that the integration is effective and tailored to individual needs.

The complementary energy healing techniques are meant to support the overall wellness of the client. They are not a substitute for professional medical advice, diagnosis, or treatment. Always have the client consult with the healthcare provider before starting any new wellness practices. This is especially important if the client has any existing health conditions or is taking medication.

Each person is unique and what works well for one client might not work for another. Be patient as you explore different techniques.

The energy healing and brain-based therapies are meant to complement a client's healthcare regiment and not to replace it. These practices are additional tools to help you. Feel free to add to this table because health and wellness is an ongoing journey.

The following table shows examples of integrating energy healing modalities with specific brain-based therapies. This table is merely a guide of how energy healing practices can work synergistically with brain-based therapies, enhancing overall healing and well-being. Energy healing and brain-based therapies can complement each other in a holistic approach to mental and physical health to integrate and enhance overall treatment outcomes. 



Learn more about author Denise Frer by visiting www.DrDeniseFrer.com



Comparison Table for Energy Medicine Modalities and Brain-Based Therapies

Modality	Benefits	Brain-Based Therapy	Therapeutic Goals
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Sound, Crystal, Yoga, Emotional Freedom Technique (EFT), Breath Work, Tai Chi, Somatic Experiencing, Hypnotherapy	Reduces stress, promotes relaxation	Cognitive Behavioral Health	Change negative habits, anxiety, depression
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Sound Healing, Breath Work, Hypnotherapy	Balances energy fields	Neurofeedback	Self-regulation of brain function, ADHD
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Chakra Balancing, Crystal Healing, Yoga, Hypnotherapy	Creates receptive state	Mindfulness Based Stress Reduction	Reduce stress, improve mental health
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, EFT, Chakra Balance, Hypnotherapy	Enhances emotional processing	Eye Movement	Reduce distress from traumatic memories
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Chakra Balancing	Promotes emotional well-being	Emotional Freedom Techniques	Address anxiety, PTSD, emotional distress



Modality	Benefits	Brain-Based Therapy	Therapeutic Goals
Healing Touch, Reiki, Qigong, Meditation, Sound, Crystal, Yoga, Emotional Freedom Technique, Breath Work, Tai Chi	Promotes relaxation	Dialectical Behavior Therapy	Emotion regulation, mood disorders
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Crystal Healing, Hypnotherapy	Addresses emotional blockages	Acceptance & Commitment Therapy	Acceptance of thoughts, align actions
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Chakra Balancing, Qi Gong, Hypnotherapy	Improves physical and mental health	Brainspotting	Process emotional pain, trauma
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Hypnotherapy	Promotes emotional well-being	Cognitive Remediation Therapy	Improve cognitive functions
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation	Enhances emotional well-being	Transcranial Magnetic Stimulation	Stimulate nerve cells, treat mood disorders
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Hypnotherapy	Encourages self-awareness, empowers clients	Neuro-Linguistic Programming	Change negative thought patterns, personal development



Modality	Benefits	Brain-Based Therapy	Therapeutic Goals
Healing Touch, Reiki, Qigong, Meditation, Sound, Crystal, Yoga, Emotional Freedom Technique, Breath Work, Tai Chi	Promotes relaxation	Biofeedback	Control physiological processes, chronic pain
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation	Reduces stress, promotes relaxation	Functional Neurological Training	Enhance neurological function, neuroplasticity
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Hypnotherapy	Creates receptive state	Integrative Body-Mind	Enhance cognitive and emotional regulation
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, Yoga, Acupuncture, Hypnotherapy	Reduces stress, balances energy fields	Positive Psychology	Improve well-being and resilience
Healing Touch, Reiki, Qigong, Therapeutic Touch, Meditation, EFT, Hypnotherapy	Encourages self-awareness	Cognitive Processing Therapy	Challenge trauma-related beliefs

Resources:

- Building a Path to Whole Person Health <https://www.nccih.nih.gov/about/nccih-strategic-plan-2021-2025/introduction/building-a-path-to-whole-person-health>
- Relaxation Techniques: What You Need to Know <https://www.nih.gov/health/relaxation-techniques-what-you-need-to-know>
- Selecting the “Right” Comparators for Meditative Movement Intervention <https://www.nccih.nih.gov/blog/selecting-the-right-comparators-for-meditative-improvement-interventions>
- Tai Chi: What You Need to Know <https://nccih.nih.gov/health/tai-chi-what-you-need-to-know>
- Qigong: What You Need to Know <https://www.nccih.nih.gov/health/qigong-what-you-need-to-know>
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- Mendenhall, Wanda. (2018), Integrative Body-Mind Training: Unlocking Wellness, A Comprehensive Guide to Harness the Power of Mind-Body Connection for Optimal Health and Resilience. Oxford University Press. Oxford, England.