Joan Kaylor, MSEd, LPC, NCC, LLC
Joan Kaylor, Energy Wellness Coach & Consultant

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Website Disclaimer
Energy Wellness Coaching & Consulting Practice

Welcome to the section of JoanKaylor.com where Joan Kaylor, as the single member of Joan Kaylor, MSEd, LPC, NCC, offers her services as an energy wellness coach and consultant.

Please be advise, although Joan Kaylor is a licensed professional counselor, she does not provide any psychotherapy services in her energy wellness coaching and consulting practice. In a separate practice, Joan Kaylor provides psychotherapy services in the Commonwealth of Pennsylvania under her license as a licensed professional counselor. If you are a resident of Pennsylvania and are interested in her psychotherapy services, please visit the separate section of this website that features those services.

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You understand by viewing this website you will be introduced to an integrative approach to personal development and wellness that incorporates a variety of innovative energy-oriented coaching and self-help techniques within the field of complementary and alternative medicine, including **Emotional Freedom Techniques (EFT)** and **Chakra Balancing** (collectively the "CAM Methods"). The CAM Methods refer to a variety of mind-body approaches, energy techniques, processes, and methods that work with selected aspects of the human energy system, including meridians, acupoints, radiant circuits, chakras, and the biofield. The CAM Methods are designed to assess where the body's energies are blocked or not in harmony and then correct and balance the flow of these energies thereby aligning the body's energies to boost health, vitality, and restore the body's natural energies. Specifically, EFT uses the ancient Chinese meridian system with a gentle tapping procedure which stimulates designated meridian end points on the face and body while saying specific phrases and focusing on issues of emotional intensity in order to release the intensity and reframe the issues. The prevailing premise of EFT is that the cause of all negative emotions is a disruption in the body's energy system. It is believed that EFT helps clear these disruptions, thereby restoring the flow and balance of the body's electromagnetic and more subtle energies. The theory of the CAM Methods is that the flow and balance of the body's electromagnetic and more subtle energies are important for physical, spiritual, and emotional health, and for fostering well-being.

Although the CAM Methods appear to have promising mental, emotional, spiritual, and physical health benefits and there is a growing amount of scientific research indicating that EFT is an effective evidence-supported technique, especially for managing stress, they have yet to be fully researched by the Western academic, medical, and psychological communities. Therefore, the CAM Methods are considered experimental and the extent of their effectiveness, as well as their risk and benefits, are not fully known. Please be advised the CAM Methods, including EFT, are self-regulated and the Commonwealth of Pennsylvania does not license practitioners of the CAM Methods and considers them to *alternative* or *complementary* healing approaches.

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