

Joan Kaylor, MEd, LPC, NCC, LLC
Joan Kaylor, Licensed Professional Counselor

Website Disclaimer
Psychotherapy Practice

Welcome to the section of JoanKaylor.com where Joan Kaylor, as the single member of Joan Kaylor, MEd, LPC, NCC, LLC offers her services as a psychotherapist in Pennsylvania.

Please be advised Joan Kaylor only provides psychotherapy services and trainings in Energy Psychology methods under her license in Pennsylvania as a Licensed Professional Counselor. In a separate practice, Joan Kaylor offers her services as an Energy Wellness Coach & Consultant. If you are interested in her coaching and consulting 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 and holistic approach to psychotherapy incorporating several methods within the newly emerging field of **Energy Psychology**, including **Emotional Freedom Techniques (EFT)**. Energy Psychology is a collective term used to refer to a variety of mind-body approaches, energy techniques, processes, methods, and therapies that work with selected aspects of the human energy system, including, meridians, acupoints, radiant circuits, chakras, and the biofield. Energy Psychology methods look at and seek to address imbalances within the client's energy system, as well as the energetic influence of thoughts, beliefs, and emotions on the body and are designed to enhance therapeutic outcomes for clients. 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 Energy Psychology is that the flow and balance of the body's electromagnetic and more subtle energies are important for physical, mental, spiritual, and emotional health, and for fostering well-being.

Although Energy Psychology 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, Energy Psychology methods are considered experimental and the extent of their effectiveness, as well as their risk and benefits, are not fully known. Please be advised Energy Psychology methods,

including EFT, are self-regulated and the Commonwealth of Pennsylvania does not license practitioners of Energy Psychology methods and considers them to *alternative* or *complementary* healing approaches.

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