



Solutions for business prosperity and successful life balance

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INTERNATIONAL CONFERENCE TO FEATURE CLEVELAND-BASED HEALTH AND ENERGY COACH

For the fifth time, local expert selected to address certified practitioners

Strongsville, Ohio – (March 4, 2008) – The [Association for Comprehensive Energy Psychology](#) has selected Strongsville-based wellness expert Betsy. B. Muller to address its membership at the 10th Annual International Energy Psychology Conference. Muller, a Certified Energy Health Practitioner (C.EHP), is the founder of [The Indigo Connection](#) in Strongsville.

Energy Psychology is a combination of physical and cognitive procedures that promote improvements in emotions, thoughts and behaviors. Believing that emotional and physical health conditions are related to disturbances in the body's electromagnetic energies and energy fields, it incorporates established psychological techniques as well as non-Western systems for healing and spiritual development. EP is sometimes referred to as "[acupuncture without needles](#)."

Muller will conduct a two-hour interactive workshop titled, "Become a Prosperous EP Leader Through Speaking and Events," as part of the conference's professional development track. She was selected because of her experience in medical practice management, sales and human resources. Muller was the first C.EHP in Ohio, and this will be the fifth ACEP conference at which she has presented. Her program will offer practical tips for connecting with the public and building confidence as a leader in EP.

"The public is eager to learn about natural and cost-effective alternatives for wellness, yet millions have not yet heard about Energy Psychology," explained Muller, who serves on the ACEP Board of Directors as Communications Chair.

Muller said that she is unique among accredited EP practitioners because she comes to it from a solid business background, whereas most have a therapeutic background. "They are skilled in the techniques but need guidance in building their practice," she said. "I will work with them to be creative and discover their 'core passion' – what it is that they can speak about and share better than anyone else – and how to use it to enhance their business."

Muller will employ "energy interventions" using [Emotional Freedom Techniques](#) to clear limiting beliefs and resistance blocking success, including fear of public speaking, discomfort with managing finances, networking, and other issues that the participants bring up.

EFT is an innovative self-help technique based on the ancient principles of acupuncture and is used successfully by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific acupuncture points to gently realign the body's energy disruptions caused by emotional experiences, difficult situations and stressful memories.

"I teach people ways to integrate EFT into daily life to address challenges with work performance, relationships, food cravings, stress, and mental clarity," said Muller. "The results are often immediate, making EFT a highly valuable form of effective, rapid self care, and truly a new 'survival tool.'"

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ACEP is based in New York City and has over 1,000 members worldwide. The conference will take place May 15-18, 2008, in Albuquerque, New Mexico. Muller will attend pre-conference activities and a one-day seminar with [Gary Craig](#), the founder of EFT.

For more information, visit www.theindigoconnection.com or call 440-238-4731.

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About The Indigo Connection

[The Indigo Connection](#), located inside the Inner Harmony Wellness Center at 17075 Pearl Road in Strongsville, Ohio, is committed to making personal growth education and resources widely available through private coaching, affordable group learning opportunities, inspirational programs and collaborations with other educators. Founder Betsy Barter Muller is a Certified Energy Health Practitioner (C.EHP), a Certified Energy Coach (CEC), and a certified medical office manager (CMOM). She holds an MBA in Systems Management from Baldwin Wallace College. Programs offered include Deliberate Life Balance, Creativity, Spiritual Business Leadership, Emotional Freedom Techniques (EFT) for Powerful Self-Care, Healthy Relationship Boundaries, Integrity, Energized Selling and Living Your Purpose. For more information, visit www.theindigoconnection.com or call 440-238-4731.

About Betsy Muller

Betsy Muller is a holistic coach, Certified Energy Health Practitioner, Certified Energy Coach, and speaker based in northeast Ohio. After decades working in a variety of traditional business and healthcare management settings, life changed in 2001 when she discovered energy psychology techniques at the [Association for Comprehensive Energy Psychology's](#) conference in Switzerland. Since then, her passion has been to help others enjoy balanced and purposeful lives by integrating energy modalities into life and business applications. Her company offers life and business coaching by phone and in person, group training programs and networking events for professional women. Ms. Muller holds a BA in Chemistry and an MBA in Systems Management. She serves as Wellness Director for [Healthy Lifestyle Options](#), a healthcare consulting group that provides innovative solutions to rising healthcare costs for employers, insurers and consumers with focus on integrative therapies. Betsy also serves on the ACEP Board of Directors as Communications Chair.