



Solutions for business prosperity and successful life balance

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Association for Comprehensive Energy Psychology (ACEP)
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INTERNATIONAL CONFERENCE TO FEATURE PRESENTATION BY CLEVELAND-BASED HEALTH AND ENERGY COACH

One of only three wellness practitioners in Ohio certified in innovative technique

Strongsville, Ohio – (May 8, 2009) – Wellness expert [Betsy B. Muller](#) is one of the first practitioners in Ohio to become certified in EFT, an innovative self-help technique. Muller, a Certified Energy Health Practitioner (C.EHP) and Certified Energy Coach (CEC) will be a presenter at the 11th Annual International Energy Psychology Conference in Orlando, Florida, in May, hosted by the [Association for Comprehensive Energy Psychology](#).

"I chose to become certified in EFT because that is the primary modality I practice," Muller explained. EFT is an innovative self-help technique based on the ancient principles of acupuncture and used successfully by executives, athletes, professional speakers and holistic health professionals worldwide. EFT involves tapping on specific meridian points to gently realign the body's energy disruptions caused by emotional experiences, difficult situations and stressful memories.

"I consider myself an expert in EFT and I feel that being certified through the official program was necessary to be a practitioner of integrity," she affirmed.

The World Center for EFT in Coulterville, Calif., is the only body to offer official certification. The practice was developed by Stanford-trained engineer Gary Craig and has been adopted by thousands of therapists, physicians and practitioners worldwide. Craig launched the certification program in January 2009. Level I certification, the only level available currently, requires months of dedicated study and a minimum of 100 client hours. Nationwide, 63 practitioners have become certified; Muller and two others are in Ohio. Intermediate and
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Honors certification levels will be offered soon. Muller offers training in EFT, both privately and through regular monthly workshops for anyone wanting to learn more.

"I teach people ways to integrate EFT into their daily self-care routine 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, drug-free, rapid self care, and truly a new 'survival tool.' I intend to complete the highest level of certification available."

Muller, founder of [The Indigo Connection](#) in Strongsville, will conduct a two-hour interactive workshop titled, "*Be the Light – Spread the Word: Reaching Wider Audiences with EP*" 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 sixth 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 Energy Psychology.

EP 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](#)."

ACEP is based in Haverford, Penn. and has over 1,000 members worldwide. The conference will take place May 28-31, 2009, in Orlando. Muller serves on the ACEP Board of Directors as Communications Chair.

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

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