***Morris County Psychological Association***



**Morris County Psychological Association**

50 Cherry Hill Road – Suite305

Parsippany, NJ 07054

(973) 257-9000 (x208)

www.mcpanj.com

***President Treasurer Program Chairperson***

Hayley Hirschmann Ph.D. Sarah Dougherty. Psy.D. Marilyn Lyga, Ph.D.

***President-elect* *Secretary NJPA Representative***

Sarah Dougherty, Psy.D. Melissa Klika, Psy.D. Sarah Dougherty, Psy.D.

***Past President Webmaster Membership***

Nancy Sidhu, Ph.D. Francine Rosenberg, Psy.D.

***Student Representative***

Erica Vieira

**10/11/2023**

**Psychology in General; Thought Field Therapy in Particular: An Introduction**

*Presented by Sheila S. Bender, PhD*

.

**Announcements:** Hayley welcomed all to the meeting. Be on the lookout for the holiday party announcement.

**Meeting Attendees:**

Rhonda Allen

Leslie Becker-Phelps

Roderick Bennett

Jessica Cascalheira

Sarah Dougherty

Deborah Fisch

Hayley Hirschmann

Melissa Klika Mack

Mary Larsen

Roman Lemma

Marilyn Lyga

Sharon Ryan Montgomery

Susan Neigher

Nancy Sidhu

Brenda Stepak

Mary Toolan

Aaron Welt

Sheila S Bender

**Presenter Bio:**

Dr. Bender is a NJ licensed psychologist and retired faculty member from Rutgers Biomedical and Health Sciences (legacy UMDNJ). She was trained in hypnosis in 1974,and in EMDR in 1994.  She was subsequently trained in Thought Field Therapy (TFT) in 1995 by Dr. Roger Callahan. She is co-author of two books: *Evolving Thought Field Therapy: A Clinician’s Handbook;* and *The Energy of Belief:* *Psychology’s Power Tools to Focus Intention and Release Blocking Belief.* Dr. Bender maintains a private practice in Morristown, NJ.

**Overview and Objective of Today’s Talk**

Attunement, Attachment, Transference and Compassion all may be ultimately understood in terms of human energy systems. In this talk, Dr. Bender will explain how a tool within the energy world, Thought Field Therapy (TFT), and its analog, Emotional Freedom Technique (EFT), fits into the psychotherapy toolkit..

***Learning Objectives:  By the end of the session, participants will be able to:***

***Learning Objectives:  By the end of the session, participants will be able to:***

**Learning Objectives**:

1.  Define energy psychology

2.  Name the systems used in Energy Psychology

3.  Differentiate Affirmations from Intentions

4.  Learn an analog of TFT known as EFT

*This program is intended for psychologists, psychiatrists, social workers, nurses, mental health counselors, marriage and family therapists, physicians and graduate students. It will be presented at an introductory level, meant for those with little prior knowledge of the subject matter. The presenter does not have any commercial support and/ or conflict of interest for this program****.***

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**