



# Energy Tapping for Trauma: Rapid Relief from Post-Traumatic Stress Using Energy Psychology

*Fred Gallo*

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Energy psychology is a scientifically validated body of research and core set of treatment techniques that conceptualizes thoughts, feelings, emotions, and other psychological phenomena as manifestations of energy working through the system of the human body. If some psychological phenomenon is causing pain, distress, or a lack of function to an individual, the somatic techniques of energy psychology work to disrupt the flow of energy causing that phenomenon. One of the more common techniques in the energy psychology repertoire is called energy tapping, a practice, similar to acupuncture, that involves manipulating and tapping certain points along the body's energy meridians to influence psychological events. In this new book, author Fred Gallo applies energy psychology techniques specifically to recovering from acute trauma and post-traumatic stress symptoms. Some techniques in this book are adapted from **Energy Tapping** by Fred Gallo and Harry Vincenzi.

**Energy Tapping for Trauma** offers a concise overview of how trauma affects us and why certain aspects of traumatic experience can linger as post-traumatic stress. The book adapts energy psychology techniques into simple, effective strategies for 'short-circuiting' the emotional problems associated with trauma. Throughout, the book advocates for a balanced and sensible 'whole-person' approach to dealing with and recovering from a traumatic event.

For more information about Energy Tapping please visit the authors:

Harry Vincenzi: [www.energytapping.org](http://www.energytapping.org)

Fred Gallo: [www.energypsych.com](http://www.energypsych.com)

Note: The book **Energy Tapping** was a joint development of Fred Gallo and Harry Vincenzi. Any statements to the contrary in print or on the web are false.

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