

## *A Picture of the Effects of Energy Psychology*

The images to the right show a series of brain scans over a four-week period for a patient suffering from generalized anxiety disorder. Based on readings from a digitized electroencephalogram (EEG), the colors represent the ratio of brain frequencies (alpha, beta, and theta waves) and sub-frequencies within given areas of the brain. The blue indicates a normal ratio while red indicates the profile for generalized anxiety. These images were generously provided by Joaquín Andrade, M.D.

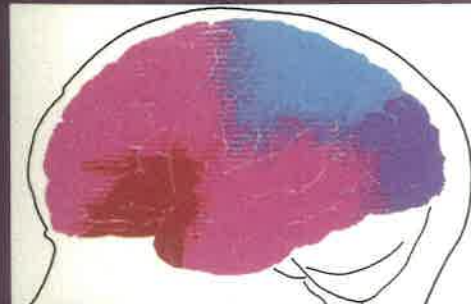
They come out of the preliminary study of energy psychology treatments described in Appendix 3. Based on a limited number of brain scans, the following tentative conclusions were drawn after comparing the energy psychology treatments with other therapies for anxiety disorders:

**Compared to successful cognitive behavior therapy treatments:** Sequences of brain scans similar to those on the facing page were produced, but more sessions were generally required to accomplish the changes, and the improvements were not as durable on a one-year follow-up as were the energy psychology treatments.

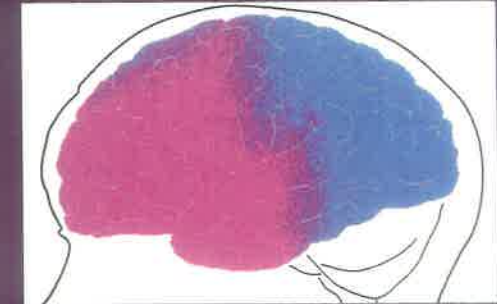
**Compared to successful medication treatments:** The brain-wave ratios did not change (the brain scans prior to treatment resembled the brain scans following treatment), suggesting that the medication suppressed the symptoms without addressing the underlying wave-frequency imbalances. Undesirable side effects were frequently reported. Symptoms tended to return after the medication was discontinued.

## Brain Scans over 12 Energy Treatment Sessions

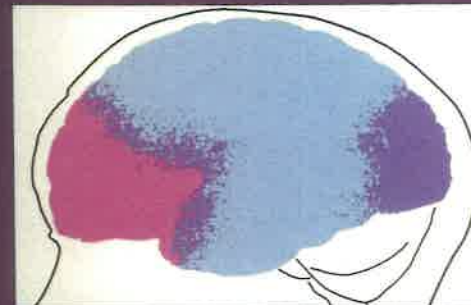
Before Treatment of a Severe Anxiety Disorder



After 4 Sessions



After 8 Sessions



After 12 Sessions

