



## **Welcome Home, to our Spring Energy Community Event #12!**

**Saturday, April 13th: 9:00 AM - 5:00 PM online and 9:00 AM - 10:00 PM in-person  
All Times in Eastern Standard Time (EST)**

### **Speakers & Presentations, and Contact:**

**9:00 AM:** Welcome! from Jondi Whitis, founder and host

**9:15 AM:** **Kath Temple**, The Success & Happiness Psychologist (Online)

**Personal Reflections / State Change: The Power is in You! Demo**



## **Kathryn Temple**

MSc(OccPsych), MBPsS, BSc(Hons)Psych, DipHypPsych, LTNLP, MPNLP, MTEFT, EFT.Adv, Psych-K  
[Kath@lifelonglearningcompany.com](mailto:Kath@lifelonglearningcompany.com)

NLP Change States - fast, easy and powerful techniques for you AND your clients. Kath's various incarnations, from entrepreneurial businesswoman of note to coaching the stars and industry leaders, to developing leadership platforms and ...how does she do it? And who doesn't love a 'Chief Enthusiast Officer?' Kath is an original with wonderful insights to share.

She offers training in NLP, EFT and is a transformative change coach, for the most amazing combination of people and places.

**10:15 AM: Ulf Sandstrom**, Author, Musician, Communicator, Teacher, Trauma Specialist

**Personal Reflections / Necessary Survival - Am I Clean? Holding a Safe, Clean Space** (online)



## **Ulf Sandstrom**

Author, Therapist, Musician, Trauma Specialist, Innovator  
[u.sandstrom@gmail.com](mailto:u.sandstrom@gmail.com)

Working with vulnerable survivors of war, genocide, gender-based violence and addiction, Trauma means a necessary survival mechanism has been triggered. Based upon years of intense field work, I think the re-setting of Safety is paramount, and to do that, the usefulness of clean and trauma-informed communication is the core response we can provide, over any particular healing modality. Done well, this Clean Communication provides effectiveness, efficiency and playfulness to all kinds of therapeutic practices.

Ulf and Gunilla Hamne cofounded PeacefulHeart foundation in Sweden, and he is also trained in Hypnotherapy, Havening, NLP and EFT, to name the mainstays he still uses.

In our context of refugee outreach, prison work, orphanages and survivors of gender based violence and natural catastrophes this has been a blessing. We teach Havening and Tapping in large groups of traumatized people with music and dance with great results and during over 15 years, we have never had one abreaction. This is in part because our approach is Trauma informed in every way and adapted by experience with what we call Clean Communication. From safe trauma interactions to the power of using metaphors, Ulf has added this remarkable addition to his toolkits.

You can join Ulf on the next Clean Communication workshop, coming up soon!

**10:45 AM: Break**

**11:15 AM: CJ Puotinen** - MTOT Trainer, EmotionCode/BodyCode/BeliefCode, Writer, Dog Trainer & Nutritionist...and many other things! (online)

**Personal Reflections / Where I am Today & How I Got Here**



**CJ Puotinen & Blue**

MTOT, Trainer, Writer, EmoCode/BodyCode/BeliefCode, Dog Wizard!

Adventures with different energy healing techniques keep bringing me closer to EFT (and other methods, too!). As an EFT Master Trainer of Trainers with EFT International, certified Emotion Code/Body Code/Belief Code practitioner, certified Be Set Free Fast practitioner, author of 17 books about human and animal health. Currently collecting stories and experiences for a new book about energy healing for animals. Photo attached.

I encourage everyone to experiment with different energy techniques - you never know what might create healing opportunities that are a perfect match for you.

I'll be providing a live demo, using Belief Code, as a way of introducing Bradley Nelson's work.

**12:00 PM: LUNCH**

**1:45 PM: Lori Lamont** - EFTi and EFTMRA Matrix Master Trainer

**Personal Reflection / Follow the Energy (in-person)**



**Lori Lamont**

MT/EFTMRA MT

[LoriLamont@proton.me](mailto:LoriLamont@proton.me)

Lori will be sharing one of the most useful techniques that she learned abroad while training with Karl Dawson, called Follow the Energy, a simple method to identifying memories and beliefs

Lori Lamont is an EFTi and EFTMRA master trainer. Her mission in life is to raise the frequency of the planet, through EFT and spirit-centered living. Lori offers EFT and Matrix training, certification and mentoring. She hosts a closed community for EFT practitioners called *Level Up your EFT Practice* and coordinates a bi-monthly email called *Lori's List* to highlight EFT practitioners around the world. Lori's top three values are freedom, creativity and spirituality.

**2:15 PM: Dr. JOE SCHIPPA** - Psychologist, Tapping Practitioner, Learning Specialist, Music Director

Personal Reflection / IYKYK: Using Images and Symbols to Bring Our Unconscious

## Healing Journey to Consciousness Awareness (in-person).



### **Dr. Joe Schippa**

MAC, CAS, BCETS

**914-762-4481**

According to cognitive neuroscientists, we are conscious of only about 5 percent of our cognitive activity, so most of our decisions, actions, emotions, and behavior depends on the 95 percent of brain activity that goes beyond our conscious awareness. How then can we tap into our unconscious processes to assist us in learning about our healing journey? Oracle and tarot cards can serve as tools in leading us to conscious awareness. In this presentation we will explore the use of images and symbols contained within oracle and tarot cards to assist us in finding our personal inner messages.

Dr. Joe Schippa is a licensed psychologist and neuropsychologist in private practice in Briarcliff Manor, New York. Trained extensively in a number of therapeutic techniques and hypnosis, he is also an EFT International Accredited Certified Advanced EFT Practitioner and a Reiki Master. Dr. Joe received his Ph.D. in psychology from Fordham University and completed his internship in clinical psychology at Westchester County Medical Center/New York Medical College. He completed postdoctoral training in clinical neuropsychology at Fielding Graduate University. In addition to his private practice, Dr. Joe spent 39 years in public education as a teacher, psychologist, and a school district administrator and has recently become a clinical supervisor for *Peaceful Psychotherapy*, a TeleTherapy practice in New York City. He uses oracle and tarot cards in addition to music to aid in his own healing journey.

**3:30 PM: Gene Monterastelli** - Founder , Writer, Teacher, Transformational Change Entrepreneur

## Personal Reflection / Experiential Workshop



### Gene Monterastelli

Founder, Writer, Teacher, Transformational Change Entrepreneur

[Gene@TappingQandA.com](mailto:Gene@TappingQandA.com)

In listening back to hundreds of hours of client sessions Gene came to realize there are four basic types of stories that we hold in our subconscious mind which hold us back. In this presentation Gene will share these four stories and how you can uncover them with one simple phrase.

Gene was born in Casper, WY and graduated from the Catholic University of America. I found my way to tapping when I was looking for something to help with my social anxiety. You can read the full story of my healing (as well as my beliefs about healing) in the free eBook or free audio book [Recovering Self: A Healing Manifesto](#). There is a very special place in my practice that is dedicated to parents of special needs children, especially for parents of children who have been diagnosed with [Autistic Spectral Disorder \(ASD\)](#)

He's studied hypnotism, NLP, guided imagery, parts work, and meridian based tapping protocols (including EFT), and a huge variety of surprising skills you might see during this very presentation! He's the founder and editor of Tapping QandA, where you'll find everything from how to Tap videos to the most advanced Tappign tools on the web. The archives are extensive and the resources are largely free; his podcast is the most popular Tapping podcast in the world.

Gene regularly works with clients from all over the world one-on-one over the phone and zoom, in a number of areas including (but not limited to) stress, smoking, limiting beliefs, anxiety, learning disabilities, pain management, and relationship issues. *To put it simply:* I help clients get out of their own way to achieve their goals.

**4:30 PM: Valerie Sullivan** - LCSW, Veteran, Social Justice Advocate, Therapist, Mindful Trauma Interventionist

### Personal Reflection / Looking Back - What a Ride! From Veteran to Healed Healer



#### **Valerie Sullivan**

LCSW, Veteran, Social Justice Advocate, Therapist, Mindful Trauma Interventionist

[vsullivan@mindful.health](mailto:vsullivan@mindful.health)

A proud USAF Veteran, continued to serve others, which eventually led her to a career in mental health. She has a Master's degree in social work from The University of Texas at San Antonio and over a decade of experience working with different populations from all walks of life, ages and stages.

Valerie has also worked within many different environments, such as residential treatment facilities dedicated to helping at-risk youth, the local mental health authority, treatment courts, and in a behavioral health care hospital, inpatient setting. I provide treatment services to individuals and families.

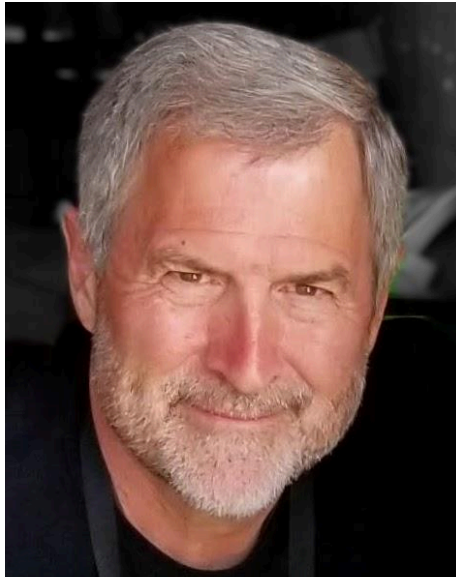
Valerie is a passionate therapist, whose talent is working with individuals that find themselves struggling with post-traumatic stress, sexual trauma, traumatic brain injury, addiction(s), mental illness and co-occurring disorders. She uses cognitive behavioral therapy, dialectical behavioral therapy, emotional freedom release techniques and mindfulness tools to help my clients get fast results. I believe in the *“power of vulnerability and how through vulnerability people can gain a better insight to oneself, to begin their healing process.”*

Specialties include working with PTSD, anxiety, mood dysregulation, depression, addictions, stress management tools and trauma work by using a holistic approach. I help my clients create the life they want and deserve. The cornerstone of my approach is establishing a therapeutic alliance, which is essential to her method: there is no

push, no pull a client feels during their time in treatment, rather she walks alongside them during their healing and recovery journey.

**7:00 PM: Greg Carpenter** - Sound Healer, Musician, Pastor, Therapist

**Personal Reflection: My On-Ramp to Sound / Sound Immersion Bath, mind, body and sacred journey 'Back to Self' / (onsite, in-person only)**



**Greg Carpenter**

Sound Healer, Musician, Pastor, Therapist

Almost two decades ago, I heard a psychologist talk about using bio-lateral sound via headphones with his teenage clients with great results. He would conduct the session with the volume low and playing in the background. The result was a more relaxed, less resistant and engaged teenager. This led me on a journey of using bio-lateral and binaural beat (brainwave entrainment) music with my clients. My results were very similar. Couples were less reactive and became more open-hearted. Individual clients reported feeling more focused, relaxed and open. Since then I have been intensely focused on the healing properties of sound, especially in its application to brainwaves, nervous system regulation and expanding clients' Windows of Tolerance.

The many experiences in crisis work as a pastor, police chaplain (Ground Zero in NY and Station Night Club Fire in RI) and therapist sparked my interest in finding something more that could help. Energy psychology and the science of neuroplasticity was the perfect fit for a mind, body and spirit approach. Today, I find that just about every tool I



use is enhanced by adding in sound therapy. (including Tapping, EMDR, IEP and Brainspotting).

### **Saturday Night (in-person):**

You are invited to a firepit circle where we'll offer one another short, Moth-like stories and maybe a few songs will slip out, too! In case of rain, we will probably repair to the ballroom with some refreshments from the bar.

## **SUNDAY**

**9:00 AM: Welcome**

**9:15 AM: Deborah Sampson - MTOT, Aromatherapist, Massage Therapist**

### **Personal Reflection / When the Going Gets Tough (online)**

Even for the more privileged, the last ten years have been difficult, with the world seemingly spinning out of control. People, even children (perhaps especially children), are afraid and worried and need our help. With reference to personal case studies – focusing on work with children and their parents – I shall be looking back at how I have evolved as a practitioner over the last decade.



### **Deborah Sampson**

MTOT, Aromatherapist, Massage Therapist

[www.deborahsampson.eu](http://www.deborahsampson.eu)

I've been involved with complimentary health & well-care for 30+ years, and watching generational issues, became interested in EFT. I am now a Master EFT Trainer of

Trainers for EFTinternational. When moving to southwest France 30 years ago to build a family, I left behind a widely traveled acting career. Starting an aromatherapy and reflexology practice in a new land and foreign language, my average age of client was probably around 80. Since adding EFT to my toolbox some 16 years ago, that average seems to have dropped to around 20!

**Upcoming for Deborah - Mentoring, through her website, here:**  
[www.deborahsampson.eu/eft-training](http://www.deborahsampson.eu/eft-training)

**9:15 AM: Candice Thomas** - Intuition Coach (online) Personal Reflection

**Presentation: “You’ll Never Know Who You Are (and that’s a blessing)”**



**Candice Thomas**

Intuition Coach

[www.candicethomasintuitive.com](http://www.candicethomasintuitive.com)

In this talk Candice will share her story of having to accept she just ‘doesn’t know’ who she really was, or what was going on for her that moved her into a conscious space where she finally felt free to just be. She’d like to help you do that, too! In that space she opened up to the healing and transformational power of Spirit which increased her peace, enhanced her relationships, and deepened her intuitive abilities. This increase of good vibes has made it easier to see good in the world and stay motivated to do the work she’s called to do. During this talk, she’ll lead an exercise for participants to energetically shed their old stories and limited ideas of self and connect with the transformational power of grace, the ability to receive blessings as you are right now.

Candice Thomas is the author of *The Success Sense: Intuition For Entrepreneurs and Professionals*. As an intuition coach, she shows leaders how to use their own intuition to make a tangible impact in the world. Using her signature programs, her clients have learned how to release the challenges sabotaging their success and achieved life-changing results within weeks.

**10:30 AM: Break**

**11:00 AM: Kris Ferraro**, Author, Energy Coach, Speaker, Facilitator

**Personal Reflection / *Radical Self Love in an Age of Narcissism***



**Kris Ferraro**

International Energy Coach, Author, & Speaker

[me@krisferraro.com](mailto:me@krisferraro.com)

[www.krisferraro.com](http://www.krisferraro.com)

How often we are told the importance of loving ourselves? Yet when we are living in a time of unbridled insecurity, it can be difficult to know just how to do this. Self Love is now a revolutionary act. Join Kris Ferraro as she shares her journey of love over the past 12 years with practical tips on breathing new life into the greatest love affair we could ever have, the one with ourselves.

Kris Ferraro is an Author, Energy Coach, speaker & workshop facilitator. Kris frequently speaks to diverse audiences, spreading a message of practical empowerment through faith, balanced energy and spiritual wisdom. Specializing in helping clients with anxiety and grief, her practice is in its 18th year. Her first book, "Energy Healing: Simple and Effective Practice to Become Your Own Healer", introduces new audiences to energy psychology, including EFT. "Manifesting", her 2nd, distills ten years of her best

metaphysical teachings. Her 3rd book, "Your Difference is Your Strength" debuted in October 2023.

**11:45 AM: Lunch**

**12:45 AM: Tom Altaffer**, SW, Psychotherapist, Trainer, Author and co-developer of Ask & Receive, Releasing Through Love, and Higher States Therapy

**Personal Reflection / Higher States Therapy, Demo Workshop (online)**



**Tom Altaffer**

LCSW, Author, Therapist, Developer Ask&Receive, Higher State Therapy

[Taltaffer@comcast.net](mailto:Taltaffer@comcast.net)

As a therapist for over 30 years, Tom specialized in helping those struggling with disabilities and early trauma. He's committed to understanding the deeper structure of our being and finding ways to help people get free of suffering.

Tom is a psychotherapist, life coach, author and international trainer, also board certified in Social Work. He is the co-creator of Ask and Receive as well as the developer of several other mind/body therapies including "*Releasing Through Love* (1999)" and "*Higher States Therapy* (2000)".

This is a workshop-style demo, and Tom will be using a volunteer subject from our in-person group.

**1:45 PM: Break**

**2:00 PM: Jenn Delorenzo** - LICSW, Psychotherapist, Energy Healer: EFT, Coach, Brain-Spotting, IFS, QiGong

## Personal Reflection / IN THIS MOMENT: Finding a Deeper Path to Inner Knowing (in-person)



**Jenn DeLorenzo**

Psychotherapist & Energy Healing

Discomfort and curiosity were my invitations to explore various healing modalities. I have been fortunate to work with wonderful healers over the years. As a result, I have had access to continued healing and expansion in my life. Join me on the journey of finding a path to deeper inner knowing, which I will be sharing with those at SEE 12.

Jenn's work as a trauma practitioner/healer allows her to collaborate with people to develop a practice that gives them agency over their healing and self-care. Within every person lives a natural ability to heal. In support of this, Jenn goes to Brainspotting, the principles of Internal Family Systems, EFT Tapping, Qi Gong, breath, movement and play to allow gentle processing of emotional and physical traumas and adverse life events. This opens the door for people to experience more joy, comfort, ease, and resilience.

**2:30 PM: Jondi Whitis** - MTOT, Energy Facilitator, Founder, Spring Energy Event, Author, Speaker (in-person)



### **Jondi Whitis**

MTOT, Energy Facilitator, Founder, Spring Energy Event, Author, Speaker

[Jondi@eft4results.com](mailto:Jondi@eft4results.com)

[www.jondiwhitis.com](http://www.jondiwhitis.com)

Your host, and founder of Spring Energy Event, which came about from TapFest in 2008 and as homage to the gatherings she attended by EFT MTOT CJ Puotinen and EFTFM & MTOT, Gwyneth Moss. Jondi's passion is to help others feel better, fast and to mentor the Tapping practitioners who will one day take our places, helping the world to heal and grow.

This year Jondi talks about what she's learned about Healing, in honor of the 'Looking Back' theme. Healing has always been a pre-occupation since she was a little girl, courtesy of her deep South roots of religion and country ways. She is sharing what she's learned since her travels, and the conscious turn she made since the stint at the Newtown Community Trauma Relief project.

It's about what's needed - from who - when - and what is appropriate, given the context? This subject has stayed with her for years and is now a part of her Big Talk Academy speech.

### **3:00 PM: Sunday Remembrances**

Each year we offer a celebration of life for our beloved colleagues who've passed on. This year we celebrate three exceptional women:

**[Cynthia Jenkins, Ingrid Dinter & Lorna Minewiser.](#)**

**Cynthia Jenkins**



**Ingrid Dinter**



**Lorna Minewiser, PhD**



“The deeper emotions are not really emotions at all, but states of Being. They emanate from within you as the love, joy and peace that are aspects of your true nature.”

- *From A New Earth: Awakening to your life's purpose; Eckert Tolle, p.137*

**3:30 PM:** Jondi Whitis, Founder. Reflections, Announcements, and Celebrating US!

**4:00 PM:** End of Spring Energy Event 12



**Next year... hoping we can be together again. April 4-6, 2025**

**(Mark calendars now to reserve!)**