

Exploring the Epigenetic Dimension of Energy Psychology

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Over the past two decades, I have had the privilege of working with thousands of clients using Emotional Freedom Techniques (EFT) and training professionals from many different backgrounds. During that time, I have repeatedly witnessed changes that seemed difficult to explain through conventional psychological models alone.

Of course, symptom reduction is what usually brings people to our offices. They want relief from anxiety, trauma, chronic stress, physical symptoms, limiting beliefs, or emotional overwhelm. Yet what often fascinates me most is what happens beyond symptom relief.

As people resolve deeply ingrained stress patterns, they frequently report changes in areas we were not directly working on. They become more resilient under pressure. Their relationships improve. They sleep better. They make different choices. Longstanding physical complaints sometimes diminish. Many describe a renewed sense of possibility, as though they are no longer living from old survival patterns but from a greater freedom to respond to life.

Clinical observations such as these naturally raise an important question:

What biological processes might underlie these changes?

One area that has attracted growing attention is epigenetics—the study of how environmental influences can affect the expression of genes without changing the genetic code itself. While the science is still evolving, it has fundamentally changed the way we think about health, adaptation, and human potential.

We now understand that genes are not fixed instructions that determine our fate. Rather, gene expression is influenced by a wide range of factors, including nutrition, movement, social

connection, environmental conditions, and psychological stress. The body is constantly adapting to the signals it receives from both the external and internal environment.

This is where the conversation becomes particularly relevant for Energy Psychology.

Regardless of the specific method being used, many Energy Psychology approaches aim to reduce distress, regulate the nervous system, and help individuals process experiences that continue to trigger maladaptive stress responses. From this perspective, chronic stress may be one of the most important pieces of the puzzle.

We know that chronic stress affects virtually every system in the body. It influences endocrine function, immune activity, inflammation, cardiovascular health, neural plasticity, and numerous other biological processes. Increasingly, researchers are also investigating how chronic stress may influence patterns of gene expression.

If this line of inquiry proves fruitful, an intriguing possibility emerges perhaps some of the benefits we observe in Energy Psychology are not solely psychological. Perhaps they are accompanied by measurable biological changes that reflect the body's movement from chronic stress toward greater regulation and resilience.

That possibility deserves careful investigation.

At the same time, it is important that we approach these questions with both enthusiasm and scientific humility. The field of Energy Psychology has accumulated a growing body of outcome research, but many questions about mechanisms remain unanswered. How exactly do these interventions produce their effects? Which biological changes are primary, and which are secondary? Under what circumstances do physiological and possibly epigenetic changes occur? How lasting are they?

These are not weaknesses in our field. They are invitations to further exploration.

Science advances not by proving what we already believe, but by asking increasingly better questions.

The publication of the fourth edition of Dawson Church's *The Genie in Your Genes* provides an excellent opportunity to continue this exploration. Since its first publication, the book has played an important role in introducing many practitioners to the emerging science of epigenetics and its possible implications for healing, health, and human performance. Nearly two decades later, the scientific landscape has expanded considerably, making this an ideal moment to revisit these ideas with fresh eyes.

Whether future research ultimately reveals direct epigenetic effects, indirect biological pathways, or entirely new mechanisms, the larger opportunity remains the same: to deepen our

understanding of how human experience influences health and healing.

As practitioners, researchers, and educators, we stand at an exciting crossroads where clinical observation and scientific discovery increasingly meet. By combining rigorous inquiry with open-minded exploration, we can continue building a stronger foundation for the future of Energy Psychology and perhaps gain a deeper understanding of the remarkable healing capacities that reside within us all.

About the Author

Dr. Gabriëlle Rutten is a medical doctor, international trainer, author, and one of the leading experts in Official Emotional Freedom Techniques (EFT). She is Director of Novet, a Gary Craig Official EFT Training Center, co-author of *Official EFT From A to Z*, and a Gary Craig Certified Official EFT Master. In 2026, EFT founder Gary Craig appointed her as his successor and steward of the Official EFT legacy.