

**Workshop Title:** HeartSpeak Level 1: A next-gen mindbody method that will transform your practice (*and your mind!*)

### **Introduction:**

As we evolve as a race, so must our interventions. The purpose of this presentation is to teach Energy Psychologists the HeartSpeak process, a next-generation mindbody healing tool. Already practiced in more than 12 countries around the world, and in 6 languages, by a diverse array of alternative health practitioners, HeartSpeak is poised to be a leader in mindbody medicine.

HeartSpeak is an innovative and exciting new approach to stress reduction and emotional wellbeing. Based on a sound theoretical framework steeped in cutting edge research from affective science, neuroscience and the science of learning and memory, HeartSpeak offers practitioners a quick, intuitive, and extremely powerful way to address conditions related to stress. There is growing evidence to suggest that many symptoms are exacerbated by stress – including physical symptoms, behavioural symptoms, and psychological symptoms – and that by reducing the impact of stress, quality of life can dramatically improve.

### **What will be taught**

In the HeartSpeak Level 1 course, practitioners are taught how to engage the Feeling Mind and to quieten the Logical Mind. Through watching video examples and participating in experiential exercises, they will come to appreciate the differences between these two Minds. Then step-by-step, participants will learn the HeartSpeak process, not only *how* to do each step, but *why* to do each step, backed up by the latest research evidence. They will learn to apply the HeartSpeak process on physical symptoms and feeling symptoms, both on other people and on themselves (i.e. “Physician, heal thyself.”) There will be plenty of playshop time, so that participants will be able to implement their new skills straight away.

The format will be a balanced mix of lecture on affective science theory, video examples, demonstrations, practical exercises and playshops. The HeartSpeak process taught in Level 1 is a more advanced version of HeartSpeak concepts taught in HeartSpeak Lite (see our Learning Lab application). After completing this course, practitioners will be able to guide clients through engaging the feeling mind in order to break free of debilitating feelings and persistent symptoms.

## *Objectives*

During this workshop, participants will be re-introduced to their Feeling Minds, be reminded how to feel, and then learn to how to perform and apply HeartSpeak using a variety of applications.

### **Short Description – for advertising (45 words)**

HeartSpeak is an exciting, new next-generation mindbody therapy, based on cutting-edge research from affective science, neuroscience and memory science. HeartSpeak offers a simple and powerful way to address stress-related conditions. It will transform your practice – *and your mind!*

**Format of Presentation:** A mix of traditional lecture, personal experience & experimentation, demonstration, video, and practice applying new skills.

**Workshop Length:** 1 day (8 hours)

**Materials to be distributed:** Notes and charts

**Equipment Required:** Data projector for PowerPoint presentation

**Cost:** XX (To be discussed with host / course facilitators)

**CE/CEU/CPD:** Currently under review with the Kinesiology Federation.

### **Workshops schedule:**

Morning Session 1	1. Introduction 2. Feeling vs Thinking 3. The Feeling Mind & The Logical Mind 4. The Fully Integrated Mind 5. Learning Feelings 6. Memory 7. Feeling Feelings
Morning Session 2	8. Learning the HeartSpeak Flow
Afternoon Session 1	9. Applying HeartSpeak on physical symptoms 10. Applying HeartSpeak on feeling symptoms
Afternoon Session 2	11. More practice 12. Tips & Pointers 13. When to do HeartSpeak – and when not to 14. Wrap-up

**Audience Skill Level Pre-requisites:** Muscle Response Testing helpful but not required. All are welcome to attend.

## Presenter Biographical Summaries and Contact Information:

**Presenter:** Dr Anne M Jensen, MSc, PhD

### *Short Biographical Summary* (45 words max)

Dr Anne Jensen is the developer of a mindbody healing technique, HeartSpeak, which she teaches worldwide. Dr Jensen's PhD is in clinical research from the Oxford University in the UK. Her research interests are in the link between stress, emotions and the mindbody.

### *Longer Biographical Summary* (150 words max)

Dr Anne Jensen is the developer of a mindbody healing technique called HeartSpeak, which she developed from 25 years of clinical practice, observation, research and common sense. She now teaches it worldwide. In addition, she has a PhD in clinical research from the University of Oxford in the United Kingdom. The focus of her research was on the accuracy of muscle response testing (MRT) to detect lies, and her results confirm the validity of MRT for this purpose. Her background is in psychology, chiropractic and sports performance, and she has many peer-reviewed publications in these fields. She is also a healer and maintains a private practice consulting in emotional wellness and stress reduction.

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## Dr Jensen's Bibliography of Radio Appearances & Print Media

### Radio appearances:

Jensen, A. M. (2014, 24 January 2014) *Speaking of Health with Dr. Anne Jensen/Interviewer: M. Kudlas*. Speaking of Health, Voice America Radio (Kalamazoo, Michigan, USA), <https://www.voiceamerica.com/episode/75470/speaking-of-health-with-dr-anne-jensen>.

Jensen, A. M. (2017a, 16 May 2017) *Are We Missing the Point When it Comes to Chiropractic Research?/Interviewer: N. Volz*. DC2BE Revolution (San Francisco, California, USA), [www.flave.online](http://www.flave.online).

Jensen, A. M. (2017b, (28 August 2017) *Dr Anne Jensen : Chiropractor, HeartSpeak & Muscle Testing Researcher/Interviewer: A. O'Dowd*. Sancit Holistic Podcast (Limerick, Ireland), <https://s3-us-west-1.amazonaws.com/sancitpodcasts/73+Sancit+Show+Dr.+Anne+Jenson+CHIROPRACTOR+HEARTSPEAK+%26+MUSCLE+TESTING+RESEARCHER.mp3>.

Jensen, A. M. (2017c, 20 November 2017) *Dr. Anne Jensen on Her PhD Studies in Muscle Testing/Interviewer: J. Rickert*. Quantum Yoga Podcast (San Francisco, USA), <https://www.listennotes.com/e/9ba885f322494a498eeda68a31ffc013>.

Jensen, A. M. (2017d, 13 January 2017) *Dr. Anne Jensen will share about HeartSpeak and the human experience/Interviewer: Vaishāli & M. H. Hensley*. You Are What You Love, Contact Talk Radio (USA & Ireland), <https://breaker.audio/e/10416699>.

Jensen, A. M. (2018, 11 January 2018) *Dr Anne Jensen, Clinical Research, Publish Author, Innovator of HeartSpeak/Interviewer: N. Woodman*. At the Table, Radio Fremantle 107.9FM (Perth, Western Australia), [http://203.59.129.151:8001//shows\\_this\\_week/thu-15\\_00.mp3](http://203.59.129.151:8001//shows_this_week/thu-15_00.mp3).

#### Print media:

Jensen, A. M. (Issue 6, Winter 2018). Modality Profile: HeartSpeak. *Specialized Kinesiology Magazine*, [https://issuu.com/specializedkinesiologymagazine/docs/holographic\\_issue](https://issuu.com/specializedkinesiologymagazine/docs/holographic_issue).

Jensen, A. M. (12 May 2017). The Oxford Studies: Validating Muscle Response Testing: Part I – Methods Used. *GEMS: All things Kinesiology!*, <http://gemskinesiology.com/the-oxford-studies-validating-muscle-response-testing-part-i-methods-used/>.

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Jensen, A. M. (Issue 122, Winter 2017). Validating Muscle Response Testing. *In Touch Magazine* (Australia).

Jensen, A. M. (August 2017). Learn HeartSpeak: Muscle Testing & Stress Reduction Techniques. *Natural Awakenings Magazine* (Philadelphia, PA, USA), [https://issuu.com/NABuxMont/docs/na\\_buxmont\\_aug17](https://issuu.com/NABuxMont/docs/na_buxmont_aug17).

Jensen, A. M. (September 2017). HeartSpeak: Unwind your mind and set your self free! *Natural Awakenings Magazine* (Philadelphia, PA, USA), [https://issuu.com/NABuxMont/docs/na\\_buxmont\\_sep17](https://issuu.com/NABuxMont/docs/na_buxmont_sep17).

- Jensen, A. M. (Issue 2, Winter 2017). The Oxford Studies: Assessing the Validity of Muscle Response Testing. *Specialized Kinesiology Magazine*, [https://issuu.com/specializedkinesiologymagazine/docs/basics\\_issue\\_layout\\_winter\\_2017](https://issuu.com/specializedkinesiologymagazine/docs/basics_issue_layout_winter_2017).
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- Innovative emotional healing tool: HeartSpeak workshop in Waterford. (2015). *Waterford Today* (Ireland).
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- Jensen, A. M. (2015). HeartSpeak: A new way to approach stress. *Association of Chartered Physiotherapists in Energy Medicine (ACPEM) Newsletter* (UK).
- Jones, H. (Summer 2015). Interview with Dr Anne Jensen, Innovator of HeartSpeak. *The Well* (Penryn, Cornwall, UK).
- Jensen, A. M. (Issue 7, Summer 2015). HeartSpeak. *Trifecta Magazine* (Calgary, Alberta, Canada), <https://issuu.com/trifectamagazine/docs/trifecta-summer2015>.
- Jensen, A. M. (Fall 2015). HeartSpeak for Stress. *Healthy You Magazine* (New York, USA).
- HeartSpeak emotional healing and stress reduction. (2014). *Waterford Today* (Ireland).
- Jensen, A. M. (2012), 19 December 2012). Muscle testing (kinesiology): panacea or placebo? *The Conversation*, <http://theconversation.com/muscle-testing-kinesiology-panacea-or-placebo-11075>.

*For a list of peer-reviewed scientific publications, see Dr Jensen's CV.*