

ABOUT NANCY GNECCO

Nancy Gnecco is a Licensed Professional Counselor who has worked with children and adults for 20 years in both public and private settings. She currently maintains a private therapy practice both in Portland and in Kennebunk, Maine.

Nancy has had extensive training in many of the new, ground breaking Energy Psychotherapy modalities including Thought Field Therapy™, Emotional Freedom Techniques™, Tapas Acupressure Technique™ and Seemorg Matrix Work™.

She offers an integrated approach which includes traditional “talk therapy” counseling and dynamic new power therapies, all of which work to heal emotional and physical issues at their core – the body’s energy systems.

Nancy also offers trainings for professionals who wish to learn these new power

Nancy Gnecco, M.Ed., L.P.C.

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Energy Psychotherapist



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What is Energy Psychotherapy?

“The cause of all negative emotions is a disruption in the body’s energy systems.

Energy Psychotherapy is a rapidly growing field of dynamic therapeutic healing and personal improvement modalities.

These exciting tools for psychological and physical symptom management are beginning to be used with unprecedented success by psychologists, doctors, psychotherapists and others in the helping professions.

Sometimes called the “Power Therapies for the Twenty First Century”, these techniques utilize recent discoveries about the connection between the mind and the body.

E. P. TREATMENT FOR

Addictive Urges
Aging Issues
Anger
Anxiety
Autoimmune disorders
Children’s Issues
Chronic Fatigue
Syndrome
Chronic Pain
Management
Depression
Eating Disorders
End of Life Issues
Fear of Public Speaking
Fibromyalgia
Grief
Jealousy
Loneliness
Management of
Migraine Headaches
Negative Core Beliefs
Nightmares
Obsessive Compulsive
Disorders
Panic Disorders
Performance Anxiety
Phobias Negative Core
Beliefs
Nightmares
Obsessive Compulsive
Disorders
Panic Disorders
Performance Anxiety
Phobias
Post Traumatic Stress
Disorder

Workshops for health care professionals

Emotional Freedom
Techniques™

Tapas Acupressure
Technique™

Bioenergy Clearing

Diagnostics: Muscle Testing

Personal growth seminars for the general public:

- Stress Management
- Peak Performance
- Releasing Negative Core Beliefs and Learned Limitations
- Smoking cessation
- Healing Your Relationship with \$
- Permanent Weight Loss