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Tradition and Innovation

## **Recognizing and Resolving Energetic Blockages**

An Interview with Dr. med. Reimar Banis  
The Founder of Psychosomatic Energetics

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How can emotional conflicts be made visible that the patient himself is not even aware of? How can you track down energetic blockages, which can often be the cause of chronic complaints? Answers to these questions are provided by Psychosomatic Energetics (PSE) – a complementary medical procedure that combines traditional healing knowledge with modern diagnostics.

General practitioner **Dr. med. Reimar Banis** developed PSE in the 1990s, creating a diagnostic and therapeutic procedure that is used in naturopathic practices worldwide. The focus is on the knowledge that repressed mental conflicts disrupt the flow of energy in the organism – and can thus trigger a variety of complaints on a physical, emotional or mental level. With the help of the **RebaPad** he developed, a computer-aided test device for energy measurement. These blockages can be found and treated in a targeted manner with special homeopathic complex remedies.

In an interview, Dr. Banis explains the background and mode of action of PSE, reports on his practical experiences and explains why for him the combination of tradition and innovation is the key to real healing.

### **Creation of Psychosomatic Energetics (PSE)**

**Interviewer Andreas Beutel:** *How did the idea for Psychosomatic Energetics (PSE) originally come about? Was there a key experience?*

**Dr. Reimar Banis:** Yes, in fact it was a mixture of personal experience and medical observation. In my many years of work as a doctor, I have often seen patients for whom conventional medical methods did not make any progress. At the same time, through my involvement with homeopathy, psychotherapy and Eastern healing knowledge, I recognized that many complaints are based on an energetic imbalance – especially through unconscious emotional conflicts. I wanted to develop a method that makes this level measurable and therapeutically accessible. This is how the PSE came into being.

**A.B.** *What role did traditional healing methods such as homeopathy or Asian concepts play in development of the method?*

**Banis:** A very big one. Homeopathy has taught me that energy and vibration are therapeutically effective. The idea comes from Asian medicine that life energy – Qi or Prana – flows in certain channels and can be blocked by mental stress. I have developed these principles further with modern means in order to make them manageable for Western-trained therapists.

**A.B.** *What were the biggest challenges in the early days?*

**Banis:** At first, it was difficult to convey the concept in depth in an understandable-way. Many could not imagine that unconscious conflicts could be measured energetically. It was also a technical challenge to develop a test device in such a way that it functions reliably and reproducibly. However, with increasing clinical experience and many enthusiastic users, PSE has become established.

### **PSE Methodology**

**A.B.** *How does kinesiological testing with the RebaPad work – what is measured?*

**Banis:** The device emits specific frequencies that correspond to the four energy levels of PSE: physical, emotional, mental and causal. With a simple kinesiological muscle test, we check whether one of these frequencies triggers an energetic weakening in the patient. In this way, we recognize at which level a blockage exists – and what unconscious conflicts are associated with it.

**A.B.** *What levels does PSE distinguish – and how are they related to complaints?*

**Banis:** We distinguish four levels:

- 1) The physical level, the so-called vital field,
- 2) The emotional level,
- 3) The mental level – these are dogmas, mental imprinting, et cetera – and,
- 4) The causal level, i.e. the spiritual, deeper causes.

Each of these levels can be disturbed – for example, by repressed emotions, traumatic experiences or entrenched thought structures. Such blockages then affect the flow of energy and can lead to long term illness.

**A.B.** *How do energetic blockages arise – and why do they often go unnoticed?*

**Banis:** Most people suppress conflicts in order to function in everyday life. However, these conflicts do not disappear, but rather become established in the energy system – often without us noticing. They only become visible through symptoms or chronic complaints. PSE makes it possible to identify these unconscious issues at an early stage and resolve them in a targeted manner.

**A.B.** *To what extent can PSE also make the "diffuse" in psychosomatics tangible?*

**Banis:** That is a great advantage of the method. Many psychosomatic symptoms are difficult to classify – neither organic nor purely psychological. With PSE, we can give a structure to the non-specific: We measure energetically what weakens the system, name the underlying conflict and offer a clear therapeutic strategy.

## **Practical Relevance**

**A.B.** *What impact did working with the PSE have on your practice?*

**Banis:** PSE has revolutionized my practice. I was suddenly able to successfully treat many chronically stressed people who were previously considered incurable [or not able to be treated]. Diagnostics became more precise, treatment duration shorter and patient satisfaction significantly higher. Many patients report that they feel understood at the deepest level for the first time.

**A.B.** *For which indications is PSE particularly suitable?*

**Banis:** Especially in the case of chronic illnesses, exhaustion, burnout, psychosomatic complaints, emotional stress and in children with behavioral problems or concentration disorders. PSE also delivers good results for people who feel "blocked" without a clear recognizable reason.

**A.B.** *How long does a treatment take – and how can you tell that a conflict has been resolved?*

**Banis:** Treatment usually consists of several phases that extend over a few months. We give specifically tested homeopathic complex remedies that resolve the conflict energetically. You can tell that a conflict has been resolved by the fact that the corresponding frequency no longer causes a test deflection – and that the patient feels freer, more stable and healthier on several levels.

## Tradition Meets Innovation

**A.B.** *What do you say to critics who accuse PSE of a lack of science?*

**Banis:** I understand the skepticism, because we work with subtle levels that cannot be measured with conventional methods. But today there are numerous indications from biophysics and epigenetics that support such models. For me, the decisive factor is always clinical efficacy – and that speaks for itself.

**A.B.** *In PSE you work with homeopathic complex remedies. How did the decision to combine the active ingredients come about – and how does this approach relate to classic single-agent strategies?*

**Banis:** As a classically trained homeopath, I was of course initially familiar with the principle of the individual remedy. But in practical application, it has been shown again and again that energetic conflicts often touch on several subject areas – both on an emotional as well as a mental level. That is why I have consciously decided to use complex remedies that consist of finely tuned homeopathic substances. These combinations have a targeted effect on the respective conflict areas and at the same time strengthen the energetic system. Experience has shown that blockages can often be resolved faster and more sustainably than with individual remedies. This is not a contradiction to homeopathy, but rather a further development with therapeutic practical relevance.

**A.B.** *You describe PSE as modern energy medicine with roots in tradition. What do you mean by that exactly?*

**Banis:** Energy medicine is not an esoteric term, but rather describes a perspective that understands the human being as an energetic being – a view that we find in many traditional healing methods from Chinese medicine to Ayurvedic teachings. This is exactly where PSE comes in, but combines this knowledge with modern findings from biophysics and quantum physics as well as with computer-aided diagnostics. It is important to me to emphasize that we are not imitating traditions, but rather transferring them into a contemporary framework. The advantage lies in the better comprehensibility and applicability for therapists – and in the greater acceptance among patients, who often today have little use for classic terms such as "life energy", but do feel the desire to be understood in depth.

## Development And Outlook

**A.B.** *How has PSE been received internationally?*

**Banis:** Very well. In countries such as Switzerland, Canada, Mexico and Spain, PSE is successfully applied. Of course, there are cultural differences in openness to energetic procedures, but interest in holistic medicine is growing worldwide.

**A.B.** *What developments have there been recently?*

**Banis:** We have further refined the complex remedies, technically revised the test device, integrated new conflict topics and further developed the training concept for therapists. It is particularly pleasing that more and more young therapists are finding their way to PSE through training and are enthusiastically adopting the method.

**A.B.** *What advice do you have for colleagues who are flirting with PSE but are still hesitating?*

**Banis:** I can only encourage you: Give it a try. The method is clearly structured, practical and easy to learn. After a short time, many therapists report that they no longer want to work without PSE – because they finally understand what their patients are missing at the deepest level.

## Conclusion

**A.B.** *What is the greatest value of PSE for you personally?*

**Banis:** That it helps people to regain their power – at all levels. For me, this is the core of holistic medicine: not only alleviating symptoms, but also enabling real transformation.

**A.B.** *How do you see the future of energetic medicine?*

**Banis:** I am convinced that the medicine of the future must think and act energetically. Because this is the only way we can reach the causes of illness – not just the symptoms. The PSE is a bridge between tradition and innovation. And that's exactly what is needed at a time when many people are looking for deep healing.

**Keywords:** Energy Medicine, Innovation, Psychosomatic Energetics



**Dr. med. Reimar Banis** is a specialist in general medicine and naturopathy. Dr. Banis developed Psychosomatic Energetics (PSE), a method that combines Far Eastern energy medicine with modern scientific thinking. He is the author of ten specialist technical books and over 200 specialist articles. Contact: [www.igpse.ch](http://www.igpse.ch)

*The interview was conducted by **Andreas Beutel**.*

## Literature

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**Further Reading** recommended by CO'Med:

**Recognizing and treating energetic interference fields**

Scars can do much more than just leave skin marks. They can have profound effects on physical and mental well-being. They often form energetic blockages in the body that disrupt the natural flow of life energy. These interference fields, which are caused by scars, can cause symptoms such as pain, fatigue or emotional instability.

*The entire article "What influence do scars have on our wellbeing?" (CO.med 9/2025) by bio-energetic practitioner **Jürgen Lueger** can be read (in German) online at <https://med-search.info>.*

Or, read the full translated article [on P2P here](#), or [on OIRF here](#).

**Translator Notes:**

All products and remedies are readily available from your German and European sources.

**BioMed** in Vancouver BC no longer handles these products, however **Puramed** (also a Canadian company) does seem to have many of these products available (see <https://puramed.ca/> for more information).



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