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*An exclusive translated article for Praxis2Practice Supporters,
published April 2026 by Praxis2Practice Consulting . . .*

Energy Vampires In Practice

How To Preserve Your Energy in Everyday Practice

By Sandra Riesenhuber, RN

From an article in Naturheilkunde Journal, March 2026

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AI Digital and online translation assistance utilized.

In everyday life, we repeatedly encounter situations and people that rob us of energy. Whether in the office, in meetings or in the private sphere – "energy vampires" cost us strength, concentration and a good mood. But how do you recognize the energy guzzlers in everyday practice, why do they seem so exhausting and what can we do about them? In this article, I shed light on typical energy vampires, show practical examples and give tips on how you can better protect your energy.

The term "energy vampire" describes people or situations that drain us emotionally and mentally. In contrast to short-term stress factors, energy vampires have a creeping and lasting effect. They drain our energy by spreading negative moods, constantly challenging us or overwhelming us with their problems. Result: We feel exhausted and irritable after the contact.

Typical characteristics of energy vampires:

- They talk a lot about themselves and listen little.
- They are negative, critical or pessimistic.
- They are constantly looking for attention and validation.
- They manipulate, dramatize or present themselves as victims.
- They respect no boundaries and expect you to always be there for them.

Often it is people who are dissatisfied with themselves and their lives and transfer their problems to others. Particularly treacherous: Some energy vampires seem particularly charming at first glance, but after a long time their negative effects become clearly noticeable.

The Pathway To An Energy Vampire – Background and Causes

How does someone become an energy vampire? Most of the time, this is not intentional, but rather is the result of personal experiences, upbringing, life circumstances or psychological patterns:

Childhood and Cultural Imprinting

Those who have experienced little attention, recognition or love in their childhood often develop a great need for confirmation. To make up for this deficit, some are constantly seeking attention – even at the expense of others.

Insecurity And Self-Doubt

People with low self-esteem tend to constantly compare themselves, complain or see themselves as victims. They seek comfort and encouragement, and in the process unconsciously become energy vampires.

Lack Of Emotional Self-Regulation

Those who have difficulty dealing with their feelings seek relief from other people. Constantly talking about problems, whining or dramatizing can be very stressful for the other person.

Psychological Stress

Depression, anxiety disorders or chronic stress can cause people to focus on their worries again and again and thus draw energy away from their environment.

Social Habits

In some families, it is common to feel sorry for each other or to exchange problems. Anyone who experiences this as normal can unconsciously adopt this behavior.

Sunny Sides And Challenges Of The Therapeutic Profession

The decision for a medical or psychological profession usually arises from the desire to help people and make a contribution to society. Many find it fulfilling to cure illnesses, alleviate suffering or accompany people in crises. Doctors often choose their profession out of interest in science and the body. The prospect of saving lives, making diagnoses and developing therapies is highly motivating.

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Naturopaths want to take a holistic approach and use alternative methods. They appreciate the individual care, the close contact with their patients and the freedom to combine different healing methods. Psychological workers are interested in experience and behavior. They want to understand mental illnesses, research causes, and help people improve their quality of life.

But running a practice also comes with challenges that go beyond treating patients. In addition to professional competence, organizational talent, empathy and resilience are required. Therapists have to deal with billing, data protection, documentation and legal requirements. Adapting to new regulations takes time.

Therapists accompany people in crises, illnesses or traumatic experiences. The constant confrontation with suffering and difficult life stories can be emotionally very stressful and requires good self-care. In the therapeutic relationship, it is important to maintain professional distance without appearing to be without empathy. The risk of emotional overload or burnout is high if boundaries are not recognized.

A practice must be economically viable. Rent, personnel, further training and technology cause ongoing costs. At the same time, fees are often capped and there is competition from other practices or online services. In order to accompany patients in the best possible way, therapists must regularly undergo further training and get to know new methods.

How Energy Vampires Weaken The Therapist

In their everyday work, therapists are required to engage openly and emphatically with their patients. This is precisely why they are susceptible to energy vampires. In therapeutic practice, such dynamics can become a great burden.

Constant Negativity And Problem Orientation

Energy vampires tend to describe the same problems over and over again without showing any willingness to change. They are less looking for solutions, but rather want to live out their negativity. For therapists, this can be tiring, because their interventions come to nothing and they feel like they cannot make a difference.

Limitless Expectations

Some patients expect the therapist to be there for them at all times – even outside of sessions. They cross boundaries, which can be overwhelming and lead to exhaustion.

Manipulation And Emotional Appropriation

Energy vampires use subtle manipulation techniques: blaming, emotional blackmail or deliberately triggering pity. Therapists run the risk of becoming codependent or feeling overly responsible for the patient's well-being.

Lack Of Appreciation

Energy vampires rarely show gratitude. They take support for granted and demand more and more. This can lead to frustration and distance for the therapist.

Effects On Health

Constant exposure to such patients can lead to emotional exhaustion, insomnia, irritability, and burnout. The joy of the job can diminish if the feeling of only giving and hardly getting anything in return prevails.

Energy Vampire Protection Meditation

Find a quiet place where you are undisturbed. Sit or lie down comfortably and close your eyes.

Draw your attention to your breath. Breathe in deeply through your nose a few times and exhale slowly through your mouth. Feel your body relax more with each exhale. Imagine a warm, golden light appearing above your head. This light begins to touch the crown of your head and spreads across your body. Feel the light enveloping your head, neck, shoulders, arms, chest, abdomen, back, legs, and finally your feet. The light forms a protective shell around you – like a coat that gently encloses you.

In this light, you are completely safe. Only positive, strengthening energies can get through to you. Everything that is burdensome remains outside. With every inhalation, you absorb fresh energy. Feel how your inner self fills with light and power. With each exhale, imagine all foreign, heavy or negative energies leaving your body and seeping into the ground.

Let go of everything that does not belong to you – worries, anger, other people's expectations. Your breath supports you in cleansing and strengthening yourself. Stay in this state for a few breaths. Enjoy the feeling of protection, security and inner strength. When you're ready, take another deep breath and thank yourself for self-care. Feel how your body feels, then open your eyes.

Return to your everyday life strengthened, knowing that you can always return to this light to protect yourself from energy vampires.

Practice Examples

Practice Example 1: Mrs. M.

Mrs. M. has been coming to the practice for months. At each appointment, she describes her worries in detail without being interested in solutions. She repeats the same stories, complains about her environment and sees herself as a victim. She reacts negatively to suggestions or therapeutic interventions or with statements such as "That won't help me anyway". After each session, the therapist feels exhausted and has the feeling that he can hardly make a difference.

Practice Example 2: Mrs. S.

Mrs. S. comes to the naturopath regularly and always brings a list of new, non-specific complaints with her. She has already consulted numerous therapists, but has never consistently pursued any treatment. In the session, it takes up a lot of space, directs the conversation again and again to new symptoms and demands constant attention. She ignores therapy plans or questions them with new concerns ("What if it gets worse for me?"). The naturopath notices that she is exhausted after each session and can hardly concentrate on other patients.

Practice Example 3: Mr. K.

Mr. K. visits the practice because of recurring relationship conflicts. After just a few sessions, he begins to contact the therapist by e-mail and phone outside the agreed hours. He describes his crisis in detail and expects immediate feedback, even in the evenings or on weekends. When the therapist sets boundaries, Mr. K. reacts with reproaches ("You're letting me down!"). The transgression of boundaries and emotional appropriation exhaust the therapist and endanger professional distance.

When Your Own Colleague Taps Energy

In therapeutic practices, people work closely together and depend on good cooperation. But as in every team, there are colleagues who can act as energy vampires. They rob their environment of energy and affect the working atmosphere. Their behavior can lead to a tense atmosphere. Their negativity is contagious, their own motivation decreases and productive teamwork becomes more difficult. Sometimes small groups form that reinforce their dissatisfaction. There is a risk that committed team members will withdraw or leave the practice.

Solutions – How I Can Protect Myself From Energy Vampires?

Energy vampires can cost a lot of strength. But there are effective strategies to protect yourself from them and preserve your own energy.

Set Boundaries

Learn to say "no" politely but firmly. You are not obligated to give endless space to every problem or whim of others. Clear boundaries help.

Shape The Conversation

Steer conversations towards solution-oriented topics. If someone complains about the same problems over and over again, ask for solutions or change the subject. This will prevent you from being drawn into endless negative spirals.

Monitor Your Energy Levels

Pay attention to how you feel after encounters with certain people. If you're exhausted, that's a red flag. Reflect on which contacts are good for you and which you should avoid.

Take Care Of Yourself

Strengthen your resources: Sufficient sleep, exercise, a healthy diet and hobbies help to keep energy levels high. Plan time out to recharge your batteries.

Keep A Professional Distance

You are not responsible for the happiness or problem-solving of others. Allow yourself to hand over responsibility and concentrate on your own tasks.

Leverage Support Networks

Seek dialogue with colleagues, friends or in supervision. The exchange helps to better classify situations and gain new perspectives.

Communicate Clearly

Speak openly if you feel overwhelmed by someone. A conversation often helps to clarify misunderstandings and find rules for dealing with each other.

If Necessary, Take A Step Back

If all attempts fail, it is legitimate to reduce or end contact. Your well-being is a priority.

Tips – How to Address Energy Vampires Directly

- Address your observation objectively ("I notice that our conversations are very problem-oriented and that sometimes burdens me.").
- Use I-messages to describe your point of view ("I often feel exhausted after our meetings.").
- Formulate what you want, for example: "I want us to focus on solutions."
- Respectful dialogue is often more helpful than accusations. If nothing changes, you draw consequences.

Important To Know:

Energy vampires often show typical reactions when they are asked about their behaviors. They often react with incomprehension or defensiveness ("I'm not that bad!"). Some try to create feelings of guilt ("But you're not very helpful.") or switch to the role of victim ("Everyone is letting me down.").

Others steer the conversation to new topics or try to trivialize the problem. They may also promise to change, but then maintain their behavior. It is important that you remain consistent in your attitude and boundaries.

Continued over . . .

Questionnaire — Do I Have (Many) Energy Vampires In My Practice?

Answer yes or no to the following ten questions:

1. Do you feel particularly exhausted after talking to certain patients?
2. Do you have the feeling that some patients only talk about their problems without being interested in solutions?
3. Are your own needs ignored in some relationships?
4. Do you sometimes feel guilty about saying "no"?
5. Do you find it difficult to distinguish yourself from certain patients?
6. Do you experience that some patients take up your attention and time excessively?
7. Do you often get involved in drama, conflict or gossip?
8. Do you have the feeling that some patients make you feel guilty?
9. Do you feel irritable or sad after contact with certain patients?
10. Do you feel the need to avoid contact with certain patients?

Evaluation

Count the number of times you answered "yes".

0-2: You are little affected by energy vampires or can distance yourself well.

3-5: There are individual patients who rob you of energy. Be aware of your boundaries and self-care.

6-10: You are heavily surrounded by energy vampires. Think about how you can protect yourself better.

Bonus Knowledge – How to strengthen my energy level

Even small changes can help to increase one's own energy level. Start by structuring your day. Plan breaks and treat yourself to moments of peace and quiet in which you can take a deep breath and collect yourself. Short walks in the fresh air or a few minutes with your eyes closed help to recharge your batteries.

Make sure you get enough sleep and eat a healthy diet. Start the day with a balanced breakfast and drink enough water throughout the day. Avoid sugar, alcohol and caffeine as much as possible – these substances push in the short term, but lead to a drop in energy.

Moderate activities such as cycling or yoga stimulate the circulation and bring energy. Maintain social contacts that are good for you and spend time with people who inspire you or make you laugh.

Mental techniques such as mindfulness training or positive thinking help to strengthen one's own energy. Gratitude diaries or small rituals can help to draw attention to the positive and to discover new sources of strength.

Conclusion

Don't let energy vampires rob you of your strength and joie de vivre! Recognize such dynamics at an early stage, set boundaries and take care of your well-being. Only those who take care of themselves can really help others and stay healthy in the long term.

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Keywords: Coaching Practice Management, Mental Health

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With Occidental Institute Research Foundation**
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April 2026

Just a brief added note from Carolyn:

It has been a few years since I've seen this very real expression of "energy vampires" in the literature. I found this article by **Sandra Riesenhuber, RN** in the "practice management" section of one of my journals, and was immediately drawn in by the use of the term and her approach to dealing with this phenomenon. Although in natural medicine methods it is mandatory for us to physically touch and interact with our patients, we must also be aware that we need to protect ourselves from those patients who will simply drain energy from us to help them express themselves and heal. Without that awareness a day of testing and interacting with patients can become a massive drain leading to exhaustion and burnout very quickly.

I can see where Ms. Riesenhuber's recommendations and information can be extremely useful and also very effective. However, in many cases this is more than simply a psychological or emotional drain to the practitioner. We also need to pay attention to the actual energy drain that leaves the practitioner so exhausted when using point and medication testing methods for assessment of the patient.

The great **Dr. Helmut Schimmel** spoke frequently about this phenomenon in practice, and developed his "**absorber ampule**" as a way to protect ourselves and to act as a buffer when we were manually testing patients and tapping into their energy sphere. **Dr. Gottfried Cornelissen** of MORA and **BioResonance** fame used a similar testing method to Dr. Schimmel's **VEGA Test Method** and also developed both a physical and a digital version of that absorber ampule.

Currently, many of my docs are also utilizing such amazing little devices as the **NeuroSync 07E** from **Medical Electronics**. With this approach, you are offered eight different natural (earth's own) frequencies that range between calming/relaxing and up to mentally stimulating/protecting. Even using the basic "Global" frequency during practice hours keeps you protected from 5G/EMF and energy drain, while at the same time keeping you alert and aware.

Ms. Riesenhuber certainly offers us an all important resource of standard interactional solutions and brings the awareness of this challenge back into focus for everyday practice.

s/Carolyn

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