

1 day course

Emotional Freedom Technique: Level 1 Course

Sunday 19th October 2008 10.00-5.00pm
£75 to include lunch

Presenters: Philip Davis and Christine Sutton, AAMET registered Advanced Practitioners and Trainers in EFT.

This is a beginner's course and will equip you to produce more results in one session than many psychiatrists and psychologists can produce in months of therapy with a client. Indeed, many of these professionals are now using EFT to enhance their own therapeutic methods.

- EFT is based on impressive discoveries about the subtle energy systems of the body and has been clinically effective in thousands of cases of trauma, abuse, panic, anxiety, fears, phobias, depression, low self-esteem, addictions and self-image problems.
- It is very effective in reducing symptoms of even severe diseases as many of these are rooted in emotional disturbance.
- Properly applied, over 85% of people achieve complete cessation of the problem or notice a great improvement.
- EFT is not faith healing, a placebo effect or magic. It is a real procedure which can benefit many people.
- You do not even have to believe in it for it to be effective. Many sceptics change their minds once they see it at work in a real situation.
- EFT works on the basis that emotional upset produces interference in the energy flow through the meridians. By tapping on certain points where the meridians surface and with the use of carefully worded affirmations the interference can be removed and the emotional charge leaves with it.
- Memory is not affected at all and the result is usually permanent.

By using this simple, non-intrusive way of identifying and addressing your own or your clients' issues you can bring relief to many of them and reduce overall stress levels dramatically.

What you will learn:

- The theory behind EFT, its history and its links with other holistic therapies such as Acupuncture, Acupressure and Kinesiology.
- Discussion of the Range of dis-eases that can be healed using EFT (emotional and physical).
- The basic but complete method of applying the technique to yourself and to other people.
- The way to formulate affirmations for use with the technique.
- How to assess progress with the issue you are tackling.
- How to test whether you have successfully dealt with the problem.
- What it means when no progress is apparent and how to overcome this.
- Dealing with different aspects of a problem.
- Finding hidden issues.
- Working live with real issues from the class.

Certification:

All delegates attending a Level 1 course receive a certificate of course completion at the end of the course.



Further training to Practitioner and Advanced Practitioner level is also available.

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