

HYPNOSISWORKS

Change your Mind Change your life



An Introduction to EFT "Emotional Freedom Techniques"

Trainer:



Brian McGowan

B.A. Hyp, Gen Th,
Dip. Sports Psych, Dip NLP

Brian, one of MTC's directors, is a licensed Practitioner of NLP (Neurolinguistic Programming) And with the above qualifications makes him the perfect choice for the delivery of this course.

Member of British Academy of Hypnosis
Member of S.F.T.R
Member of International Society of Sport Psychology (ISSP)

Hypnotherapy

Stop Smoking, Weight loss,
Relaxation,
Stress, Anxiety, Fears and
Phobias,
Lower Blood Pressure

Generis Therapy

Non-intrusive Pain Relief & Pain
Control

Sports Performance

Enhancement

Control Anxiety, Learn to Play
"In the Zone",
Advice and coaching on
Mental Preparation,
Imagery, Motivation and
Concentration

- Do you encounter situations or events where your emotions get out of control?
- Do you loose focus easily and readily when your emotions run high?
- Do you tend to "get things out of all proportion?"
- Are you a slave to your emotional rollercoaster?
- Are you full of negative "self-talk"
- Are you looking for a fast and simple way to change your outlook on life?

If so, then EFT can help you.

What is EFT?

EFT is a meridian energy therapy - just like acupuncture, it works directly on the meridian system in the body. But instead of needles, you stimulate the major meridian points by tapping on them or massaging them lightly.

EFT is a true mind/body healing technique because it combines the physical effects of meridian treatments with the mental effects of focussing on the pain or problem at the same time.

EFT is a self help protocol, designed for ease of use and so everyone can benefit from Emotional Freedom Techniques without prior knowledge about meridians.

EFT was designed and developed by Gary Craig, a Stanford Engineer, from Dr. Roger Callahan's Thought Field Therapy or TFT.

Where and when can you use EFT?

The fact that you can do the Emotional Freedom Technique on yourself anywhere, everywhere - all it takes is a few minutes and your own hands - makes EFT remarkable in all ways in psychology and self help.

Why learn EFT?

Because learning this simple but extremely effective technique will change your life forever and break the hold emotions have over you.

Issues with Anxiety, Pain, Conflict, Grief, Learning difficulties, Sex, Phobias - the list goes on and on - using EFT will help in each and every case by allowing you to control the emotional content that each "problem area" gets its power from.

Learn to control the emotional content - and things will look, feel and be different in your life.

Objectives & Course Content

To introduce the delegates to Emotional Freedom Techniques and ensure a sound working knowledge of its practices

Course Content:

Delegates will cover -

- ❖ **Brief History of EFT**
- ❖ **EFT and How to Use It**
- ❖ **Contacting The Problem**
- ❖ **The Set Up**
- ❖ **The Round**
- ❖ **The 9 Gamut**
- ❖ **Testing Your Changes**
- ❖ **Subsequent Treatment Rounds**
- ❖ **EFT - The Whole Treatment At A Glance**
- ❖ **EFT - Frequently Asked Questions**
- ❖ **Further Information**
- ❖ **EFT On The World Wide Web**

Certification:	Hypnosisworks attendance/completion certificate
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Course Duration:	1 Day
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Suitable for:	Anyone
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Cost:	£89.00 (inclusive of vat) per person <i>(Please ask about our group discounts)</i>
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Hypnosisworks is a trading name for MTC Services Ltd.