



www.EFTireland.net - Helen Ryle, Certified Trainer – Tel: 087 7734914

EFT Introductory Workshop (Level 1)

Learn the basic techniques of EFT tapping! This is an exciting and interesting day where you will feel changes happen and experience the power of EFT first hand. Plenty of hands-on practice and demonstrations will ensure you feel confident using EFT.

Everyone is welcome to attend this workshop - the general public, anyone with an interest in self-help techniques, health care practitioners and also therapists going on to do the Practitioner Training. This training teaches you the EFT basics to practice on yourself, friends and family, helping you to gain confidence in its use. In the workshop you will have the opportunity to participate in group EFT sessions, practice individual sessions with a partner and watch demonstrations with a volunteer.

Each workshop participant receives an EFT Resource Pack which includes a DVD with the Foundation EFT course on video and audio, tapping script ideas (what to say using EFT), internet links for further reading and other useful EFT resources.

It is necessary to have attended an introductory workshop before progressing to the Practitioner Training as it accustoms you to using EFT first-hand to gain personal experience of its benefits before working with clients. In this one-day workshop you will:

- *Have an introduction to the history of Energy Psychology and learn how the Meridian Therapies and EFT evolved.
- *Understand the science behind the results - where we tap and why.
- *Learn the basic EFT techniques and how to dissolve away disturbances in the energy system in minutes,
- *Learn how to apply EFT to physical ailments
- *Learn how to approach releasing emotional issues
- *Practice giving and receiving EFT with a partner, releasing a real life issue
- *Become comfortable at using EFT for yourself, friends and family
- *Receive an Attendance Certificate from The A.M.T. (UK and Ireland) - The Association of Meridian Therapies

For more information please contact Helen Ryle, Association of Meridian Therapies Certified Trainer, on 087 7734914 or by email . Pre-booking is essential as a resource pack and Attendance Certificate is prepared for each participant.

What is EFT and what can I use it for?

EFT is the best known technique of the Meridian Energy Therapies (METs) family. Meridian Energy Therapies are gentle, holistic, energy-centered approaches to releasing stress, reducing physical and emotional pain and removing limiting beliefs. In fact releasing anything that has been limiting our enjoyment of life.

EFT is often described as "emotional acupuncture" as it uses the fingers to gently stimulate the acupuncture (meridian energy) points on the face and upper body, releasing blockages and disruptions and restoring our vital energy system to the calm and smooth flow which Nature intended. EFT literally taps into our own internal source of power and intelligence, our vital energy or chi, the same source that naturally helps us all to grow and heal.

EFT works with remarkable speed, often where nothing else has worked, and produces long-lasting positive effects. In fact, EFT can help reduce negativity and stress and increase positivity and joy in every aspect of our lives.

Learn and practice EFT for 30 days and experience the positive benefits in your life – feel more relaxed and calm, release upsetting emotions from old traumatic memories, improve focus and concentration, reduce cravings and addictive behaviour patterns, clear limiting beliefs, dissolve fears and phobias, release anger, guilt, anxiety or grief, and improve your general sense of wellbeing. Try it and see!