



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

**EFT (emotional freedom techniques) and Meridian Energy Therapies Practitioner Training (Level 2)**

Therapists, practitioners, counsellors and mental health professionals - would you like to expand your skills and add exciting new tools to your therapeutic toolbox? If so you should attend the EFT Level 2 weekend workshop in Tralee, Co. Kerry. You should have attended a one-day introductory workshop in EFT or be familiar with EFT and have used it successfully for yourself prior to attending this training.

This in-depth and thorough training covers the syllabus of the Association of Meridian Therapies (The AMT) and leads to Practitioner Certification if desired, following successful written exam and case studies submissions. A resource pack is provided with 60-page printed Manual, resource CD and forms and scripts to use with your clients or for your own personal development work.

The course covers:

- \*teaching EFT to your client,
- \*the complete and shortcut EFT protocols,
- \*different ways of contacting the problem, and observation skills for how your client expresses emotions and therefore what to tap on,
- \*problem mapping, prioritising, and testing for lasting success,
- \*safe approaches to releasing phobias, PTSD, painful memories,
- \*finding the emotional components of chronic physical ailments, dealing with addictions,
- \*muscle testing for shortcuts,
- \*overcoming sabotaging beliefs,
- \*working with client over the phone,
- \*integrating EFT into your practice and marketing tips.

Practical exercises throughout the training are designed to reinforce your understanding of energy psychology and enable practical application of EFT with your clients. The weekend enables you to gain plenty of practice of your EFT skills with your fellow trainees, working on real issues including your own.

If you would like to gain a formal qualification in EFT and become a Meridian Energy Therapist, you can take the Certification Paper and submit case studies. Through carefully designed questions and case studies the Certification Paper consolidates and reinforces the material covered in the training workshop, connecting it to actual client practice. The investment for the 2-day level 2 training is €195.

A certification fee of £50.00 GBP is payable to The AMT if certification is desired which is not included in the course fee. The AMT fee includes a full year's license of membership to the Association For Meridian Energy Therapies and Therapist Listing in the directory on their website. This qualification will enable you to obtain professional indemnity insurance from Holistic Insurance so that you can set up a practice with clients.

For more information please contact Helen Ryle, Association of Meridian Therapies Certified Trainer, on 087 7734914 or by email . Pre-booking for the workshops is essential.