1 Day Workshop - Bundaberg

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| Emotional Freedom Techniques (EFT)What they are and how they are applied to resolve stress, anxiety, trauma, PTSD, phobias, depression and abuse. |

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| Date | Monday 14 July 2014 9.00am – 4.00pm |
| Venue | Comfort Inn Sugar Country220 Bourbong Street Bundaberg (Parking Burrum Street) |
| Cost | $160 (GST exclusive) includes lunch, morning and afternoon tea  |
| Presenter | Peter Marrington AAMET Certified Advanced EFT Practitioner |

Workshop Outline

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| * EFT involves tapping on acupressure points while focusing on a particular physical sensation, emotion, or event.
* EFT is part of an emerging field known as “energy psychology” and is described as a form of “psychological acupressure” without needles. The approach relieves physical and/or emotional symptoms by tapping in sequence on 9 meridian points. The tapping balances energy meridians that become disrupted when we think about or experience an emotionally disturbing event. Once balanced, the upset is usually resolved, and while the memory remains there is no strong emotion attached to it.
* The tapping is self-administered using fingertips. The meridian points are located on the hand, top of head, eyebrow, side of eye, under eye, under nose, chin, collarbone, and under arm.
* In addition to halting the fight-or-flight response, tapping is effective in turning off the alarm in the mid-brain associated with re-traumatisation. It appears that tapping on the meridians sends a calming response to the body, and the amygdala recognises that it is safe.
* EFT has been successfully applied to treat a wide range of emotional problems and issues. It has also been used to enhance performance and improve relationships.
* Over 55 peer-reviewed published studies in journals including the *Journal of Clinical Psychology* and the *Journal of Nervous and Mental Disease* have demonstrated tapping efficacy.
* This workshop will provide participants with information about the development and application of EFT, and opportunities to apply the techniques.
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Target Group

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| People interested in the treatment of stress, anxiety disorders, trauma, PTSD, phobias, anger, depression and abuse. |

Workshop Outcomes

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| At the end of this workshop participants will have:* An understanding of Emotional Freedom Techniques (EFT), and how they are applied to resolve anxiety disorders, trauma, PTSD, phobias, depression and abuse.
* An awareness of and basic experience in applying these techniques.
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Presenter Information

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| Peter Marrington is an Accredited Mental Health Social Worker currently specialising in trauma counselling in Brisbane.He has more than 30 years experience working as a child and family therapist in government and not-for-profit organisations, and in private practice, providing: counselling to children and adults, consultancy and training to health and welfare professionals, managing clinical services, and in the research and development of treatment programs for abused children and adults. |

Registration (Please Print): To Foundations Counselling Centre

By Fax: (07) 3263 1005 By Phone: (07) 3263 9132 By Post: 7/521 Beams Road, Carseldine Q 4034

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Special Dietary Requirements\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Registrations close Monday 7 July 2014