

1 Day Workshop – Mackay & Rockhampton

Emotional Freedom Techniques (EFT)

Resolving stress, anxiety, trauma, PTSD, phobias, depression and abuse

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What to expect

At the end of this one-of-a-kind 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
- A statement of attendance

Who should attend?

Counsellors, Psychologists, Case Workers, Mental Health Practitioners, GPs and complimentary medicine practitioners

Dates and locations:

Mackay - Monday March 16, 2015, 9am – 4pm

RSVP: Monday March 3 - TRN144A

Rockhampton - Monday April 13, 2015, 9am - 4pm

RSVP: Monday March 30 - TRN144B

Venues:

Mackay Women's Centre - 418 Shakespeare Street

Rockhampton Parish Centre - Cnr of William and West Streets (behind St. Joseph's Cathedral)

Cost:

\$200 +GST, includes morning/afternoon tea and refreshments.

Presenter:

Peter Marrington - AAMET Certified Advanced EFT Practitioner

Peter is an Accredited Mental Health Social Worker, currently specialising in trauma counselling in Brisbane. He has more than 30-years experience as a child and family therapist in government, not-for-profit organisations and private practice. Peter has provided counselling to children and adults, consultancy and training to health and welfare professionals, managed clinical services, and has researched and developed treatment programs for abused children and adults.



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What are Emotion Freedom Techniques (EFT)?

- 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 nine 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

