

Emotional Freedom Technique

EFT- Emotional Freedom Technique Course

EFT- Emotional Freedom Technique has been clinically proven:

EFT has been proven to be clinically effective in 1000's of cases including trauma, abuse, anxiety, pain relief & other physical problems. Based on acupressure & recent developments in the body's energy system, EFT is usually rapid & long lasting and completely safe; Easily learned & applied, often works when all else has failed.

Level 1 – 'Intensive'

An introduction to EFT, providing the basic elements of this remarkable technique, enabling you to begin working on your own issues, as well as those of family & friends. A practical & enjoyable day.

Cost: £99

Includes notes & refreshments

Level 2 – Practitioner Course (Attendance at a level 1 Master Class is a prerequisite)

This workshop builds on existing skills & leads to a Practitioner Certificate in EFT. The practical applications are dealt with in detail, covering trauma, phobias, cravings, physical problems & much more. A rewarding & enjoyable 2 days!

Cost: £199

Includes notes & refreshments

This 'Intensive' is facilitated by Graham Temple (an accredited EFT Practitioner / Trainer and Clinical Hypnotherapist). Graham works as a Dentist in Chapletown, Leeds and is an exam invigilator for the Medical Hypnotherapy Examinations Board.

Book your place now

Other Intensive Courses include:-

Using Hypnotherapy within the palliative care of cancer patients

Using Hypnotherapy for stress management

Using Hypnotherapy within the treatment of eating disorders

Using Hypnotherapy for smoking cessation

Using Hypnotherapy for pain management