

Emotional Freedom Techniques (EFT) is part of a wider group of techniques collectively known as Meridian Energy Therapies (MET) or Energy Psychology. EFT is the best known and most widely used.

Meridian Energy Therapies are gentle, rapid and startlingly effective. During this training you will learn how to apply EFT to manage negative emotions and disempowering beliefs. The gradual removal of these reduces stressful thoughts and frees up energy so we can function better mentally, emotionally and physically.

Who is the course for?

Our practitioner training is designed to provide a thorough grounding in the basic principles of Emotional Freedom Techniques (EFT) and Meridian Energy Therapies. This training is suitable for therapists who wish to include this technique into their practice.

What are the course objectives?

The objectives of this fully interactive and hands on two day course are to:

- Provide you with the skills, confidence and practical ability to present and use EFT in your practice effectively and successfully
- Prepare to (and beyond) the standards required of the AMT certification examination paper.

What does the course cover?

- Historical Background and context of EFT and Meridian Energy Therapies
- Presentation and practice of components on a complete EFT treatment:
 - Contacting the Issue
 - Formulating the Set up Statement
 - Psychological Reversal
 - Measuring intensity of issue
 - Testing results
 - Best practice EFT guidelines
- De-fragmenting core issues down to components to identify priorities
- Troubleshooting - what to do when EFT is not working
- Using additional techniques that get the most out of an EFT Treatment.
- Working with long and short versions of EFT
- Using additional powerful points and variations of EFT
- EFT and energy testing to create powerful convincers for clients
- How to present EFT in clinical practice (including notes, homework and development work)
- EFT and Phobias
- EFT and Addictions
- EFT and Weight Loss
- EFT on limiting beliefs, self development and personal practice
- How to incorporate EFT into your practice - when and when not to use it
- AMT examination requirements, looking through exam paper including Q &A
- EFT FAQ



Where will it be held?

The venue is in the upstairs conference room at The Onslow Arms, The Street, West Clandon, Surrey GU4 7TE
Clandon station is only 0.2 miles away and there is a massive car park behind the pub

When is it?

The dates are either July 5th & 6th or September 20th & 21st.
They are both 2 day courses run over the weekend i.e. both Saturday & Sunday from 9.30 am to 4.30pm

Who are the trainers?

Cathy Dixon is your trainer and she will be assisted by me, Penny Rattle. I will also be facilitating and organising the training.

Cathy is a Certified AMT Practitioner Trainer & an Advanced Meridian Energy Therapies Practitioner. She is also a Cognitive Hypnotherapist, NLP Practitioner, Chi Kung teacher, Shiatsu Practitioner & Acupuncturist and has worked professionally in complementary health since 2001. She has also created energy based training and presentations for schools, educational environments and commercial organisations in London and the South. She runs AMT accredited MET Training courses for therapists and health practitioners. Prior to this, she spent 12 years in corporate sales and training and IT recruitment in UK and Europe.

Penny is an Advanced Meridian Energy Therapies Practitioner, a Cognitive Hypnotherapist and Master NLP Practitioner. For the past 4 years she has successfully run her therapy practice, Breeze of Change, from West Ewell in Surrey. She also runs weight loss retreats in Spain. She has a scientific background and she was previously in sales and marketing.

How much does it cost?

It will cost £250 which will include:

- the course / training & materials
- pre-read material
- marking your exam (usually an additional £45),
- Cathy providing supervision by email for 3 months post-qualification,
- A handout which you will be able to give to your clients
- Refreshments at the morning & afternoon breaks.

Is there an exam?

If you want to gain the qualification CPAMT which stands for Certified Practitioner of Meridian Energy Therapies through the AMT (The Association of Meridian and Energy Therapies) then you will need to take the written exam which has to be completed within 30 days of completion of the course.

This certification costs £50 and is paid to the AMT. You will receive your certificate & membership of the AMT and will be added to their directory of qualified EFT practitioners (which will help you when potential clients are looking for therapy by EFT). The cost for AMT membership for subsequent years is £35.



How do I sign up?

If you are interested please call me - 020 8397 1232 - or email me - penny@breezeofchange.co.uk - letting me know which weekend you prefer. To reserve your place on a course please send a cheque for £50 made payable to Penny Rattle to me at 41a Cox Lane, West Ewell, Epsom, Surrey KT19 9LZ . I will then confirm your place and send you an invoice. The balance of the payment will be due 4 weeks before the course. Any questions at all please call me on 020 8397 1232.

Links:

- www.theamt.com
- Cathy's website is www.energyroots.co.uk

