



# EFT (Emotional Freedom Techniques) EFTMRA Certified Practitioner Training

**Learn Levels 1&2, EFT**

**with Rachel Kent**

**February 7th-9th, 2020**

**3 day Practitioner Training £345**

**Mind Garden Therapy, Reading**

**<https://www.reading-counselling.co.uk>**

## **Who is EFT for and who is using it?**

\*Therapists and coaches are teaching the process to their clients for use at home. \*Teachers are learning it to use with their students. \*Parents are learning it to use with their children. \*Doctors are learning it for pain management with their patients. \*Massage practitioners are blending it with their existing procedures for longer and more lasting results. \*Spiritual leaders are applying it to those in need. \*Chiropractors, acupuncturists and homeopathy practitioners are augmenting their practices and teaching it to patients for self-use.

## What issues can EFT be used on?

Anxieties, fears, phobias/ Painful memories, grief and traumatic experience/ Anger, rage, resentment, jealousy/ Sadness, depression/Insecurity, low self esteem/ Relationship difficulties/ Performance issues/Self-limiting beliefs

## What happens when EFT is being used?

When the body's energy system is rebalanced with EFT, negative symptoms are replaced by healthy functioning. Physical sensations of distress (e.g racing heart, lumps in the throat or sensations in the pit of the stomach) are alleviated. Disturbed thoughts (such as catastrophic predictions) are normalised. Negative emotions (fear, panic, anger, confusion, etc.) are replaced by inner peace and calm. Unhelpful behavioural tendencies (flight or fight or freeze responses, for example) are corrected. All of this can be achieved through the use of EFT.

## Here is why EFT has become so popular:

Often works where nothing else will. \*Uses no drugs or equipment  
\*Is safe and painless. \*Is usually rapid, long lasting, and gentle. \*  
Can be easily learned by anyone, even children. \*Can be used on yourself. \*Can be used at anytime, anywhere. \*You don't have to believe in EFT for it to work.

### About Rachel Kent

Rachel is an EFTMRA registered EFT Trainer and a qualified Psychotherapist. She provides EFT Training at Level 1 and Practitioner Training at Levels 2 and 3. She also provides supervision and training C.P.D. (Developing Competence as an EFT Practitioner for trainees and practitioners.

<https://www.reading-counselling.co.uk>

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to book your place, ask questions or find out more...

