

# Introduction to EFT

**A Unique Workshop Experience with an Inspirational Presenter  
John Asby**

**A Level 1 EFT Workshop**



## **What is EFT?**

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits. Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world...until we heal that disruption.

Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.

## **Topics Include**

- Introduction to EFT - How it works - History & Theory
- EFT Basic procedure - The points – Set up statements - Reminder phrases - Measuring progress - How to apply EFT
- Aspects and numerous refinements to improve results
- Short Cut Procedure
- EFT research
- Practice doing EFT for Physical discomforts, bothersome memories, and substance cravings
- Practical EFT – lots of direct experience of using EFT in pairs plus demonstrations
- Common applications of EFT – anxiety & phobias
- Integrating EFT with other therapies

EFT is easy and fun to use and you will end the workshop feeling relaxed and energized and optimistic.

## Who should Attend?

Everyone, at least that is the feedback I sometimes get from participants. The workshop is relevant to professional therapist and counsellors, doctors and psychiatrist, coaches, sport persons, and anyone who wants to develop confidence in using this extraordinary tool to enhance their own or others well-being and emotional peace. If you are interested in becoming an EFT practitioner then this is a must. At the end of the workshop you will have confidence to apply EFT on basic problems / issues and get results.

**Workshop Dates:** See Events Calendar Above

**Workshop Times:** All Workshops 9am to 4.30pm

## Feedback from participants who attended “Emotional Freedom Techniques Level 1 Workshop”

*"I thoroughly enjoyed the EFT Peak Performance Introductory session and was impressed with the ability to apply the skills immediately - and with impressive results! As a practitioner working with adolescents and eating disorders, EFT is a valuable tool, which performs every time! I have found clients respond well to the concreteness and simplicity of the technique and they get to see the results instantaneously. I have personally found EFT to impact in my own life and have taught it to friends and family so they too can change any behaviour, pattern or belief. It really is the answer we have been looking for. EFT exceeds other therapies by far. Keep up the great work! - Dr. Peta Stapleton, Psychologist, Robina*

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*Very informative with concrete take away tools and exercises to use in my daily life to assist in my development. Great work – friendly, safe comfortable environment with lots of humour. Thanks! - Karlene Lucas, Consultant, Southport*

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*I really enjoyed the day and was impressed by the presenters David and John. I felt excited [I have not used that word in a long time.] to learn something effective I could do to help myself anywhere, anytime. I felt this course was very relevant to me and I have been able to let go of a lot of negative crap that I have been holding onto. Thankyou for your professionalism, sensitivity and humour. Many thanks! - Mary Cosh , Sunshine Coast*