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- Learn a new technique to support yourself and your clients in powerful new ways
 - Easy to learn and apply
 - Safe in pregnancy & labour
 - Empower clients by teaching them the technique
 - Releases negative emotions fast
 - Use for birth fears, fertility, trauma, PND, physical pain and more, transforming the woman's experience of all aspects of childbirth

EFT Training for Birth Professionals

A 4-day course with a one-day option to get an experience of EFT before you make up your mind!

"The environment was perfect. I felt very well taken care of and appreciated. I understand and felt eager to learn. Well explained, well experienced. The day was perfect and I think Peter is a very good teacher. Thank you!!" S.D., female

"A wonderful course. It's very exciting to think about how many issues EFT can change. Thank you." L.G., female

What is EFT?

EFT (Emotional Freedom Techniques/ Tapping) is a powerful, fast and effective tool for stress relief, pain management and healing of trauma. Like acupuncture but without the needles, EFT is truly a modern breakthrough in emotional and physical wellbeing. The field of childbirth is an area in which EFT can play a huge role. We are excited to be providing an EFT training for birth professionals which also gives an accreditation that enables EFT to be practiced as a standalone therapy outside the field of childbirth.

Who is it for?

This course is suitable for all birth professionals, including:

- * Midwives
- * Obstetricians
- * Doulas
- * Breastfeeding counsellors, lactation consultants
- * Antenatal teachers
- * Health visitors
- * Other professionals involved with fertility, pregnancy, birth and motherhood

Aims of the Training

This course is both theoretical and highly experiential. Most participants find it deeply healing and sometimes life changing personally. The aim is to enable participants to practice EFT effectively on themselves, their clients and to be able to teach the basics to their clients. In-so-doing you will be able to provide an extraordinary level of emotional support by giving them the power to heal what is coming up for them. This form of support is very likely to lead to the best possible birth outcomes, significantly reduced levels of past and present birth trauma (physical and emotional).

By the end of the course you will have the tools necessary to practice EFT on your clients / patients for use on almost all emotional and physical issues arising, as well as gaining a fantastic self-help tool for use both in personal and professional issues.

Format

Day 1

An introductory day to EFT, covering all the basics and giving you enough knowledge and experience to practice on yourself, family and friends (offered also as a standalone training day). The day represents the AAMET Level 1 EFT training, with discussions and examples oriented more to the field of childbirth. A separate Level 1 certificate of completion is given after this day. N.B. It is possible we are joined by non birth-professionals on this day.

The day can be taken standalone and you can decide if you wish to take the remaining 3 days after this first day. However course numbers are limited and priority will be given to those able to attend the full 4 days. (If you wish to experience EFT before committing you are advised to attend the first Level 1 date which gives a month to book days 2-4).

Days 2 and 3

On these days you will gain greater depth, skill and insight with EFT, as well as troubleshooting when EFT appears not to be working. This includes finding and treating the origins of presenting symptoms and working with physical issues in greater depth. By the end of days 2 and 3 you have the option of becoming an AAMET EFT Practitioner by completing some case studies. These two days represent the AAMET Level 2 qualification, however as with day 1, is oriented more to the field of childbirth. You will receive a separate AAMET Level 2 certificate of completion, and an AAMET EFT Practitioner certificate on completion of case studies.

Day 4

This day focuses in greater depth on the many ways EFT can be used in the field of fertility, pregnancy, childbirth (vaginal and caesarean), post-natal depression and birth trauma. We hope to have a pregnant woman join us for a demo.

Accreditation

The course is fully AAMET-accredited (The Association for the Advancement of Meridian Energy Therapies) which means that after completing case studies you will be an accredited AAMET EFT Practitioner. You will be able to offer EFT as a standalone therapy as well as incorporating it into your current birth-related practice.



Included in the price

The price includes tuition, a full manual and light refreshments.

Course Trainers

Peter Donn: A highly experienced, intuitive and sensitive EFT trainer and practitioner with many years experience. He is also trained in Thought Field Therapy, Root Cause Healing Therapy, CBT, Transformatory Counselling, Guided Self-Healing and Scenar



Tamara Donn: As well as being an EFT practitioner, she has worked for several years in the field of fertility, pregnancy, birth and motherhood writing articles and presenting at conferences. She runs the Birth Art Café in which participants explore all aspects of their transition into motherhood.

Date

Level 1 28/1/11 or 18/2/11

Level 2 16-17/3/2011

Birth Professionals Day 18/3/11

Location

Kings Langley, Hertfordshire

30 min by train from Euston+taxi or 5 min from J 20 of M25

Training Costs

Full 4 days: £470 if paid before 1st Oct 2010 otherwise £520

Day 1 only: £130

Days 2-3 only: £230 (+£50 for practitioner level)

Day 4 only: £130

Please send cheques, payable to "Tamara Donn" to The Hertfordshire Health Centre, 2 Love Lane, Kings Langley, Hertfordshire WD4 9HN.

To reserve a place, please pay as per above or email info@womantomother.co.uk or call Tamara on 01923 260050 for more details.