

- In one day learn probably the most powerful technique in the history of mental and emotional health - Emotional Freedom Techniques
- Often works to dissolve many traumas and negative emotions sometimes in the timescale of minutes
- Use it straight after the workshop on yourself, friends and family
- Start today dissolving your past hurts and your blocks and experience the real possibilities for your freedom.

# EFT Introductory Workshop

**AAMET-accredited Level 1 Training**  
**Learn everything you need to get started in EFT**

*"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) - sometimes known as "Tapping" - is a simple, yet powerful tool to help you release disempowering beliefs and emotions. It can be used therapeutically and for deep transformational work, or used even whilst on the move to release stress and other negative emotions.

EFT can help just about anyone to achieve genuine freedom from the emotions that have created problems in their lives. These techniques have been described by some as one of the most important breakthroughs in the area of psychology in this century. They have been used successfully with thousands of people with a broad range of difficulties.

When using EFT, shifts are often experienced in minutes, its results are usually long lasting, and any side effects are almost always positive. Some areas it works well with are:

- Stress, fears and anxiety
- Anger management and resolution
- Chronic physical issues
- Relationship challenges
- Emotional and mental issues
- Spiritual growth
- Trauma
- Cancer
- Sports and performance psychology
- Blocks to abundance

## Who is it for?

- Individuals wishing to learn a tool to help them immeasurably in all areas of their lives
- Individuals who are currently experiencing emotional stress
- Those wishing to train to become an EFT practitioner
- Practitioners of existing therapies who want a powerful additional tool to increase the effectiveness of what they do already

# What is Covered?

- What is EFT and why are people so excited by it?
- How is it able to release past upsets and traumas so easily?
- Find out the real cause of negative feelings and emotions
- Find out how we can block ourselves completely in any area of life, how that can prevent any healing modality working (including conventional medical treatment), and what you can do about it.
- Find out why there is an unconscious limit on how much you can earn – and how you can increase it.
- Find how EFT can treat large numbers of related traumas usually without addressing each one separately.
- Learn the full EFT treatment procedure
- Clear one or more negative past events during the workshop
- Learn how to administer EFT treatment on someone else – your family and friends will be delighted!
- Learn how to clear intense traumas without even going near them
- Learn a way to use EFT over time to give you peace of mind and freedom from your past.
- Find out how to treat very heavy emotional intensity.
- Find out the real reason for addictions and cravings, and how to let them go (feel free to bring along something you are addicted to – inanimate objects only please!)
- Learn the basics of using EFT for physical issues and try it out in the workshop.
- Find out what can stop EFT working, and what to do about it.
- As well as a training, the workshop is a deeply healing experience that will give you life-changing skills you can use for the rest of your life on yourself, family and friends.
- This workshop is also a pre-requisite if you wish to go on and become an EFT practitioner.



# Trainers and Booking

## 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 with many years experience of EFT. He is a certified EFT practitioner, and is AAMET-accredited to offer official EFT trainings. He is also trained in Thought Field Therapy, Root Cause Healing Therapy, CBT, Transformatory Counselling, Guided Self-Healing and Scenar



**Tamara Donn (assisting):** As well as being a certified EFT practitioner, Tamara 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.

## Dates

Several times a year - please see [www.eftworkshops.org.uk](http://www.eftworkshops.org.uk).

## Location

Regular workshops in Kings Langley, Hertfordshire (5 mins from Jn 20 of the M25 or 27 mins by train from Euston) and Central London as well as other locations.

## Training Costs

£Varies. Earlybird available one month before each workshop.

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

To reserve a place, please pay as per above, email [info@hertsholistichealth.co.uk](mailto:info@hertsholistichealth.co.uk) or call 01923 260050 for more details.