



# E.F.T PRACTITIONER TRAINING COURSE

## What is E.F.T ?

E.F.T stands for Emotional Freedom Technique (also known as tapping). This 21st-century energy technique was developed by Stanford graduate, Gary Craig, after a lifelong interest in personal improvement. Gary Craig discovered that stimulating the major meridians by tapping on acupuncture points on the head and body, while simultaneously focusing on specific issues, could lead to remarkable alterations in the body's energy patterns. This shift of energy results in substantial freedom from emotional and physical symptoms which literally rewires energy disruptions – often eliminating them entirely. In some instances, in minutes



These energy psychology techniques have been used successfully on a wide range of issues e.g. anxiety, stress, depression, phobias, addictive cravings, traumatic memories, physical pain, and disease. It has a clinically proven high success rate with the ability to bring quick and permanent relief and can be used on virtually anything. EFT has now successfully reached every continent on

the planet thanks to its amazing success rates. Another reason for E.F.T's success is that it is not only a highly effective practitioner-based therapeutic tool but it's also a simple, easy to learn, self-help method that empowers children, young people and adults.

## Who is this course for?

This EFT Level 1 & 2 practitioner training course is for anyone who is looking to use EFT Tapping within their professional role (eg: teaching others to use the technique or as part of an integrative therapeutic intervention), or for those who want to learn techniques for self-help or to support friends and family

## Where and when?

The course is held at Essential space, Alleyne Lodge, Knapp Road, Cheltenham, GL50 3QH which has kitchen facilities and on street parking.

### 2024 DATES:

**Saturday 14th, Sunday 15th and Monday 16th of September 2024**

Coffee & registration starts each day from 9.30am and the course runs from 10am until 5pm.

## What is the investment?

The investment is £350 and includes:

- ★ Qualified and experienced trainer and supervisor
- ★ Accessible facilities, FREE refreshments, FREE lunch and on street parking
- ★ FREE Course materials and resources
- ★ FREE support to qualify as a practitioner(\*small admin fee for online test)
- ★ FREE Life Membership to the academy EFTMRA
- ★ FREE Access to an online 'mentor' support group
- ★ FREE Access to an online swap group support
- ★ FREE Access to an online Meta-Health group
- ★ Discounted insurance

## How to book?

For enquiries and to book please email [pa@sharonbranagh.co.uk](mailto:pa@sharonbranagh.co.uk) a non-refundable £50 deposit is required to secure your space. The remaining amount is due on the morning of the first day of your course. ***Please note: a minimum of 6 people is needed for the course to run (refunds will be given if the course is cancelled for any reason).***

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