

## IO20-15 Tapping Out of Trauma Training for Rapid and Lasting Mental and Emotional Healing with Emotional Freedom Techniques (EFT tapping) Level 1 and 2 Three-Day Course



### PRESENTED BY

**Marlene Cameron**



### SERIES SESSIONS

Date	Time
March 10, 2020	9:00 AM – 5:00 PM
March 11, 2020	9:00 AM – 5:00 PM
March 12, 2020	9:00 AM – 5:00 PM



### LOCATION

**Portage College -Room 140 - 5205 50 Ave**

### FEE

**\$770.00**

### QUESTIONS?

#### Contact Us:

**780-623-2248**

### REGISTER ONLINE

**Visit our website to register:**

**Ines.ca**

### Program

Emotional Freedom Techniques (EFT) sometimes referred to as “tapping” is an evidence-based intervention that is readily learnable and can be utilized by counsellors, medical and mental health professionals, counsellors, social services providers, educators, parents and children alike. It is renowned for its effectiveness with immediate and sustained relief from anxiety, hurt, trauma, PTSD, fears, addictions, depression, grief and physical pain. It is proven to be beneficial in bettering the quality of life – opening the way for greater self-esteem, sense of purpose and enhanced personal performance in school, business, sports and the creative and performance arts. EFT supports greater confidence in building healthy and empowering relationships and for transitioning limiting beliefs and behaviors into a more positive, optimistic and resilient mindset. This program provides the foundation methods, applications and practice for new practitioners: • Understand why EFT works including the research behind its effectiveness.

- Using EFT tapping for self-help and for working with others
- Methods to address with trauma that keep the client safe

- Maintaining the client's dignity and privacy during EFT
- Applications for stress-related health & weight issues
- Ways to work with emotional and physical pain

Come away with the knowledge and know-how to begin using EFT right away in your personal life and professional work. Supervised practice time is included in the classes so that you will experience the healing power of EFT tapping for yourself and gain the confidence and skill to share it with others in your community.

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## Presenters

### Marlene Cameron

Marlene Cameron is a Master Practitioner and Trainer certified by EFT International. She integrated EFT into her life coaching practice 12 years ago as a way to help her clients heal from traumatic experiences, effectively deal with anxiety and depression, overcome addictions and cravings, move beyond fear of situations like public speaking and feel more grounded and confident. She used EFT herself to overcome feeling 'never good enough' in spite of her accomplishments and successes and continues to use it to feel calm and in control. Marlene provides a safe, respectful environment for learning and experiencing EFT. Visit her website at [www.marlenecameron.com](http://www.marlenecameron.com). If you would like to speak with Marlene about this training, call her at 403 209-2142.

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## Registration Notes

Registration fee includes a continental breakfast and lunch and course workbook and materials.