

An Awakening Center

Awaken Your True Power
with Helaine Z. Harris, MA, MFT



818.782.6869
800.308.4372
healing@hzharris.com
Psychotherapy
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Classes • Private Consultation

P.O. Box 18722, Encino, CA 91316-8722 f: 818.994.9678 www.hzharris.com

EFT - The Basics and Beyond

Level 1 Training - Saturday, June 19, 2010

Learn a Powerful Tool for Relieving Negative Emotions

- Are you
- * Dealing with stress, anxiety, or pain in your life?
 - * Struggling with addictions, traumas or other major challenges?
 - * Feeling stuck and know what to do but you just can't seem to do it?

Discover the joy of healing in this fun and exhilarating EFT (Emotional Freedom Techniques) workshop, sometimes called Meridian Tapping Techniques (MTT). This is a great method for all psychotherapists, coaches, hypnotherapists and healers to use as an adjunct with other processes.

EFT has been successfully applied to:

trauma and abuse	panic and anxiety	love pain	anger	guilt
emotional overeating	blocks to success	addictions	insomnia	stress
negative beliefs	depression	core issues	trauma	even crisis

Workshop Covers:

- * The theory behind EFT
- * Psychological Reversals
- * Basic Recipe and shortcuts
- * Spiritual EFT (Helaine's version)

As a clinician, I particularly love this technique because I can use it with a client when **there are only 10 minutes left in a session, and it works!** And then I can give the client homework using this technique for continued safe healing.

The group will do several EFT processes for emotional and physical pain, breathing constrictions, and addiction cravings. We will use chocolate for the cravings, or another substance of your choice, which you may bring with you (such as bread, cigarettes, etc.).

CEUs: 7 CEUs (CEU certificate \$15) **Time:** 10AM-6PM

Cost: \$125 by June 5, \$135 by June 15, \$150 after. Includes EFT Certificate of Completion.

"I like the way Helaine teaches. She is so compassionate and yet she takes control... The way she knows what people need to hear and what they need to express or think about."

- Marcella A.

Go to www.HZHarris.com or call (818) 782 -6869 to register!



Helaine Z. Harris
MA, MFT
License #MF 15327
#PCE 1397

Helaine Z. Harris has been a Psychotherapist since 1980 and the past Education Director for ACEP (Association for Comprehensive Energy Psychology). Author of award-winning book *Are You In Love with A Vampire? Healing the Relationship Drain Game*. Part of The Red Cross Disaster Mental Health Team and creator of An Awakening Center™ - which blends traditional and alternative psychotherapies, Helaine is dedicated to assisting clients manifest their greatest potential.