

An Awakening Center

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



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Make 2009 your best year ever!
Let us help you get unstuck so you can realize your goals and dreams!

BASIC EFT WORKSHOP

Level 1 - Saturday, May 9, 2009

Come and discover the **joy of healing** in this fun and exhilarating EFT (Emotional Freedom Techniques) workshop. This is a great method for psychotherapists, coaches, hypnotherapists, and healers to use as an adjunct to other processes you use.

You will learn the basics of EFT and the underlying theory. This technique is often called emotional acupuncture since it is based on acupuncture meridians, which works to unblock and **balance your energy system**. EFT quickly, gently and easily releases negative emotions and beliefs that are at the root of your issues, situations and pain. The results are immediate, rapid and long lasting. I have found it useful for dealing with unfulfilling patterns, trauma, pain, addictions, and even crisis. Safe, gentle and easy for your clients to use.

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 addictive cravings. We will use chocolate for the cravings, or another substance of your choice (such as bread or cigarettes).

You will learn:

- The theory behind EFT
- The Basic Recipe with shortcuts
- How to work with psychological reversals
- You will learn when to use the Tearless Trauma Technique
- To have fun!

CEUs: 6^{1/2} CEUs (CEU certificate \$15) **Time:** 9:30am - 5:00pm
Cost: \$135 by 4/29, after \$150 / 50% for previous participants
Includes EFT Certificate of Completion

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.

Contact us via email!
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Learn the keys to freedom and success!
Private consultations are available.

