

AMT approved EFT level One Training

Next Date: 18th February 2017 or 27th May 2017

Venue: Life Therapies Clinic, 31 Saintfield Road, Belfast, BT8 6AF



This course is an approved module on the pathway to UKCP accreditation under Awaken School. Please contact the School for more information on UKCP accreditation.

EFT (Emotional Freedom Technique) is an invaluable therapeutic and stress management tool for any professional working in a supportive/helping capacity or for persons wishing to further their own personal development.

Emotional Freedom Technique is sometimes known as “acupuncture without needles” and has been developed in the US in the 1990s. EFT brings together complementary therapies and psychology, by combining stimulation of a series of acupressure points with cognitive restructuring (specially worded affirmations), typically resulting in rapid shifts of cognition and relief from excess negative emotions.

The main features are

- Quick and easy to learn, with good success rates even for complete beginners.
- Is “portable” and can be taught to others in one brief session for use as a self-help tool.
- The client is an active participant and not a passive recipient and has a better sense of control
- Can be carried out anywhere and at any time, for both emotional and physical symptoms.
- A gentle approach, with virtually no contra-indications or harmful side-effects.
- Does not require full disclosure – a client can keep a difficult issue private and still get relief.
- Can work even for complex and long-lasting problems with minimum discomfort.
- Benefits the practitioner as well as the client!

Even beginners can typically use EFT with a high degree of success for relief from irrational fears and anxieties, addictive cravings, aches & tensions, unpleasant memories and difficult emotions. It can be easily combined with other approaches, such as NLP, CBT, EMDR, TA, Time Line Therapy, hypnosis, etc.

Participants of this one day EFT Level one course can continue to certification by completing the other three days of the EFT Master Practitioner course at a later date.

Suitable for: General Public, Mental Health, Therapists, Health Practitioners, Counsellors, Alternative Medicine Holistic Therapies, Life Coaches, Reiki Healers, Personal Development Trainers, Cognitive Behavioural Therapy, Teachers. This course is also suitable for Complementary Therapists and Health Care Workers wishing to learn and use powerful new approaches for working with clients independently and alongside most existing therapies.

This course is hands on and enables you to use Emotional Freedom Techniques, for yourself family and friends, as a tool to resolve negative emotions such as anxiety, fears, anger, phobias, depression, shame issues, sleep, cravings and more...

You will also be able to apply this holistic therapy to many physical symptoms as well. This is an opportunity to experience this wonderful One-day practical and introductory course to a remarkable healing tool, for those interested in learning the basics of Emotional Freedom Techniques.

By the end of the day you will be confident in using Emotional Freedom Techniques to de-stress and for personal self-development on a wide range of issues.

Leads to: EFT Master Practitioner Certification in Emotional Freedom Techniques .This is also the first step for those who want to progress to Approved Master Practitioner Training and use Emotional Freedom Techniques with clients. (Additional 3-day course required for therapists and practitioners etc...)

This course can be taken either as a stand-alone module with certification for 8 hours CPD OR as part of a 4 year pathway towards UKCP psychotherapy accreditation with Awaken School. Please contact our office for more details: info@life-therapies.com

Trainer:	Bridin Mc Kenna UKCP accredited Psychotherapist and EFT Master Practitioner
Duration:	One Day
Location:	Life Therapies Clinic 31 Saintfield Road Belfast BT8 6AF
Investment:	£130
Time:	Time: 9.00am - 5.30pm
Next Date:	18th February 2017 or 27th May 2017
Discount:	Provided for group bookings of 4 or more (Please contact us for details).
Includes:	Certificate of attendance and hand out.

Please contact us for more details: info@life-therapies.com

Book now: info@life-therapies.com

Bridin McKenna

Bridin is a UKCP accredited and registered Psychotherapist and Eating Disorder Clinician who brings a wealth of clinical experience to the training room. She is an AMT approved and registered EFT and Energy trainer.

Bridin runs workshops for emotional management of food/food addiction & binge eating, with CBT/NLP/EFT for stress, anxiety and depression. These workshops have proved highly popular and provide delegates with a powerful range of resources and tools, as well as learning to apply the therapies to everyday life situations. She is an energetic, dynamic and extremely empathetic presenter who brings passion and energy to her workshops.



"Loved it. Feel very privileged to have been part of this course with such a fab group"

"Excellent trainer was extremely knowledgeable and answered all questions demonstrating her level of experience. Thank you"