

- Easily combined with other therapeutic approaches
- Suitable as a self help tool
- Extremely effective for traumas, pain and anxieties
- Gentle, with virtually no side effects or contraindications
- Clinical trials and case studies prove its efficacy
- Empowers the client
- Used in clinical settings

Professional Training Emotional Freedom Techniques

"I understand the vast potential of this technique and will use in an efficient clinical setting."

Paul Scibberas Psychologist, Malta"

EFT can change the whole perception of life for humanity for the better!" Dr Marina Mallia, Malta

I can't rate it highly enough." Peter Muscat, Psychiatrist, Malta

Read more testimonials from [HERE](#)

What is EFT?

EFT (Emotional Freedom Techniques/ Tapping) is a powerful, fast and effective tool for stress relief, pain management and healing of trauma. Like acupuncture but without the needles, EFT is truly a modern breakthrough for emotional and physical wellbeing. EFT blends well with other therapies/modalities and is increasingly being used by the nursing profession as well as support groups, corporations and many others. There are infinite possibilities with EFT and the best way of understanding it is to experience it for yourself!

Who is it for?

This course is suitable for all including:-

- Mental Health professionals
- Teachers
- Doctors and nurses
- Managers/staff
- Complementary therapists
- Support Groups/NGOs

And anyone wanting to heal themselves.

Aims of the Training

All courses are both theoretical and highly experiential - Helena will demonstrate the techniques and observe you as you practice. You are guided throughout and encouraged to ask questions. Although the training is intensive, an element of fun is added to enhance relaxation and assist learning.

Most participants find it deeply healing and sometimes life changing personally. The aim is to enable participants to practice EFT effectively on themselves and ultimately , if required, to be able to teach the basics to their clients.

NOTE: Before coming on the course, all students must agree to be prepared to work on their own issues before working on others.

Content

Level 1 Foundation (One day)

The syllabus includes an introduction to EFT and how to use it on minor issues. The course is experiential and theoretical, giving you enough knowledge and experience to practice on yourself, family and friends. Training is in accordance with AAMET International (the largest EFT Association in the World) and is suitable for insurance purposes. An Attendance Certificate and Manual is given at the end of the course.

Level 2 Intermediate (Two days)

On these days you will gain greater depth, skill and insight with EFT, as well as learning how to troubleshoot when EFT appears not to be working. This includes finding and treating the origins of presenting symptoms and working with physical issues in greater depth and receive a greater awareness of trauma.

At the end of the course you will receive an Attendance Certificate and Manual. If your Trainer agrees, you will be offered to progress towards an AAMET EFT Practitioner certificate which is given on completion of case studies and passing a multiple choice online exam as well as being supervised for a min of 6 hrs.

Level 3 Advanced (Two days)

This in-depth course is suitable for those who have at least 12 months experience of practicing at Intermediate Practitioner level and can go towards Trainer level. An Advanced Practitioner certificate is awarded on completion of the criteria as at Intermediate level.

It is a mandatory requirement of AAMET International that you attend a min of 6hrs supervision annually. Skype sessions can be arranged for any student who cannot attend a face to face session.

Accreditation

The course is fully accredited by AAMET International (The Association for the Advancement of Meridian Energy Techniques) and the NCP (National Council for Psychotherapists) Also recognised by the GRCCT And pending application with The NCFHE Malta. .

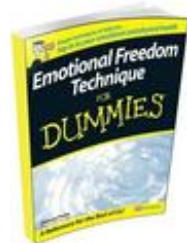


“Helena has a passion for her work with shines through., don’t miss out “ Veronica.



Helena Fone is an expert Practitioner and one of a few Master Trainer of the Trainers in EFT. She was Chair of AAMET International for 5 years during which time she improved the standards of EFT training. She pioneered and wrote the new Training & Accreditation Programme for Master Trainers.

Apart from being a UK qualified NLP Psychotherapist and Holistic Hypnotherapist, Helena has trained in CBT, Reiki and is currently undertaking a Mindfulness Teaching Course. She is Author of the best selling book “EFT for Dummies” translated into 4 languages and has appeared on TV and Radio. She also contributes articles for health organisations, magazines and the press. Learn EFT in a relaxed environment with full support and encouragement. *“I want you to be the very best you can be” HF.*



DATES:

LEVEL 1 (Foundation)	14th Sept 2014	Malta
LEVEL 3 (Advanced) (FULL)	26/27th Sept 2014	Malta
LEVEL 2 (Intermediate)	15/16th November 2014	Malta
LEVEL 1&2	February 2015 (Florida, USA)	
MASTER TRAINER COURSE	February 2015 (Florida, USA)	
LEVEL 1&2	Date to be announced (UK)	

For full details of the above courses and how to register, or to enquire about any other courses (including CPD courses), please visit www.eft-training.net.