

EMOTIONAL HEALTH

Gwyneth Moss



My approach is to recognize that we are all unique and therefore that therapy techniques must be blended and matched for each individual. I love EFT because it uses the person's own words, gets lasting results and teaches an empowering tool to continue to use after the session.

One of only a dozen EFT Masters in the UK, EFT has been a valuable addition to my practice for ten years and I've helped and trained hundreds of people.

Counsellors, psychotherapists, homeopaths, chiropractors, kinesiologists, massage therapists, reflexologists, hypnotherapists, life coaches, reiki masters and physiotherapists as well as curious individuals, have all attended my workshops and incorporated EFT into their practices and lives with great success for their clients and for themselves.

EMOTIONAL HEALTH

EFT Training Courses

EFT Workshops in Ilkley

Taught by top international
trainer Gwyneth Moss
EFT Master

EFT Foundations

EFT Practitioner

“The Art of Delivery”
Advanced EFT



for dates, prices
and lots more information

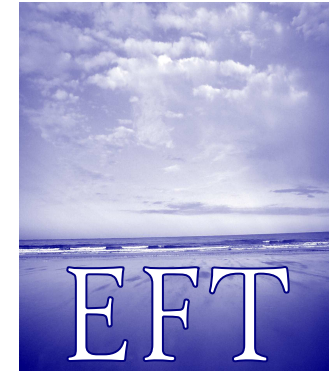
www.Emotional-Health.co.uk

01943 600522

Hello@Emotional-Health.co.uk

EMOTIONAL HEALTH

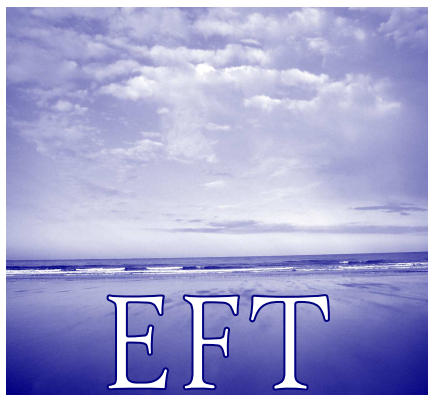
EFT Training Courses



Emotional
Freedom
Technique

Workshops and Training

Gwyneth Moss EFT Master
www.Emotional-Health.co.uk



Emotional Freedom Techniques

We have long known that the mind and body are one. EFT effectively forms the bridge between talk therapies and body therapies, from the premise that negative emotions are the conscious experience of a disturbance of body-mind energy.

EFT is a simple and powerful therapeutic tool that uses words into tune to an emotional disturbance which is then balanced and cleared using simple acupressure tapping.

The results are fast and generally lasting. Strong emotions such as fear, anger, shame and sadness dissolve into clear thinking enabling a fresh perspective and forward movement.

EFT is a permissive technique that can be used together with a therapist/coach or to empower self help. Derived from Thought Field Therapy EFT uses a unified approach that is simple to learn and suitable for all.

Gwyneth Moss has been teaching EFT to international acclaim for many years and has presented at conferences in Europe and the USA. Get a taste of her work through free audios and video clips on her website

EFT in Practice

Whatever your role as a people-helper, counsellor, coach, therapist, teacher or parent: EFT provides a means by which you can quickly increase your confidence and success in helping people with:

- Fears, anxiety and phobias
- Obsessions, compulsions, bad habits
- Performance blocks, poor self image
- Trauma, disturbing memories
- Psycho-somatic symptoms.

EFT is suitable for one to one therapy or coaching, as a self help tool, for group work and is also effective for use in telephone sessions.

We people-helpers can all benefit from a means to release our own stress and clear our own energies. Even if you choose not to introduce EFT to others having the skill to balance your own emotional energy is sure to enhance your personal effectiveness and well being.

These courses are open to all and previous training in therapeutic work is not a requirement.

Resources

For more about Gwyneth and EFT training:
www.Emotional-Health.co.uk

For articles and case histories and a free manual visit: **www.EFTfree.net**

These courses are approved by the AAMET and lead to the AAMET Practitioner certificate
www.AAMET.org

EFT Workshops

The **EFT Foundations Workshop** is designed for therapists, people-helpers and those who have an appetite for more than a one day introduction.

This is a small group weekend training in which EFT is taught through the experience of live demonstration and hands on practical exercises. True to the original formulation of EFT, the workshop covers a variety of approaches to emotional and physical problems so that you can confidently use EFT for yourself and others from day one.

The second workshop, **EFT Practitioner** includes more techniques for helping relieve the effects of trauma, how to apply EFT to clearing limiting beliefs, how to use EFT by telephone, EFT for Animals and meets the requirements for the AAMET Practitioner certificate.

The **“Art of Delivery”** Advanced workshop forms the foundation for the AAMET Level 3 Practitioner programme. We concentrate on developing our creativity with EFT and using innovative techniques for working with challenging cases.

These workshops are offered throughout the year. Dates, prices, more information and online booking can be found on the website:

www.Emotional-Health.co.uk

Workshops are held in Ilkley, a pleasant Victorian spa town on the edge of the Yorkshire Dales National Park, only 10 miles from Leeds-Bradford airport and with frequent trains from Leeds. Directions and a list of places to stay are on the website. Please call if you have any questions about EFT, the training or how to get to Ilkley.

Gwyneth Moss