

# **EMOTIONAL FREEDOM TECHNIQUES™**

## ***Professional, Introductory Level 1+ Training***

**with Karen Ledger RN BScN ~ Approved Trainer**

**Tuesday November 17<sup>th</sup> & 24<sup>th</sup>, 4pm – 9:30pm**

**Location: Fairfield/Oak Bay ~ Victoria, B.C.**



**Emotional Freedom Technique™** (EFT) is a simple, fast, effective and painless therapy and performance enhancement method for use with clients or yourself. This is one of the new Energy Psychotherapies being used by thousands of people around the world. Originally developed for phobias, it also works on a wide variety of physical and emotional issues. It involves a method to gently move unconscious blocks to healing followed by simple tapping on the body acupuncture points with the person fully clothed. These points interface with the neuro-physiology systems to bring increased physical, emotional and neurological stability. Research demonstrates significant changes in Electro-encephalogram activity, increased relaxation, improved sleep and enhanced thinking, following a treatment. EFT can be used on oneself or for others and is effective with children and even with people who can't or won't talk about their issues.

EFT has been used to relieve pain, muscular tension, relationship conflicts, panic, anxiety, trauma, test anxiety, depression, insomnia, love pain, migraines, grief, addictions, nightmares, anger and much more. It can reduce blood levels of the stress hormone Cortisol and reduce high blood pressure. It is also an amazing performance enhancement tool for speakers, students, athletes, musicians and artists and it can enhance your meditation or spiritual practice. EFT is a powerful addition to your personal and professional healing tool kit.

### **Who Can Attend?**

This workshop is open to both professionals and non-professionals. EFT is used by consumers and a wide array of health care professionals, including doctors, nurses, counsellors, social workers, psychologists, chiropractors, massage therapists, coaches and energy workers. It blends well with many of the body oriented and energy – based therapies as well as with traditional approaches.

**Course Content** includes a brief overview and history of the Energy Psychotherapies and their mechanisms of action. The major focus is skill development and practice; on self and others. Through a variety of lecture, demonstration, video and experiential learning, students will gain expertise to apply Emotional Freedom Technique, for physical and emotional issues and performance enhancement for themselves and others.

**COST: \$245.00**

**Course Fee includes link to textbook and many extra handouts.**

**For information and to register call Karen at (250) 598-4126 or**

**Email [karenledger@shaw.ca](mailto:karenledger@shaw.ca) to Reserve Your Space. Etransfer or mail cheque to:**

**Karen Ledger, 1907 Shotbolt Road, Victoria, B.C. V8S 2L1**

**\*\* Full Time Students or  
2 Family or Work Members  
attending together - \$210**

**\*\* Early Bird Special Rate:  
\$220.00, if paid in full by Nov. 8th**



### **Workshop Facilitator: Karen Ledger, RN BScN**

Karen is a highly respected Health Educator and Nurse Therapist who has worked in the health and mental health fields for over 35 years. She has trained and accredited to work with Energy Psychotherapies for the past 20 years and has presented Workshops in Canada, USA and Europe. Karen has a private counselling practice in Victoria, B.C. and is available for public and corporate training seminars and lectures. Free phone consultations available.

**More info: call (250) 598-4126    email: [karenledger@shaw.ca](mailto:karenledger@shaw.ca)    [www.at-one.ca](http://www.at-one.ca)**