

BOOKING FORM – EFT for Addiction Treatment

Please complete in **BLOCK CAPITALS**:

Full name: _____

Role/Profession: _____

Organisation: _____

Telephone: _____

Postal Address: _____

_____ Postcode: _____

Email: _____

Dates of Training: _____

Location of Training: _____

PAYMENT

- I enclose a cheque for the full amount of £225 (payable to "M. Bennett")
- I claim a discount of £ _____, special offer reference no. _____
- I enclose a purchase order / invoice request from my organisation.
- I have made a payment by Paypal on (date)
- I require a receipt.

Post the completed booking form to the address below or alternatively, book online through our website at www.eft4addictions.co.uk.
Credit card payments are accepted though PayPal.

EFT for Addictions

Practical Happiness
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Tel: +44 (0)7887 617558
Email: info@eft4addictions.co.uk
Website: www.eft4addictions.co.uk

Feedback from previous course participants:

"Excellent delivery- plenty of time allocated for practice and questions"
(Julie, Drug Worker)

"Fun, lively and my energy rose dramatically as a result during the day"
(Aileen, Psychotherapist & Supervisor)

"Trainer was very positive, very supportive, lots of experience and knowledge, course went really quickly and I really enjoyed it!"
(Jo Beckett, Alcohol Counsellor)

"Very enjoyable and informative workshop, delivered in a relaxed way. A lot of information packed in"
(Bronwyn, Nurse)

"I would without doubt recommend Masha Bennett, she is brilliant, funny and very, very practical – one of the best trainers I have come across – and I know a few... It was the first course in 20 years that I stayed till the end for!"
(Dr Mike Smith, Psychotherapist & Trainer)

"This was undoubtedly the most inspirational course I have ever attended."
(Anne-Helen, Nurse)

"Easy to follow and understand concepts and instructions; trainer's approach is informal and friendly, yet professional.. She created a safe environment for us all... Thank you, thank you, thank you!"
(Diane, Therapist)

"Fantastic trainer, high quality of attention to participants, great clarity of explanations."
(Gregory, Manager)

EFT for Addictions

Emotional Freedom Techniques:

Specialist training workshops for Addiction Professionals

What is the Emotional Freedom Technique?

Emotional Freedom Technique is a type of **brief therapeutic intervention** and a **self-help tool**, sometimes known as "acupuncture without needles" or "tapping therapy", which was developed in the US in the 1990s. EFT brings together the principles of traditional Chinese medicine and cognitive 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 skills gained during the two days of the training will enable you to **help your clients straight away** with all or most of the following:

- ✓ *Reduce cravings for any substance in minutes*
- ✓ *Gain relief from pains, aches, nausea and other withdrawal symptoms*
- ✓ *Cope with anxiety, fear and anger*
- ✓ *Begin to gently heal past traumas and hurts*
- ✓ *Reduce likelihood of relapse*
- ✓ *Reframe negative and unhelpful beliefs*
- ✓ *Enhance self-awareness and emotional intelligence*
- ✓ *Learn a simple & practical stress management tool that can be used anywhere and at any time*

Unique two-day training for Addiction Professionals

Dates & Venues in 2009

- * 25-26 Feb, Manchester
- * 15-16 June, London
- * 11-12 July, Manchester
- * 16-17 Nov, London

Tutor: Masha Bennett, AAMET accredited international trainer & experienced addictions practitioner

Included in the course:

- Comprehensive course Manual and handouts with the right to copy for clients' use
- AAMET Level 1 Certification
- Follow-up support by phone and / or email (if desired)
- Light refreshments throughout the two days

What practitioners say about EFT:

"I have found EFT to be far more effective and to provide results far quicker than any other form of therapy I have used or seen used in mental health."

(Nikki, Occupational Therapist)

"One of my bulimic clients went from despair to joy in half an hour. Her smiles brought a lump to my throat."

(Deanne Jade, Director of the National Centre for Eating Disorders)

"I use EFT in all my therapy work, and daily in my own life. It is such a wonderful, amazing tool to help provide relief from emotional, physical and psychological issues. Everyone should learn it!"

(Dr Kate Sparks, Chartered Psychologist)

"I have noticed significantly improved success rates since integrating EFT into my clinical practice."

(John Bullough, Addictions Counsellor)



EFT compared with other Brief Therapies:

- ✓ Quicker, easier and cheaper to train staff and to introduce to clients.
- ✓ Does not require full disclosure: a client can keep a difficult issue private.
- ✓ Works rapidly to relieve even high levels of emotional distress.
- ✓ Can be used for physical symptoms as well as psychological issues.
- ✓ Can work even for complex and long-lasting problems with minimum discomfort.

EFT compared with Acupuncture:

- ✓ Does not require the use of needles or any other equipment.
- ✓ Can be carried out anywhere and at any time.
- ✓ Effective for emotional & psychological issues as well as physical symptoms.
- ✓ Has virtually no contra-indications or harmful side-effects.
- ✓ Clients can learn the technique in minutes for use as a self-help tool.
- ✓ Can be safely combined with any medical or psychological interventions to improve results.



About your trainer:

Masha Bennett is a former Drug Treatment Manager and Drug Worker, currently managing an innovative Well Being Centre in Stockport, as well as running her own therapy and training practice.

She is an AAMET accredited Advanced Practitioner and international Trainer in Emotional Freedom Techniques, a Master NLP Practitioner and Neuro-linguistic Psychotherapist, and is also experienced in CBT, therapeutic groupwork and an eclectic range of other treatment approaches.

Masha teaches EFT around the world to a wide range of audiences, including health professionals, teachers, mental health workers, counsellors, psychotherapists, prison staff and prisoners, and the general public.

What you will learn during the training: EFT for Addiction Treatment – Foundation Level



Courses follow the guidelines by the Association for Advancement of Meridian Energy Techniques (AAMET), the main accrediting organisation for EFT in the UK and include specially developed material for applications in the addictions field.

Course content:

Brief history of EFT • The mechanism of efficacy – energy model and biomedical model • Comparisons with conventional treatments. • Location of EFT acupressure points • EFT basic procedure and shortcuts • A.B.C. of EFT (Awareness – Balancing – Clearing) • Recognising and preventing Self-sabotage / "Psychological reversal" • Relapse Prevention: applications of EFT for addictive cravings, withdrawal symptoms, fear / anxiety / stress, troublesome memories, triggers / risk situations • How to relieve intense negative emotions quickly. • The importance of being specific. • Identifying aspects of the issue or problem: Addictions "Pie". • "Borrowing Benefits" with EFT. • How to introduce EFT to clients. • "The Personal Peace Procedure" for clients and practitioners. • Troubleshooting. • Combining EFT with CBT, 12-step, Motivational Interviewing and other interventions. • EFT as a self-care tool for practitioners. • EFT resources and progression routes.

Teaching methods: Lecture, demonstrations, video, group discussions, practice in pairs and small groups. Please note that it is an experiential, skills-based training and you will be expected to apply EFT as a brief therapeutic intervention for yourself and others when working with other participants during the practical exercises.

"I can't begin to tell you how astonished I am that there's actually a practical way for me to heal! A huge weight has been lifted off my shoulders and I feel so relieved that I can actually help myself!" (Rachel)

DANOS units:

- AA2** Relate to, and interact with, individuals
- AA6** Promote choice, wellbeing and the protection of all individuals
- AB1** Support individuals when they are distressed
- AB2** Support individuals who are substance users
- AB6** Support individuals to deal with relationship problems
- AH7** Support individuals through detoxification programmes
- AH10** Carry out brief interventions with alcohol users
- AI1** Counsel individuals about their substance use.

