

# Emotional Freedom Techniques (EFT)



October 7, 2019 | 9:00 am - 4:30 pm



**EFT is an easy to learn, easy to use set of tools and perspectives that gives us the power to gently (and often quickly) change our own brain for deep healing, learning, and growth.**

Emotional Freedom Techniques, or EFT uses light tapping with the fingertips on key energy points on the acupuncture meridian system. EFT was developed by Stanford-trained engineer and Life Coach, Gary Craig. Its effectiveness has been demonstrated in over 60 peer-reviewed research studies documenting thousands of cases with a wide array of emotional and physical issues (such as chronic and acute physical pain, painful and intrusive memories, addictive cravings, weight issues, and fears.)

In this one day experiential workshop you will learn the “basic recipe” of EFT and how to get relief from everyday stress, negativity, anxiety, physical pain and addictive cravings. We will focus the bulk of our time on demonstrations and skill-building practice.

## Participants will learn:

- How to use EFT for self-help and peer-support of family and friends
- Specific approaches to address emotional issues, physical issues, including pain management, addictive cravings, and the healing of memories
- How to easily incorporate EFT into clinical practice if you are a psychotherapist or other professional health provider



Victor Lee Lewis, MA  
Founder & Director,  
Radical Resilience Institute

## Fees

Early Bird \$95, Standard \$125  
Group fee is \$75 per person, there is a minimum of 3 people to qualify  
Partial scholarships available, visit our website for details

## Time & Location

9:00 am - 4:30 pm, registration starts at 8:30 am  
The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012  
Free parking is available at The California Endowment

## Continuing Education

For each training, 6 CE credits are available for an additional \$30.  
Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs.  
Echo maintains responsibility for all programs and their content.

For additional requests, accommodations, questions, or grievances about this training contact us at [training@echotraining.org](mailto:training@echotraining.org) or (213) 484-6676