



# Evidence Based EFT Emotional Freedom Techniques Practitioner Training in Auckland

With EFT Master Trainer Liz Hart MA

Emotional Freedom Techniques are a leading somatic toolkit with applications across a range of issues including trauma, anxiety, phobias, food cravings and performance. Clinical trials demonstrate tapping on or stimulating acupuncture points on the body can change DNA expression, can radically reduce your stress hormone cortisol, and can change your brain's pathways.

Research shows that one hour of tapping can change 72 genes in your body. One hour of tapping can reduce cortisol levels by 24% (rest or psycho-education will only give you a 14% reduction). A total of eight hours of tapping in a small group setting over 4 weeks (2 hours per week) led to an ongoing and stable reduction in food cravings at 12 months. Results of EFT interventions are comparable to those from CBT, and are achieved in at least half the time, with a substantial savings in cost and effort.

## **EFT Foundation (Level 1)**

**6-7 April 2019**

This workshop is designed to give you an overview of the core practice and theory of EFT, introducing 5 EFT techniques and how to apply them to triggering memories, emotional distress, physical pain and food cravings. It is a highly practical workshop exploring real issues for participants with live demonstrations, supervised individual and dyad practice and group work, as well as video and live presentations.

The foundational training is a pre-requisite for the Level 2 Practitioner Workshop.

For more information and to register for this workshop use this link:

<https://eft1april.eventbrite.co.nz>

## **EFT Practitioner (Level 2A)**

**2-5 May 2019**

This workshop introduces more advanced tools, strategies and applications across a wider range of issues, and ways to integrate them into your current practice framework. Participants will have the opportunity to gain hands-on practice of the techniques and strategies presented in the workshop.

For certification and international accreditation, participants need to complete a 6-9 month mentoring, study and practice program with written & practical evaluations.

For more information and to register for this workshop use this link:

<https://eft2may.eventbrite.co.nz>

## **Combined Level 1 & 2 Workshops**

**1-5 May 2019**

This workshop combines the training from both Level 1 and 2 in a single event.

It is ideal for those with some previous knowledge and experience with EFT, though this is not a prerequisite for attending the five-day combined training.

Participants must attend the first day of training if they have not attended a Level 1 workshop in the last 12 months with an AAMET accredited trainer.

For more information and to register for this workshop use this link:

<https://eft2may.eventbrite.co.nz>

Questions may be directed to Liz Hart: Phone 0211470543, or to [LearnEFTnz@gmail.com](mailto:LearnEFTnz@gmail.com)

[www.learnEFT.nz](http://www.learnEFT.nz)