

Workshop- Other Methods and Approaches in Energy Psychology/Therapy /Medicine

Taking a deeper look at our energetic body and Customising EFT in your practice

Other Modalities of Energy Psychology

TFT- Thought Field Therapy

TAT- Tapas Acupressure Technique

BSFF- Be Set Free Fast

PET- Provocative Energy Therapy

Experience Using Intention Tapping

Experience Using TAB

Temporal Tapping

Chakra Tapping

Continuous Tapping

Opening the Third Eye gaining Insight

Polarity Balancing Exercises

Fork bending

CREATIVE VISUALISATION finding the visuals that works for the client, using movies, cartoons, paintings and guided meditations....

Using Music

Using the Senses

Communicating and healing with Inner Wisdom

Working with the Inner Child, Inner Theatre, Parts

Inner Journeys and Explorations

Externalising the Inner Turmoil, Putting a face to discomfort/turmoil

Healing Conversations with the Shadow

Love heals and water hydrates