

Outline

Origin and Research

- The origin of EFT
- The different nomenclature of EFT:
- o Energy Psychology
 - o Thought Field Therapy
 - o Tapping Solution
 - o Meridian Therapies

Highlight significant cortisol reduction in peer-reviewed, published research

The EFT steps of activating acupoints in conjunction with descriptions of upsets

The profound relaxation response from EFT

EFT includes cognitive interventions

Going beyond talk therapy: Relaxation of activating meridian

EFT to Eliminate Phobias

- Two categories of phobias: Instinct driven or driven from a past negative event
- Demonstration of finding and treating with EFT the “first or the worst” time
- Live example from the audience, case studies
- The “borrowing benefits” for all to participate

EFT for Pain Reduction

- Self-applied acupoints: A sister to acupuncture
- Adding metaphors and emotions
- A mobile tool

Using EFT for Stress, Generalized Anxiety and Panic

- Personal peace procedure
- Checking work and the value of persistence

Considerations for treating issues thoroughly in the past, present and future

Quieting the physiological arousal of panic

EFT treatment for Compulsions and Unwanted Habits

- Finding a baseline
- Treat the “urge” or “desire” to perform the unwanted behavior
- Greatly diminish hand washing, checking, biting nails or thumb sucking
- Check your work via the SUDS intensity measure
- Future performance enhancement protocol to reinforce gains for the future

EFT with Social Anxiety and Building a Social Skill Set

- Social Anxiety: Fear of being scrutinized by others
- EFT on social situations: Past, present and future
- Establish layers of communication including ice breaker/small talk

EFT with Acute and Long-Standing Trauma

- EFT movie on Veterans 4 Vignettes of War
- Mind-body sweep: Gentle EFT approach via the associated physical discomfort

Live Webinar Schedule (Times listed in Eastern)

- 8:00** Program begins
- 11:50-1:00** Lunch Break
- 4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Objectives

- 1) Analyze the origin and efficacy of the Emotional Freedom Techniques (EFT) including peer reviewed, published research.
- 2) Implement self-applied, light touch or tapping on acupoints to calm and rebalance the body system while thinking about disturbing upsets to create a desensitized state as measured by continuous dropping of the SUDS level.
- 3) Distinguish that EFT is a mind-body treatment that desensitizes unwanted thoughts, emotions and physical discomfort.
- 4) Use exploratory questions to elicit the *first or worst* defining event and how to treat it in all manifestations in the past, present and future.
- 5) Demonstrate EFT techniques for stress, phobias, generalized anxiety disorder, panic and traumatic events.
- 6) Investigate how EFT can greatly diminish frustrating OCD compulsions and unwanted habits.
- 7) Utilize a two-prong approach to treating social anxiety: EFT and social skill building.
- 8) Justify why EFT works in conjunction with and beyond talk therapy and how it often cuts quickly through resistant problems.
- 9) Practice working with pain reduction using acupoints and psychological constructs of metaphors and emotions.
- 10) Determine the ethical concerns of not working outside knowledge base and obtaining ongoing “permission” to use these methods.

Free Video & Infographic

Emotional Freedom Technique



Get yours today at pesi.com/1321video

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 3279

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Emotional Freedom Techniques (EFT) and Tapping

Evidence-Based, Mind-Body Treatment Approach to the Anxiety Spectrum Disorders and Pain

LIVE INTERACTIVE WEBINAR

Thursday September 16, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.





REGISTER NOW:
pesi.com/webcast/85587



REGISTER NOW:
pesi.com/webcast/85587

A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/85587

Join us online for this live training!

Emotional Freedom Techniques (EFT) and Tapping


Evidence-Based, Mind-Body Treatment Approach to the Anxiety Spectrum Disorders and Pain


- Apply EFT (aka Tapping) to help improve treatment outcomes in phobias, generalized anxiety, social anxiety, panic, OCD, acute stress reaction and traumatic events
- Go beyond talk therapy capacity to quickly resolve treatment-resistant issues
- Drop emotional burdens quickly
- Walk away ready to use calming EFT to gently address recent and long-standing clinical issues

LIVE INTERACTIVE WEBINAR


Thursday September 16, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.





REGISTER NOW:
pesi.com/webcast/85587



REGISTER NOW:
pesi.com/webcast/85587

A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/85587

What do you do with anxiety and trauma clients who do not improve?

The anxiety spectrum exemplifies the disorders where emotions override thought. Fragmented memories get stored in the body. The Emotional Freedom Techniques (EFT) collapse this uncomfortable emotional and physical reactivity, therefore freeing a path for spontaneous insights and clearer thinking.

Emotional Freedom Technique (EFT) is a comprehensive mind-body treatment that desensitizes three areas: unwanted thoughts, emotions and physical reactions. EFT combines physical interventions derived from restorative (self-applied) acupressure theory with cognitive interventions.

EFT is an evidence-based practice with over 100 published studies. One published study demonstrated a 24% decrease in cortisol (stress hormone) level in the EFT group (Energypsych.org). EFT is an effective brief therapy and belongs in every therapist’s tool box.

Transform your clinical excellence; bring EFT into your practice and treat resistant problems that other methods failed.

This seminar focuses on cutting-edge techniques of EFT to treat the anxiety spectrum disorders including:

- Phobias
 - Generalized Anxiety
 - Social Anxiety Disorder
- Panic
 - OCD
 - Acute Traumatic Stress Reactions

These mind-body methods are emerging into mainstream mental health, trauma treatment, coaching, employee assistance programs and sport psychology arenas as rapid, effective, non-invasive, calming, desensitizing tools. Do not miss this opportunity to learn evidence-based techniques you can use immediately with your clients and improve treatment outcomes.

Target Audience:

Counselors • Social Workers • Psychotherapists • Marriage & Family Therapists • Nurses
Psychologists • Substance Use Disorders Counselors • Occupational Therapists • Case Managers
Chaplain/Clergy • Psychiatrists • Physicians • Other Mental Health Professionals

 **Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Claire Zelasko** at czelasko@pesi.com or call **715-855-8194**.

Clinical Expert

Robin Bilazarian, LCSW, DCSW, DCEP (Diplomate in Energy Psychology), and International Certified Master EFT Trainer, is a brief therapy expert, author and speaker who uses passion and humor to share a wealth of knowledge and her twenty years of experience integrating EFT into mainstream mental health treatment. She is the author of the Amazon best-seller *Tapping the Mighty Mind: Simple Solutions for Stress, Conflict, and Pain*. Her passion is to bring these rapid, thorough and gentle meridian and cognitive-based techniques into mainstream clinical mental health treatment.

EFT is a well-researched, comprehensive, mind-body treatment that rapidly desensitizes unwanted thoughts, emotions and connected physical reactions. EFT goes beyond supportive counseling and is actual treatment. It’s surprising how quickly turmoil dissipates; clients are usually better in one session - even if the issue is long standing.

Robin obtained her MSW degree from the University of Pennsylvania and the University of North Carolina/ Chapel Hill and interned at Duke Medical Outpatient Psychiatry. Her more than thirty years of clinical practice includes employment in all levels of mental health treatment, including private practice and using EFT in a community mental health center and with medical staff. She was recruited and worked for fourteen years as an internal Employee Assistance Program counselor, bringing these highly effective, short-term techniques to medical staff and students in a regional trauma hospital. Her trainees also included police, fire fighters, first responders, educators, city workers and others. She ran numerous internal and external EFT workshops, including psychiatric rounds and community conferences. She speaks nationally and internationally on this topic and presents frequently for NASW and Rutgers University. She is a sought-after expert in working with anxiety spectrum disorders.


Speaker Disclosure:
Financial: Robin Bilazarian is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Robin Bilazarian has no relevant non-financial relationships to disclose.


CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Psychotherapists, Marriage & Family Therapists, Nurses, Chaplains/Clergy, Psychologists, Substance Use Disorders Counselors, Occupational Therapists, and Physicians.**

For specific credit approvals and details, visit pesi.com/webcast/85587


National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

 This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

 PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

 **APPROVED PROVIDER of CONTINUING EDUCATION** by The American Occupational Therapy Association, Inc.

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

 PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

This program is Approved by the National Association of Social Workers (Approval # 886759332-4356) for 6.0 Social Work continuing education contact hours.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: www.pesi.com/webcast/85587

SIGN UP-TODAY!
Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/85587

Live Interactive Webinar (Option 1)

September 16, 2021 PWZ85586
\$219.99 tuition
8am Eastern time
Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS052495
Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

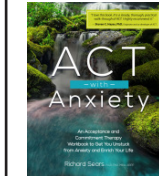
DVD (Option 3)


\$219.99 RNV052495
DVD Experience:

- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:

 **ACT with Anxiety**
An Acceptance and Commitment Therapy Workbook to Get You Unstuck from Anxiety and Enrich Your Life
Richard Sears PsyD, PhD, MBA, ABPP
~~\$29.99~~ **\$22.99***
PUB086470

 **The CBT Deck for Anxiety, Rumination, & Worry**
108 Practices to Calm the Mind, Soothe the Nervous System, and Live Your Life to the Fullest
Seth J. Gillihan, Ph.D.
~~\$19.99~~ **\$14.99***
PUB086470

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER
Phone: 800-844-8260
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS
We would be happy to accommodate your ADA needs; Please notify us at time of registration.
QUESTIONS
Visit pesi.com/faq or contact us at pesi.com/info
TAXES AND SHIPPING
Taxes and shipping apply where applicable, see website for details

