# 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 peerreviewed, 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 Pacific)

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. more detailed schedule is available upon request

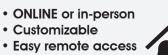
Emotional Don't get bogged down by emotional distress! Freedom Technique

Free Video & Infographic

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

### Get yours today at pesi.com/1321video

# **Group Training** Solutions Made Easy!



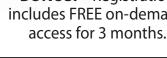
• From 5 to 5000 • CE hours available

www.pesi.com/inhouse

**Emotional Freedom Techniques (EFT)** and Tapping

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





**REGISTER NOW:** pesi.com/webcast/86978

# **Emotional Freedom Techniques (EFT)** and Tapping

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

- events



**Objectives** 

1) Analyze the origin and efficacy of the Emotional Freedom Techniques (EFT) including peer reviewed, published research.

2) Utilize exposure techniques and tapping to reduce client distress.

3) Demonstrate 3 ways to release pain using Emotional Freedom Techniques (EFT).

4) Utilize a two-prong approach to treating social anxiety: EFT and social skill building.

5) Modify treatment plans to deliver EFT to a range of disorders.

6) Describe modifications to EFT for various client populations.

# Join us online for this live training!

 Apply EFT (aka Tapping) to help improve treatment outcomes in phobias, generalized anxiety, social anxiety, panic, OCD, acute stress reaction and traumatic

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

## Monday May 9, 2022

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



**REGISTER NOW:** pesi.com/webcast/86978

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

### 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
- OCD Acute Traumatic Stress Reactions

Panic

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 evidencebased techniques you can use immediately with your clients and improve treatment outcomes.

# **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 guickly 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. She has no relevant financial relationships with ineligible organizations.

Non-financial: Robin Bilazarian has no relevant non-financial relationships to disclose.

#### 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 800-726-3888 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 Spencer Jahnke at sjahnke@pesi.com or call 715-855-8206.

#### **CE CREDITS AVAILABLE FOR LIVE WEBINAR**

This continuing education activity is designed to meet state board requirements for the following professionals: Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.

For specific credit approvals and details, visit pesi.com/webcast/86978

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 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 activity is pending approval from the National Association of Social Workers

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

PESI, Inc.

is an AOTA

Approved

for partial attendance. The assignment of AOTA CEUs does not

medical education for physicians.

PESI, Inc. is accredited by the Accreditation Council for

Continuing Medical Education to provide continuing

Provider of continuing education. Provider

procedures by AOTA. Course Level: Intermediate.

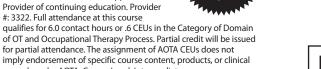
#: 3322. Full attendance at this course

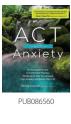
\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice 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/86978







Fax: Mail:

# SIGN UP-TODAY! Choose your Learning Experience!

## **PESI** offers multiple formats to fit your CE needs

# **Register Online at: pesi.com/webcast/86978**

# Live Interactive Webinar (Option 1)

May 9, 2022 PWZ86977

\$219.99 tuition

8am Pacific 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 800-726-3888 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 800-726-3888 to check for availability and pricing

# **Recommended Reading:**

#### ACT with Anxiety

An Acceptance and Commitment Therapy Workbook to Get You Unstuck from Anxietv and Enrich Your Life

Richard Sears Psyd, PhD, MBA, ABPP





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.

\* Discount Included with purchase of the Webinar

## **OTHER WAYS TO REGISTER**

#### Phone: 800-726-3888

800-554-9775 PESI, Inc. PO Box 1000 Eau Claire, WI 54702-1000 \*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

#### ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration

#### **OUESTIONS**

Visit pesi.com/fag or contact us at pesi.com/info

#### TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

