

Outline

Emotional Freedom Techniques and Tapping

Why EFT: Breaking down misconceptions

Supporting and peer-reviewed research
EFT and cognitive interventions
Reduce the emotional mental cloud and emotional blocks

Break through resistant client problems
Meridian activation to calm and rebalance thought, emotion, and physical reactions
Compassion fatigue and burnout benefits
Research limitations and potential risks

How to set up EFT sessions and zero in on treatment targets

Set-up statement and sequence
Develop foundational language
Placement and applications of the acupoints
Explore inquiring questions to elicit the target intervention
Questions to zero in on treatment target
Reduce physical discomfort
Use of continuous measuring
Overcome treatment resistance
Sophisticated linguistic variations

Special considerations for treating anxiety, trauma, and more

EFT/Tapping for the anxiety spectrum
Special symptom dismantling to help depression
Quick reduction of compulsive behaviors and negative habits
Special consideration for treating social anxiety, phobias
Desensitize traumatic reactions
Benefits for pain reduction and relapse prevention

Advanced Applications and Tools

Expand EFT/Tapping ability and refine specific nuances for advanced benefit
Tell the story technique

- Defuse emotional dysregulation
- Art therapy tools
- Projective use of EFT and tapping
- Somatic Intervention
- Expression of emotional despair
- Choices method & weaving language
- Breakdown negatives and enforce positive outcomes

Augmenting with forgiveness and gratitude
Advanced language patterns

Considerations for special populations

5 non-medication ways to release pain
Couples work addressing the frustrating complementary behavior, the imago
Specific considerations and measuring changes for children
Working with craving and relapse prevention
Group trauma and serious incident debriefing
Approach and benefit to humanitarian relief interventions.

Integrating EFT/Tapping into other treatment theories

Rebalance emotional dysregulation for CBT and DBT
IFS parts work/child within
Advanced brief therapy expertise
Resource and closing of EMDR overwhelming moments
Effective projective technique for use in play therapy

Live demonstrations and group practice

Borrowing benefits for group therapy
Tearless trauma technique

- Release traumatic events

Movie technique

- Incorporating metaphors

Eliminating phobia and the often triggering “small t” trauma
Experiential EFT and Tapping group practice

Learning Objectives can be viewed at pesi.com/webcast/87991

Live Webinar Schedule (both days) (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.

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2-Day Emotional Freedom Techniques and Tapping

A Comprehensive Guide for Treating Anxiety, Trauma, and More

LIVE INTERACTIVE WEBINAR
Monday & Tuesday, December 5 & 6, 2022

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2-Day Emotional Freedom Techniques and Tapping

A Comprehensive Guide for Treating Anxiety, Trauma, and More



Featuring Author, and International Master EFT Trainer,
Robin Bilazarian, LCSW, DCSW, DCEP

- Make emotional self-regulation easier and more accessible for clients
- Rapidly diminish the impact of stress, anxiety, phobias, trauma and chronic pain
- Advanced tools, live demonstrations and group practice

LIVE INTERACTIVE WEBINAR
Monday & Tuesday, December 5 & 6, 2022

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Emotional Freedom Techniques and Tapping

Quick and effective real time symptom relief for your clients is quite literally at your fingertips. Emotional Freedom Techniques and Tapping is proven by research, supported by the outcomes of over 100 clinical trials, and already used by thousands of therapists across the country and globally.

And like other therapies with eastern traditions that have not only become mainstream, but in many cases (like mindfulness) have become major components of today’s most in-demand therapies, EFT is poised to become the next big go-to clinical tool.

EFT and Tapping are easy to learn, comprehensive therapy tools that are evidence-based and neurologically informed methods for clearing the body and mind of dysregulation. Clients can self apply EFT/Tapping anywhere to quickly make turmoil dissipate even if the issue is long standing.

It’s also been proven effective in treating a wide range of psychological, physical, and interpersonal health problems, from anxiety, traumatic stress, addiction, and chronic pain. Making it a must add to your clinical toolbox!

And regardless of if you are a beginner or a well-versed EFT clinician this is the training for you!

So join Robin Bilazarian, LCSW, DCSW, DCEP, and EFT international trainer as she expertly covers everything from the basics and foundational language all the way to advanced EFT and Tapping techniques. You will observe and participate in live demos, group practicum, and learn:

- How to set up and conduct EFT and Tapping
- Ways to Quiet emotional dysregulation due to past, present, and future upsets
- How to Integrate EFT into various DSM diagnosis and other therapy models
- Different methods such as metaphors, expanding language, targeting interventions
- 10 Advanced applications and tools for expanding EFT/Tapping
- EFT special considerations for special populations

Leave this comprehensive 2-day workshop feeling confident to incorporate EFT and Tapping into your clinical practice!

Target Audience:

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

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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 royalties as a published author. Robin Bilazarian receives a speaking honorarium and recording royalties from PESI, Inc. Robin Bilazarian has no relevant financial relationships with ineligible organizations.
Non-financial: Robin Bilazarian has no relevant non-financial relationships.

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

For specific credit approvals, details, and planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios.

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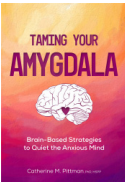
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Recommended Reading:



Taming Your Amygdala
Brain-Based Strategies to Quiet the Anxious Brain
Catherine M. Pittman, PhD, HSPP

~~\$24.99~~ **\$19.99***

PUB087290



The Tapping Toolbox
Simple Body-Based Techniques to Relieve Stress, Anxiety, Depression, Trauma, Pain, and More
Fred Gallo, PhD

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