Outline

Origin and Research

The origin of EFT

The different nomenclature of EFT:

- Energy Psychology
- Thought Field Therapy
- Tapping Solution
- 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

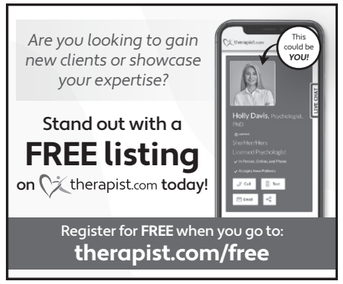
Live Webinar Schedule
(Times listed in Mountain)

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) 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.





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Emotional Freedom Techniques (EFT) and Tapping

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



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Emotional Freedom Techniques (EFT) and Tapping

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

- 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



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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
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 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.

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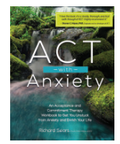
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Recommended Reading:



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***
PUB086560



The Tapping Toolbox
Simple Body-Based Techniques to Relieve Stress, Anxiety, Depression, Trauma, Pain, and More
Fred Gallo, PhD
~~$24.99~~ **$19.99***
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