

Does EFT Sound Too Good To Be True?

OF COURSE!

"A method as effective as EFT seemed totally unrealistic to me before I adopted this new form of stress management in my practice. I Was Understandably Skeptical Of EFT At First...Then I discovered that EFT was bringing stress management to a whole new level. Today this method is a new and honored branch of energy psychology that is authentic, and tested..."

~Dr. Patricia Carrington, a clinical psychologist and Associate Professor at the UMDNJ Robert Wood Johnson Medical School in Piscataway, New Jersey.

How Do People React To EFT?

Thousands of carefully documented reports from people all over the world tell about the remarkable benefits people have received from using EFT. Most find it pleasant to do and are thrilled with the newly discovered freedom they enjoy as a result of using EFT.

How Does EFT Work?

EFT exerts a profound effect on us because it makes use of a natural way of comforting and healing ourselves that all of us have used since birth. We use our hands to comfort ourselves every day of our lives. EFT simply makes use of this inborn ability in a more systematic way.

Did you ever wonder why...

- athletes go into slumps
- addictions are so hard to overcome
- depression is so difficult to correct
- it can be such a challenge to get well

Many people are finding ***the answer is in their energy system.*** By using EFT to balance that system, they are quickly overcoming their problems in only a few sessions—problems that would have taken them many months—or even years with traditional talk therapy. The tapping method is bringing people relief from distressing emotional problems for which we previously had only partially adequate solutions.

BY NOW THERE MAY BE SOME QUESTIONS IN YOUR MIND, SUCH AS . . .

Does EFT Always Work? The answer is "no." EFT isn't perfect. We don't get 100% success. However, it is effective most of the time. Its effects are usually long lasting and it often works when everything else has failed.

And, it does not require great will power, or character. It is not based on an individuals personal beliefs; it even works for skeptics. It is practical, easy to use, and rarely fails to work.

Call for a free consultation to see if EFT is right for you...help could be just a phone call away!

HOW DOES COACHING WORK?

Coaching sessions are by appointment and can be done over the phone, or in person, and generally last from 45 to 60 minutes.

Our basic EFT instruction teaches you how to use EFT, at your convenience in the privacy of your home.

Once learned, this powerful tool can be used throughout your life, and is a method you will want to share with friends and family

For more information:

Donna Crow or Katherine Register

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Monday - Friday 10:00 AM to 6:00 PM

Pacific Coast Time

Email: DonnaCrow@pcez.com

EFT

*The Intriguing Procedure
that often has
"instantaneous" results
and has Health
Practitioners ecstatic...*



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Eugene, OR

What is "EFT"?



What Is EFT

These initials stand for Emotional Freedom Techniques, a meridian based therapy, which involves light tapping of acupuncture points for:

- **stress management**
- **clearing traumas**
- **overcoming anxiety**
- **eliminating phobias and more.**

It is

*...easily learned
...very **simple** to use
...unusually **fast**
...often acts **within minutes**
...almost always **long lasting***

"EFT Transformed my practice of psychotherapy. People I had seen for years in therapy now needed just a few sessions to get over the challenges that had brought them to me in the first place..."

~Deborah Mitnick LCSW-C

Perhaps You Have Already Heard About EFT?

*It was demonstrated on the **Discovery Channel** and was a cover story in **Women's World** magazine. Bessell van der Kolk discussed it in the **Psychotherapy Networker**.*

Or — maybe you are just learning about it now and would like to know:

What EFT Can Do:

Among other conditions, the following are often lessened or eliminated with the use of EFT:

- **Aftermath of Trauma**
- **Aftermath of Abuse**
- **Daily Stress**
- **Fear of:**
 - Interviews, Exams, Surgery, etc.**
- **Phobias:**
 - Flying, Public Speaking, Heights, Snakes, Riding in cars, etc.**
- **Children's Problems (fear of dark, school, etc.)**



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And...

- **Physical Symptoms / Pain** (headaches, digestive problems, etc.)
- **Impaired Performance Issues,** (Sports, Business, Arts, etc.)
- **Other Stress Related Conditions**

EFT can help you to:

- ▶ Improve your self-esteem
- ▶ Overcome procrastination
- ▶ Become more assertive
- ▶ Overcome fear or avoidance of conflict
- ▶ Let go of anxiety and worry
- ▶ Have the courage to pursue your dreams
- ▶ Improve negative or volatile relationships
- ▶ Stop your attraction to the wrong people
- ▶ Change old patterns in relationships
- ▶ Deal with difficult people
- ▶ Handle the stress of the legal system
- ▶ Handle the stress of financial issues
- ▶ Overcome fear of the dentist or other medical treatments
- ▶ Deal with chronic illness and pain
- ▶ Dissolve test and interview anxiety
- ▶ Turn around negative self-concepts
- ▶ Control your emotions as a parent
- ▶ Change your belief that suffering is necessary...and more.