



'Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. This is not philosophy. This is physics.' Einstein

'All that we are and experience is the result of thought.'

The Buddha

# EFT for counsellors & psychotherapists

## Emotional Freedom Technique & Energy Focused Therapy

A 3 weekend training course with **Viv Fogel (UKCP, BACP & AAMET Master Trainer)** for counsellors & psychotherapists who wish to integrate EFT or meridian tapping into their clinical practice. All 3 to be booked but Level 3 can be completed later.

EFT has been shown to stimulate profound and transformational shifts in clients - and is particularly effective with PTSD, phobias, addiction and somatization.

. . . purely talk-based forms of psychotherapy, although not without value, are simply not able to engage effectively with the realm in which patterns of emotional distress are encoded - the area of the interface of the psyche and the soma, the body's energy field.  
(Phil Mollon: Psychoanalytic Energy Psychotherapy, 2008)

**Spring 2018: Level 1** February 17/18/ **L 2** March 17/18 **L 3** April 21/22

**Cost: £280 each weekend; 'earlybird' discount of £60 if all 3 levels are booked by January 12<sup>th</sup> 2018.**

**Location: Hornsey, London N8 - close to overland, buses and underground.**

For more information go to: [www.vivfogel.co.uk](http://www.vivfogel.co.uk) or contact [info@vivfogel.co.uk](mailto:info@vivfogel.co.uk)

## COURSE ORGANISATION TIMES: 10AM - 5PM

**Level 1:** An introduction to the basics of EFT and meridian tapping. Working with the body-mind intelligence and core beliefs. Resistances and psychological reversals. 'Pain' & phobias.

**Level 2:** Integrating EFT into our clinical practice. Trauma, embedded psycho-energetic and ancestral patterning. Visualisation, Intention & Imagery. Polarities and subpersonalities.

**Level 3:** Deepening our psycho-energetic practice, intuition, creativity and taking this further.

**Teaching methods will include DVD extracts from case studies, demos and plenty of practicums!**

Those who wish to accredit or move to Master Practitioner status with AAMET (the Association for the Advancement of Meridian Energy Techniques) can apply online to complete case studies and an online exam in accordance to AAMET International requirements. [www.aametinternational.org](http://www.aametinternational.org) More information will be given during Levels 1 and 2. Ongoing EFT mentoring & supervision is a CPD requirement for anyone who wishes to incorporate this work with clients and these are set up with participants and trainer during the course. Level 1 includes the AAMET required 6 hours Mentoring CPD before moving onto Level 2.

**Supervision, Mentoring and Practice Days** are set up 3 times a year (6 hours CPD) and are open to Level 2 EFT practitioners and counselors and therapists who have integrated other (EP) energy psychotherapy trainings.

### WHAT SOME PARTICIPANTS HAVE SAID

"... the major learning for me there is the efficacy of EFT with deep issues in the hands of a skilled therapist - even deep, painful issues and patterning can be relieved of their charge in a short time. And I loved the way it integrates with my Psychosynthesis way of working!" HW

"The amount of interactive material and theory was beautifully balanced. I felt seen, heard and well held by Viv and she gave us enough space to experience the work in practice." DK

"Expansive, playful, spacious, exploratory, profound. Excellently organised, though flexible." SL

"EFT is having a profound effect on me and my client work. Something has shifted in my presence in the room ... the compassion I feel seems to be more held and firm somehow ... so glad I did the course!" AH

"This has been a challenging and transformative experience - but the high point for me - after my initial scepticism - is that it works! Months later - and I am using EFT in my work with astounding results!" JO



**VIV FOGEL** (UKCP, BACP & AAMET Master EFT Trainer) has worked as an Integrative psychosynthesis psychotherapist since 1985, and as a supervisor since 1991. She has her own private practice and for almost 30 years was a training supervisor for The Psychosynthesis & Education Trust. Viv also works with and supervises alternative and mainstream health practitioners. A car accident injury in the late 70's aroused her interest in various forms of healing and alternative ways of accessing body-mind intelligence. She has studied with some of the top metaphysicians and teachers and is trained in energy-medicine and other modalities of energy psychotherapy. Qualified in EFT in 2007 she is now a Master EFT Trainer and Mentor with AAMET International. She is also a founding member with Judith Anderson, Phil Mollon and other UK energy psychotherapists, of EPN the Energy Psychotherapy Network - [www.energypsychotherapyworks.co.uk](http://www.energypsychotherapyworks.co.uk) Viv regularly gives seminars and runs training workshops on a variety of topics in the UK and internationally. She is passionate about the ways in which our unconscious intelligence reveals itself - creatively and psycho- energetically. Viv is also a grandmother, an artist and a published poet. [www.vivfogel.co.uk](http://www.vivfogel.co.uk)