

## Introduction to Emotional Freedom Technique for Stress Relief

### Class description

Meridian Tapping, also known as **Emotional Freedom Technique** is done while comfortably seated. It is a powerful yet easy to learn process which combines tapping with your fingers on your hands, face and chest in a specific, easy to learn sequence. These are the same points used during acupuncture to calm and relax the central nervous system. While tapping, you will be guided through simple statements of tension release and self-acceptance focusing on a specific topic each week. People frequently report a feeling of calm, reduction of tension induced physical aches and pains, and a quieting of the mind. Once learned, EFT can also be safely and easily used at home.

### Class Plan

Over six weekly, one hour classes (Fridays 11:30 – 12:30) students will learn the full sequence of tapping points and practice basic, guided phases to address one main topic per class:

September 13 - Calm Stress and Worry

September 20 - Release Aches and Pains – Reduce Tension

September 27 - End Procrastination – Get Started AND Finish

October 4 - Quiet Your Mind - Improving Sleep – Slowing Down and Accomplishing More

October 11 - Cultivation of a New Habit - Better Eating and/or More Exercise

October 18 - Building Optimism and a Positive Outlook on Life – Surrogate Tapping



Dr. Jeanne C. Folks is a Licensed Professional Counselor and is Clinical Director of Connecticut Psychotherapeutic Resources in Avon, CT, a private practice dedicated to the treatment of psychological trauma, anxiety and depression. With 38 years in practice Jeanne sees individuals and couples and she facilitates small groups. She is a national workshop presenter, blogger, clinical consultant and forensic evaluator. Jeanne has also taught as an Adjunct

Professor of Psychology at Central Connecticut State University and as a Clinical Instructor at The University of Connecticut School of Medicine. She is appreciated by clients, students and consultees alike for her insight, skill and warm good humor. Visit [CounselingWithDrFolks.com](http://CounselingWithDrFolks.com)

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Questions? Call Dr. Folks 860.678.8779 Register on line: [www.Avonrec.com](http://www.Avonrec.com) or By phone 860.409.4332