

Tapping Prayerfully Training in Emotional Freedom Techniques (Meridian Tapping) for Seminarians, Spiritual Directors & Clergy*

A Didactic & Experiential Workshop

Seven specific benefits to using EFT with your parishioners:

- Reduce stress and identify areas of personal growth
- Help them discharge negative emotions and cultivate mindfulness quickly
- Deepen inner strength and the capacity to self-soothe
- Work skillfully with resistance to deepening spiritual practice
- Identify and increase feelings of meaning and purpose
- Cultivate compassion for self and others
- Empower parishioners with a technique they can use in daily life

In this workshop you will learn:

- The basic EFT protocol (self-tapping on acupuncture meridians for relaxation and emotional release)
- Tapping for self-acceptance and resource development
- Identification of targets
- Sequencing targets for maximum positive impact
- Effective use of tapping in group settings including with children and teens
- Unique applications – Tapping in “emotional emergencies”
- Facilitated listening and the rhythm of my trademark EFT Lead & Follow
- Use my trademark Tapping Prayerfully technique in spiritual direction



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Saturday, June 29, 2019

9:30 AM - 4 PM

Lunch on your own - lots of local options

Fee: \$119 (\$99 prior to June 21st) Limited enrollment*

Call to register (860) 678-8779 or visit my website

<http://www.counselingwithdrfolks.com/events/events-for-licensed-clinicians/>

Direct Registration URL

<http://events.constantcontact.com/register/event?llr=cek8l4rab&oeidk=a07egb2xw70e62181f8>

** License/ordination not required for this Introductory workshop*

** Credit toward future events (including one on one case consultation) within one year given for cancellations made 72 hours in advance. Due to limited space, cash refunds not available.*