


Emotional Freedom Techniques (EFT): Levels 1 and 2

3-day workshops with Dr. Kathryn Ritchot, C. Psych



EFT or 'tapping', is an APA-approved, evidence-based practice that has demonstrated efficacy in:

- reducing symptoms of depression, anxiety, PTSD
- reducing cravings
- lowering cortisol levels
- improving performance in athletes, performers, and public speakers

This 3-day workshop is appropriate for:

- **clinicians** who wish to add an extremely effective tool to their practice
- **growth-oriented individuals** who wish to develop self care and enhance general well being.

What will you get from the workshops?

- Overview of **EFT history**, concepts, and evidence-based research
- **Basic 'recipe'** for EFT protocol, with demonstrations and experiential practice on self and in dyads
- **Advanced EFT techniques**
- **'Borrowing benefits'**
 - with groups
 - for clinicians' self-care
- Strategies for **fine tuning EFT**
- **Certificate of Completion** and information on how to obtain EFT practitioner status, post-course, through EFTMRA

Workshop Details:

Session dates:

May 23-25, June 6 - 8.

As a newly certified EFT Level 1 and 2 Trainer, Dr. Ritchot is offering these initial workshops in a small group format at the reduced rate of \$500 for the full 3 days.

Workshops will take place at **212-165 Stafford St** from **9:30 - 5:30**.

Please call **204 415 6767** or email dr.kathryn.ritchot@gmail.com to book your spot!

Fall dates with larger group sizes and regular fees will be posted soon.

Kathryn Ritchot, Ph.D., C. Psych. has over 25 years of clinical experience and is certified to train EFT Levels 1, 2, & 3 through U.K.-based Karl Dawson, the Director of training for the EFT and Matrix Reimprinting Academy (EFTMRA). EFTMRA is the world's largest EFT certification body with more than 10,000 practitioners in 28+ countries worldwide. Karl is one of only 28 EFT Founding Masters worldwide.