

EMOTIONAL FREEDOM TECHNIQUES LEVELS 1 & 2

with

Dr. Kathryn Ritchot, C. PSYCH.

Registered Clinical Psychologist

March 20-22 2026

Granite Curling Club

1 Granite Way

3rd floor*

EFT is an empirically validated form of treatment for psychological conditions such as but not limited to anxiety, depression, phobias, & PTSD.

Please contact Mary Kuzmeniuk
EFTworkshopregistration@outlook.com

3-day workshop
Standard rate: \$700 per person
Student rate: \$350 per person



RESET

RELEASE

REALIGN

Learn core tapping protocols, emotional regulation techniques, and practical strategies for working with stress, anxiety, and trauma in everyday and clinical contexts.

Certificate of attendance provided to those who attend the full workshop.

Dr. Kathryn Ritchot is approved by the **Canadian Psychological Association** to offer continuing education for psychologists.

Dr. Kathryn Ritchot maintains responsibility for the program.

*elevator access is not available at this venue.
Please be in touch if you have mobility concerns.

<https://ritchotgellerassoc.com/>

