



Logo Designed by Dez Sellars



Pictures from Gary Craig's UK Masterclass

Dez Sellars AAMET Level 3 Trainer.

The EFT course leads to a Practitioner certificate which can be used to obtain insurance cover. All courses entitle you to free membership of the Association for the Advancement of Meridian Therapies (AAMET) and I provide you with support and supervision for six months should you need it.

AAMET EFT Practitioner certificates are accepted by The British Institute of Hypnotherapy as an entry level for membership.

Courses on "Emotional Freedom Technique (EFT)"

The simplest way to describe EFT is to call it 'Acupuncture without needles'. The technique uses tapping on various acupuncture points, while concentrating on the problem involved. It is widely applicable and very effective. Relief can often be obtained in a very few minutes. The technique is simple to learn and can usually be taught to clients for their future use.

It was developed in America, by Gary Craig in the early 1990s, from psychologist Dr Roger Callahan's 'Thought Field Therapy' and is now widely used over the world.

A number of courses are available ranging from simple introductory course, but the main course taught is the two-day practitioner course, which leads to the AAMET Practitioner Certificate. This course teaches the basic techniques of EFT and its application to a wide range of problems including fears & phobias, addictions, physical problems & emotional problems. It includes formal works intermixed with demonstrations and practical sessions.

During your practical sessions you will have the opportunity to work on your own issues and many problems can be healed during this training. What better gift can you give to yourself and your loved ones as well as adding to your professional healing tool kit.

[Below is a partial content of the 2 day A.A.M.E.T. EFT Practitioner training course](#)

Two-Day Certified AAMET Practitioner Training

Many extras will be taught during the 2 day workshop as well as having the opportunity to work on any issues you may have by myself.

Day One

10.00-10.15 Booking In & Welcome

10.15 - 11.30 Introduction to Meridian Therapies

Introduction of Tutor

Introduction to Course

A Brief History

The Basic Technique, Demonstration

Q&A (All)

11.30 - 11.45 Mid Morning Break

11.45 - 13.00 Contacting Problems

Physiological Calibration, Voice Calibration

Opening Statement Formulation & Reminder Phrase

Practical Exercise Using Full Technique using film memory including calibrating for an opening statement (Dissociated Problem) (All)

13.00 - 14.00 Lunch Break

14.00 - 15.00 Aspects & Testing
Clean & Lasting Interventions, Finding Aspects, Focussed Solutions
Essential Testing Skills for Meridian Therapists, Apex Problem)
Practical Exercise on Attendee's problem (Minor Associated) (All)

15.00 - 15.15 Afternoon Break

15.00 - 16.00 Safely Releasing Negative Memories
PTSD - basic strategies, diagnostic criteria, narrate the movie
Phobias - Safeguards & Keyword Protocol

Practical Exercise Tapping for manageable phobia or trauma
Group tapping about learning easily and remembering the course material
Q&A covering all day one

Day Two

10.30 - 11.15 Quick Recap and Preview day to come
Health Related Applications
Reversal, Pain, Illness, Safety Notes

Exercise finding emotional component of physical problem (All)

11.15 - 11.30 Mid Morning Break

11.30 - 13.00 Addictions and Addictive Cravings
Understanding Addictions, Anxiety stopper, Homework, Future Pacing
Short cuts, Sedating & Stimulating Algorithms Practical exercise tapping for simple
addiction (All)

13.00 - 14.00 Lunch Break

14.00 - 15.00 Flexible Approaches
Short Cuts, Fail Safes, Toxins and Collarbone Breathing
Introduction to other Meridian Therapies
Muscle Testing
Practical Exercise with Muscle Testing (All)

15.00 - 15.15 Afternoon Break

All 15.15 - 16.00 Examination, Last Questions & Final Answers

16.00 - 16.15 Certification & Farewell

[scroll down for more](#)



(picture above)EFT training session in Essex

COMMENTS FROM MY STUDENTS

(All comments are available to view in my Clinic)

Clear demonstrations that Eft woks on a wide variety of problems

The Training was of a high standard, I feel confident that I can apply EFT to mself and others

MP

I did the course to find out what EFT was about having seen the benefits of it applied to my wife, the course not only answered the questions that I had, but it also convinced me that the only way to find out the full benefits is to attend and find out. A very powerfull and influential techique.

ST Fellows

I very much enjoyed your course and I will take it with me an abundance of options and possibilities to use on myself and others.I wil use it to help myself to improve In every possible way :)

Dani

Extremely useful course, confirms my belief that Eft works! very enjoyable

Dave

What can I say!, Dez not only covered the required material, he also taught us many extras that were not included in the syllabus. I still find it hard to believe that something so simple to apply get ssuch good results, I will definatley be using EFT on myself and my partner.

Thanks Dez

Bill Hammond

Not only did Dez teach in a professional manor, he also showed us that pain can be reduced in minutes and the amount of emotional issues the group had (had) were worked on using borrowing benefits, i was sceptical before the course with Dez but no longer.....i am looking forwad to attending your advanced Level 3 EFT Training, you really do know your stuff

Hugs

sue x

After doing your Reiki training I realised that you have a gift to share with people, I came to you with emotional blocks and you asked me to attend your EFT training course, I am glad I did, not only did I personally shift so much baggage that I now feel free inside, your caring and nsightful way of getting to the real issues and clearing them

is a real gift Dez

Thanks for everything

Maria

PS I am in control for the first time in my life... no more being a doormat for me

Thanks Dez

NEW PRICE STRUCTURE FOR 2006 BELOW

1:1 Training available or small groups

The costs are as following

Certified A.A.M.E.T 2 Day Practitioner Training

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Local Accommodation available please ask

e mail me at nchc@btinternet.com for more info