

2-DAY

Experiential Emotional Freedom Techniques (EFT) Workshop

EFT Skills Mastery to Transform Treatment Outcomes

Psychotherapists know that insight alone is often not enough to produce lasting results and desired change. For clients who are held captive by their own trauma-induced panic and intense emotions, you need **new tools that you didn't get in graduate school**.

Can you imagine being recharged and excited in your practice as you help your clients break free from the intense emotions that are holding them hostage?

Register today for the 2-day Experiential Emotional Freedom Techniques (EFT) workshop!

You'll have plenty of opportunities for hands-on practice during this two-day intensive workshop, and you'll leave this program having mastered **easy-to-follow, effective, evidence-based techniques that you can use to treat your clients immediately**.

Research has shown that Emotional Freedom Techniques (EFT) work to **alleviate symptoms of PTSD, anxiety, depression and physical pain** by rapidly reducing the emotional impact of memories and incidents that trigger emotional distress. With the resulting emotional freedom, the possibility for true change emerges.

Register today!

"I jumped in, without a single doubt, tapping with a patient and saw immediate results...I'm a better clinician."

-Psychologist

Objectives

1. Inspect the origin and efficacy of Emotional Freedom Techniques (EFT) including peer-reviewed, published research.
2. Integrate use of self-applied tapping on accupressure points while teaching clients to think of disturbing memories to reduce the emotional impact of incidents that trigger emotional distress.
3. Demonstrate core EFT techniques in session to teach clients to reduce their levels of stress.
4. Evaluate and implement strategies used to overcome common barriers to success when using Emotional Freedom Techniques.
5. Analyze how EFT works and its treatment implications for purposes of client psychoeducation.
6. Demonstrate use of EFT's basic model in a clinical setting to improve treatment outcomes.
7. Analyze the efficacy of positive EFT and describe when to use positive EFT strategies as related to case conceptualization.
8. Appraise EFT's "generalization effect" and its clinical treatment implications.
9. Determine how to test the results of EFT to measure reduction of symptoms.
10. Demonstrate use of EFT's gentle techniques for intense emotions and to alleviate symptoms of PTSD in clients.
11. Integrate EFT with other treatment modalities, such as cognitive behavioral therapy or EMDR, to improve clinical outcomes.
12. Modify basic EFT techniques for use by clients with physical pain, anxiety and depression to improve treatment outcomes.

Conference on DVD or Digital Format:

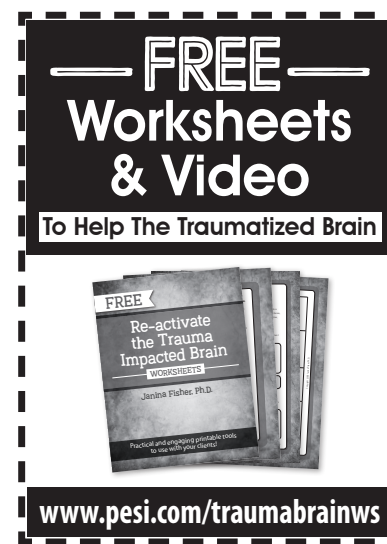
You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish?

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2-DAY

Experiential Emotional Freedom Techniques (EFT) Workshop

EFT Skills Mastery to Transform Treatment Outcomes

FAIRFAX, VA
Thursday & Friday
March 5 & 6, 2020



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2-DAY

Experiential Emotional Freedom Techniques (EFT) Workshop

EFT Skills Mastery to Transform Treatment Outcomes

- Reduce the emotional impact of incidents that trigger emotional distress
- Indispensable tools to reduce symptoms of PTSD, anxiety, depression & physical pain
- Master & apply EFT in even the most challenging situations

FAIRFAX, VA
Thursday & Friday
March 5 & 6, 2020

Outline

The Science Behind EFT

Evidence for EFT’s effectiveness
How & why EFT works
EFT as a client-centered therapy
Limitations of the research & potential risks

How to Prepare Your Client for Tapping

How to introduce EFT to your clients
Case conceptualization
Grounding exercises
Discover strengths & install resources
How to set meaningful, reachable goals

The Core Techniques of EFT

The protocol for EFT’s basic model
Main & additional tapping points
How to shorten the basic model
The 9 Gamut technique
Integrate EFT with other modalities

How to Maximize EFT’s Effectiveness

Identify & address subconscious limiting beliefs
Adverse childhood events & early programming
Recognize cognitive shifts
The generalization effect
How to identify aspects of a problem
Measure progress & test for completeness
Empowering between-session exercises

Approaches to Address Emotional Intensity

EFT for stress reduction
Gentle techniques for intense emotions
When & why to tap continuously
If the client is upset at the end of the session
Considerations for community crisis situations

Positive EFT Strategies

“Regular” EFT vs. positive EFT
Positive EFT skills
When to use positive EFT
EFT Choices statement
Strategies for pendulation

EFT Interventions for PTSD

How trauma is reinforced in the brain
What to do when traumatic memories surface
The Fight, Flight, Freeze response
Useful dissociation
Clearing the trauma capsule
Tearless trauma technique
Observing memories as movies

Strategies for Physical Sensations & Pain

Supporting physical recovery
Tap on emotional contributors to physical pain
Use somatic elements to clear unresolved emotions
Techniques for processing somatic elements
Chasing the pain technique

Techniques for Anxiety

Recognize & treat physical symptoms of anxiety
The Personal Peace Procedure
EFT for future events
Techniques to remove reactivity to an event
Use of metaphors

EFT Modifications for Depression

Detect & treat early events
Identify physical symptoms of depression
Address physical symptoms
When to use reframing

Speaker

Jan L. Watkins, JD, LCSW, is a psychotherapist and coach in the Washington, DC area. She has used EFT for more than 15 years and is an EFT Expert Practitioner. She is a trainer and mentor for EFT Universe and has held EFT workshops for over 10 years at various locations, including retreat centers, corporate offices, hospitals and spiritual centers. As a highly sought-after instructor, she has created unique presentations for non-profit organizations, previously incarcerated individuals, hospitals, post-surgery patients, spiritual seekers, families and more.

In her private practice, Jan integrates traditional and non-traditional modalities including Emotional Freedom Techniques (EFT), Eye Movement Desensitization and Reprocessing (EMDR) and other energy psychology techniques. She helps clients work through difficult emotions and clear limiting beliefs to eliminate barriers to empowered living. She has worked with people of all ages in thousands of EFT sessions on dozens of issues, and she is a contributing author to the EFT Clinical Handbook *Clinical EFT Handbook 1* (Energy Psychology Press; 2013).

Affiliations: Virginia Licensed Clinical Social Worker, Trainer/ Mentor for EFT Universe (International hub for EFT including certification and research), EMDRIA- Certified EMDR Practitioner, member, Greater Washington Society for Clinical Social Work, Family Mediator, Association for Comprehensive Energy Psychology, National Association of Social Workers (DC and Virginia), ETN Energy Therapy network- member, DC Bar Association- lawyer, member

Speaker Disclosure:

Financial: Janet Watkins maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Janet Watkins is a member of the National Association of Social Workers; the EMDR International Association; and the D.C. Bar.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

Workshop Schedule Both Days

7:30 Registration/
Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info



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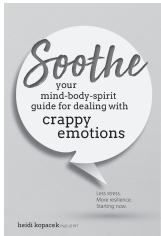
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Soothe

Your Mind-Body-Spirit Guide for Dealing with Crappy Emotions

By: Heidi Kopacek

In *Soothe: Your Mind-Body-Spirit Guide for Dealing with Crappy Emotions*, clinical psychologist and basically your new best friend, Dr. Heidi Kopacek, gives you a holistic approach to de-frazzling from 21st century stress and negativity.

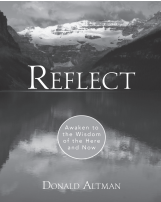


Reflect

Awaken to the Wisdom of the Here and Now

By Donald Altman, M.A., LPC

If you feel like you've been stuck repeating the same problems over and over or lost in endless distraction, don't worry. That may just be a signal that it's time for you to embark on an exciting new path of self-evolution. *Reflect* taps into your unique human capacity for accessing meaning, presence and wisdom in 108 inspiring, affirming, and illuminating reflections. You'll journal, reflect, and practice, to discover the wonder and stillness of presence that exist for you, not tomorrow, but in this next awakening moment.



Live Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the

program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

PENNSYLVANIA PSYCHOLOGISTS: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Provider #PSY00211. PESI maintains responsibility for the program(s). This program qualifies for 12.5 continuing education hours.

SOCIAL WORKERS (NASW): This activity is pending approval from the National Association of Social Workers.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

PLEASE RETURN ENTIRE REGISTRATION FORM

REGISTRATION FORM

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, first come, first serve.
- Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

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