



National Centre for Eating Disorders

# EFT FOR EATING DISORDERS & ADDICTIONS LEVEL 2

Incorporating EFT Level 2 Practitioner Certification



With Masha Bennett BSc (Hons) MPNLP Advanced EFT Practitioner and Trainer, on behalf of The National Centre for Eating Disorders.

Location: Surrey

Fee: £295

**This Advanced course applies Emotional Freedom Technique for complex mental health problems characterised by obsessive and compulsive behaviour. The focus is on eating disorders such as binge eating, anorexia and bulimia plus other substance abuse disorders.**

## EFT, Eating Disorders and Addictions

Eating disorders and addictions are complex conditions noted for their serious effects on both sufferers and the people who care for them. Treatment must focus on the symptoms and the underlying emotional dynamics which give rise to them. We as therapists therefore find ourselves helping people to manage overwhelming drives to perform harmful behaviours as well as to undo the effects of perfectionism, trauma and poor emotional resilience.

This course is suitable for any health professional with an existing EFT Level 1 certification. If you encounter eating disorders and addictions in your work we will teach you Advanced EFT skills - including working remotely with EFT - which will help you work safely, pleasantly and effectively with your clients.

## You Will Learn

- How to use a range of approaches to regulate the level of emotional intensity in the session.
- To assist the client identify and negotiate the internal conflicts and limiting beliefs associated with their eating and addictive behaviours.
- To carry out an assessment of suitability for EFT telephone treatment and conduct a session over the phone.
- Use of at least two approaches for treatment of traumatic memories.
- Use of EFT for relieving physical pain and other physical symptoms.
- How to conduct an introductory session of EFT with a group.
- How to use creative EFT language approaches such as metaphor, humour, time shifts and reframes.

**You will be able to generalise these skills to other psychological contexts. EFT is useful for addiction work, mood disorders, phobias, OCD and trauma.**

## Course Syllabus

- Advanced EFT approaches for addictions and eating disorders including use of metaphor and working with personality “parts”.
- Safety for you and your client. Regulating distress in and outside the session.
- How to deal with dissociation.
- EFT for trauma and PTSD using the Movie Technique, the Story Technique, the Letter Technique, Tearless Trauma Technique.
- Using EFT on the telephone, with groups, with children and young people.
- EFT for pain and physical issues.
- EFT for negative and limiting beliefs underlying eating problems and addictions.
- Additional acupressure points.
- Advanced use of language, using humour, reframing and choices with EFT.
- Advanced troubleshooting.
- Integrating EFT into your practice.

## Assessment and Certification

Please be mindful that EFT courses have a great deal of experiential content. The trainer will undertake continuous assessment of delegates during the course and afterwards you will be required to complete a practical assignment with three satisfactory case studies including one on yourself. This confers the Practitioner Certificate in Emotional Freedom Techniques and eligibility for full membership of AAMET (The Association for Advancement of Meridian Energy Techniques).

## Included in Every Course

- A comprehensive course manual and supplementary handouts.
- Free individual support by phone / email after the course.
- AAMET Certification on completion of one or more case studies (depending on training level).

## Your Trainer

Masha has a wide range of experience working both with individuals and groups. She has developed and managed an innovative Well Being Centre in Stockport and currently combines her work as a therapist in the NHS with her private practice in Glossop, Derbyshire, with a special interest in addictions, phobias, anxiety, trauma and PTSD.

She has the following qualifications and skills:

- Advanced EFT Practitioner and Trainer Accredited by AAMET
- UKCP Registered Neurolinguistic Psychotherapist
- Trained in EMDR, Cognitive Behavioural Therapy and Hypnotherapy

Masha teaches regular EFT workshops to professionals in the UK and other countries, including Norway, Israel, Russia, Latvia, Lithuania, Kazakhstan, and is active in the UK ET Research Group.

*I learned many more EFT approaches on the level 2 course, which I'm now using in my practice to good effect. I particularly appreciate its use with trauma and look forward to helping my trauma clients even more. (Sian Schofield, Hypno-Psychotherapist - Manchester)*

*“What a fantastic two day training on EFT level 2. I thought level 1 was brilliant but level 2 was absolutely outstanding. (Christy Lynch, Liverpool Youth Offending Service Substance Misuse Team)*

*“I found the content of the training so practical and easy to apply in my work. The support it offers our clients is amazing, simple to learn and so beneficial for so many of the issues that they struggle with. Clients love it. It's great for the staff too!” (Tony O'Connor, Drugs Worker - Wirral)*

### BOOKING FORM

Title: Mr/Mrs/Miss/Ms/Dr

Other:

Full Name:

Address:

Telephone:

Mobile:

Email:

### PAYMENT METHOD

Cash  Cheque made payable to National Centre for Eating Disorders

Credit Card/Debit Card/Mastercard/Visa/Visa Delta

Card No

Name of cardholder

Expiry date /  Security code  Valid from date /  Issue No (switch only)

Signature

### BOOKING

complete booking form

call 0845 838 2040

visit [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

Please return your completed form to: National Centre for Eating Disorders, 54 New Road, Esher, Surrey KT10 9NU

Data Protection: The National Centre for Eating Disorders will not give or sell your details to third parties. The data you have provided will be stored on file for NCFED use only..