

Meridian Tapping (EFT) for Helping Professionals

This is a full day tapping class for massage therapists, acupuncturists, nurses, and mental health workers. However, you do not have to be a professional helper to attend. Experience or beginner tappers who would like a deeper understanding of EFT are welcome.

Meridian Tapping (EFT) is a powerful technique that can resolve physical pain and emotional distress in a matter of minutes. Understand the basics of diagnosis and treatment, and learn the simplest way to “get things moving” for resistant cases. Learn how to use it for yourself and your clients, explore specific protocols for physical and emotional pain, stress, trauma, and practitioner’s self-care.

- Review the primary and the secondary “tapping points”;
- Review and apply the basic tapping protocol;
- Practice tapping for physical pain, stress, and trauma in yourself and clients;
- Eliminate “energy contamination” - clear your slate between clients and feel refreshed when you go home at night;
- What to do when things don’t move: a 30-second intervention that gets things moving in 90% of the cases;
- Learn a simple form of muscle testing to improve precision in choosing your “tapping target”;
- Learn Donna Eden’s 5-minute Energy Routine, which conditions, clears, and energizes your meridian system.

Instructor: Elena Khazanova, M.A., NCC, LGPC, CMT, BCST

When: Sunday, Jan. 19th, 10a to 5p

Where: The Spectrum Center for Natural Medicine

8555 16th St., #402, Silver Spring, MD 20910

CE credit for MTs: NCBTMB approved for 6 CEs in the Energy Work category

Tuition: \$75 (an additional \$10 CE certificate fee applies)

How to Register: Please email us to reserve your spot and receive a payment link:
ekhazanova@gmail.com.