

# EMOTIONAL FREEDOM TECHNIQUE

## *Introductory Level 1 – Basics & More Intensive*

Want to Learn a Simple Strategy to Cope Better?



Attend This In-Depth Emotional Freedom Technique Online Course!

**Friday June 2, 2023 @ 6:00 – 9:00 PM\* (MDT time zone)**

**Saturday June 3, 2023 @ 10:30 AM – 6:00 PM\* (MDT time zone)**

\*Days and times may be changed to meet participant needs and preferences

**(9.5 hours online via Zoom)**

**Learn all the *Introductory Level* techniques to deal with anxiety, fear, guilt, chronic pain and more!**

**Be prepared to learn how to *clear out the past*, feel better NOW and plan *strategies for the future***

**Facilitator:** Debra Coffey\*, Registered Professional Counsellor & Accredited EFT Trainer

**Investment: \$285.00 (GST Included) AND Includes: Workbook, Certificate of Attendance, 9.5 CE Hours**

Join this workshop to build up your emotional well-being and help others!

**To register or inquire: [debra@healthstreamwellness.com](mailto:debra@healthstreamwellness.com)**

**780-660-1428**

The workshop comes with a Certificate of Attendance and is worth 10 CE credits and is required for EFT Intermediate Level workshop and certification tract. This workshop is recognized for CE credits with many professional associations.

\*Debra Coffey, CT, RPC, MPCC, Accredited EFT Trainer, Certified EFT Practitioner – EFT and Mindfulness Centre  
Member of Canadian Professional Counsellor Association & Association of Counselling Therapy of Alberta  
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