**EMOTIONAL FREEDOM TECHNIQUE TRAINING COMES TO MALTA**

Emotional Freedom Technique (EFT) is a new tapping therapy that is gaining popularity in Malta and was introduced here 2 years ago by Helena Fone, a qualified Psychotherapist who is also a Trainer of the Trainers in EFT, a renowned worldwide expert, Chair of largest EFT Association worldwide and Author of the best-selling book on EFT entitled “Emotional Freedom Technique for Dummies” which is on sale at Agenda bookstores.

Briefly, EFT gently and safely removes or drastically reduces negative emotional, physical and psychological issues simply by tapping on the face and upper body whilst focusing on the problem. Within minutes, feelings of sadness, anger, anxiety, trauma etc disappear and in its place is left a logical understanding of the problem and a sense of calm. Psychological and neuro-linguistic programming (NLP) techniques are also integrated into the process. Anyone can be taught how to use EFT on themselves and some may be eligible to progress to helping others after only a short course.

EFT has passed various clinical trials and studies for issues such as phobias, depression, anxiety and much more and has recently been recognised by the National Institute for Clinical Excellence (NICE) as an effective form of treatment for Post Traumatic Stress. EFT is used widely in hospitals and by clinicians as well as mental health professionals, practitioners.

Helena has already taught psychologists, doctors, psychiatrists and curious individuals in the technique around the world including Malta and Gozo. She was commissioned by the Minister for Gozo to train the teachers in EFT.

She has appeared on Malta TV and has featured in many magazines and newspapers talking about EFT.

Next Course: One day Level 1 EFT training programme in Birkirkara, Malta on 7th July 2012 from 9.30 – 5.00pm.

For more information, browse through the website [www.eft-training.net](http://www.eft-training.net), send an email to [info@eft-training.net](mailto:info@eft-training.net) or call Helena on 79562245. Classes are limited to 10 in number..

