

Emotional Freedom Techniques - Evidence Based Support



Emotional Freedom Techniques (EFT) has been formally recognised globally by a number of organisations including Veterans Affairs (USA), The Canadian Psychotherapy Association and The National Institute for Health and Care Excellence (UK). Emotional Freedom Techniques;

1. is evidence-based;
2. is a true mind-body approach in that it includes direct interventions at the level of the body;
3. changes brain activity very rapidly;
4. has special advantages in quickly and permanently shifting outdated emotional learnings.

To analyse the effectiveness of our programs and to ensure we are providing the best product to those we wish to serve, we are continually surveying our program attendees, collating their responses and adapting or improving our programs to create better outcomes for service providers. In a recent survey conducted online, past trainee participants reported the following outcomes.



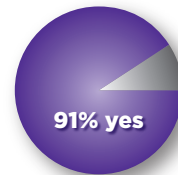
Do you use EFT/Tapping for self-care?



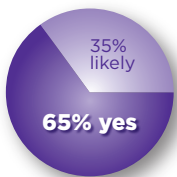
Do you use EFT/Tapping with clients?



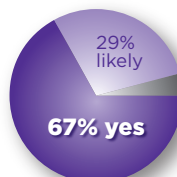
Have you participated in our monthly mentoring sessions?



Have you found our monthly online mentoring sessions supportive?



Using EFT/Tapping, do you feel better equipped to deal with exposure to traumatic events?



Using EFT for stress relief, would you stay in your work role longer?



Would you feel negatively impacted if online mentoring ceased?



Would it be beneficial having other members of your team trained in EFT/Tapping?

FURTHER DETAILS ON THE WORK OF THE MIND HEART CONNECT FOUNDATION

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