

EFT/Tapping First Aid Wellbeing Sessions (Emotional Freedom Techniques)

Is your team experiencing overwhelm, exhaustion, compassion fatigue and burnout? These are just a few of the shared experiences of those working in frontline settings today.

We know time is precious and adding another PD to your calendar is near impossible, but at what cost if you choose to simply push through?

It is imperative that professionals are supported to manage their own overwhelm, to ensure continuum of care.

Our Foundation offers a customised 1.5hr online team session for allied health professionals, educators, individuals and service providers working in traumatised communities.

Participants are introduced to proven stress reduction tools in an interactive format and immediately experience the benefits first-hand. It's a nourishing immersion, like a 're-boot' for your team!

During the session they are guided by our training facilitator in these highly effective evidence-based practices. They will feel supported as they experience the positive impact of stress reduction and emotional regulation through breath work and EFT/Tapping.

Shared experience of these practices in frontline settings by our facilitator, provide an opportunity to see how this can be embedded into their self-care and your workplace culture.

Teams find these sessions interactive, informative and most importantly highly supportive for their wellbeing.

"Tapping helps to ground me when I feel overwhelmed and motivates me when I feel helpless."

SJ - Counsellor

The Mind Heart Connect Foundation has been delivering EFT/Tapping for Traumatized Communities field training since 2018. Their programs have been developed by Dr Peta Stapleton, Clinical Psychologist, Associate Professor Bond University, world leading researcher in EFT and Dr Lori Leyden (US), world renowned trauma healing specialist.



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WHAT IS EFT/TAPPING?

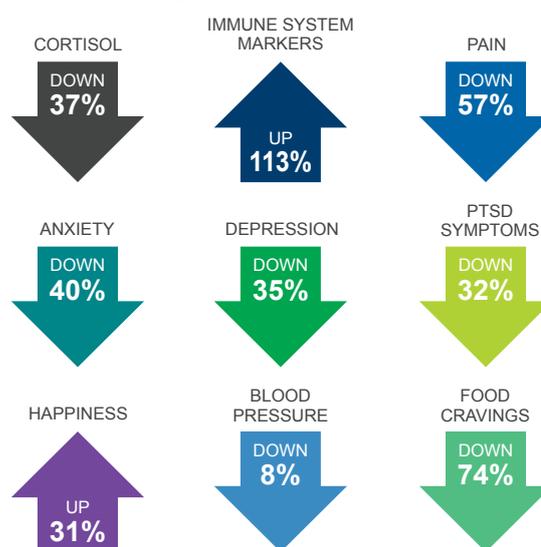
EFT or Tapping is a stress reduction technique. A tapping process with our fingers stimulates acupuncture points on the face and body. The technique has been around for more than 40 years and researched now for more than 20 years. The 250+ published journal articles show it affects a range of biochemistry in the body (e.g., blood pressure, brain activity, cortisol and DNA expression).

EFT has been formally recognised by a number of bodies worldwide including Veterans Affairs (USA), The Canadian Psychotherapy Association, and The National Institute for Health and Care Excellence (UK). Closer to home, the NDIS approved EFT under self-managed plans for patients to access and Blue Knot Foundation includes EFT in PTSD clinical guidelines.

"I can feel the immediate benefits of this technique on my anxiety, professionally and personally."

SD - Social Worker

Clinical EFT Improves Multiple Physiological Markers of Health



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