

# Emotional Freedom Techniques Training

## BY KATHLEEN MORISON

Ann Ross is one of the founding masters in Emotional Freedom Techniques (EFT) and personally trained with Gary Craig, founder of EFT. Ann's approach to training and healing encompasses humour as well as compassion and understanding. Her calm, gentle and serene manner also embraces fun and a lively love of life. To train with Ann is a very special experience and one not to be missed. You will be trained by one of the best that the EFT world can offer.

You will need to plan your diary now so as to benefit from this unique opportunity to meet and train with Ann. She will be in Bridge of Allan to teach EFT Level 1 on Saturday 28th February and Level 2 on Sunday 1st/Monday 2nd March 2009.

What makes EFT special? For those of you who have spent weeks, months, or even years trying various drugs, counselling and alternative therapies in a desperate search for relief from your emotional problems, EFT may come as something little short of a miracle as it:

- often works where nothing else will
- usually gives rapid, long-lasting and gentle relief
- does not involve drugs or equipment
- can be easily learned by anyone and can be taught by telephone
- can be discreetly self-applied
- often also alleviates persistent physical problems.

EFT uses gentle pressure on meridian points - the body's electrical, or energy pathways - to change the way energy travels around the body.

By tapping and pressing on the meridian points, small shock waves are sent through the energy system which stimulates smooth flow and clears blockages. In short, it works like acupuncture, but without the needles.

Ann completed a three-year Advanced Diploma in Therapeutic Counselling and then became an Associate Certified Coach with the International Coach Federation, after training with the Coaches Training

Institute. Not only is Ann an international trainer and presenter but she is also a certified AAMET Trainer and TAT professional.

She has been training doctors, psychologists, psychotherapists and health professionals from many diverse backgrounds for five years and was awarded the 'Train the Trainer' Certificate in 2005.

Courses are certified and accredited by the AAMET (Association for the Advancement of Meridian Energy Therapies) and Gary Craig's Guidelines for Courses.

Much of the above information is from Ann's website ([www.eftuk-net](http://www.eftuk-net)).

For further information, contact Kathleen Morison, 7a Coneyhill Road, Bridge of Allan, FK9 4EL, Telephone 01786 833717.

Don't miss out, but book early so as to take advantage of the early birds offer, and to secure your place. Numbers will be limited.



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*(Stirling and Bridge of Allan Reporter, December 5, 1908)*

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