

Course details

Course title

Care 2: Introduction to emotional freedom techniques

Course code

Q00018560

Course date

Start: 16/09/24

End: 16/09/24

Number of classes

1 sessions

Timetable

Mon 16th Sep, 13:00 to 14:30

Tutor

Georgia Daniel

Fee:

Free

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. If you suffer from stress, physical or emotional trauma, this may well be the course for you. This short non-accredited course will guide you through how you can apply Emotional freedom techniques (EFT) as a complementary treatment to support you in dealing with physical pain and emotional distress. It is also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system and treat pain. This course offers interactive discussion and easy to learn practical techniques that millions of people use every day. With regular practice you may be surprised at how you can make a difference to your health and wellbeing.

Course description

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While medications may work, they can often have a wide range of unpleasant side effects. Many people seek alternative solutions to managing daily struggles such as massage, exercise, diet etc. Did you know that literally thousands of people across the world use the tapping techniques used in emotional freedom technique for anxiety, stress, PTSD, depression and pain. EFT stands for Emotional Freedom

Techniques, and users say that this simple technique helps them feel better quickly, is easy to use and easy to learn. You will be following step by step instructions each week from the tutor learning how to set up the tapping sequence specifically for your personal needs.

There is documented evidence that has hypothesised many have experienced decreased anxiety, cravings, pain, anxiety, depression to name but a few. On this short course will we cover a brief history, theory behind tapping, setting up a personal statement, techniques, the Gamut point, the heart meditation, touch on reflexology and surrogate tapping. This course is open to everyone and there will be plenty of time for your questions, and no question is a silly one!

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