



Course details

Course title

Ways to Wellbeing: Emotional Freedom Technique

Course code

Q00017005

Course date

Start: 09/04/25

End: 11/06/25

Number of classes

10 sessions

Timetable

Wed 9th Apr, 14:00 to 16:30

Wed 16th Apr, 14:00 to 16:30

Wed 23rd Apr, 14:00 to 16:30

Wed 30th Apr, 14:00 to 16:30

Wed 7th May, 14:00 to 16:30

Wed 14th May, 14:00 to 16:30

Wed 21st May, 14:00 to 16:30

Wed 28th May, 14:00 to 16:30

Wed 4th Jun, 14:00 to 16:30

Wed 11th Jun, 14:00 to 16:30

Tutor

Georgia Daniel

Fee range

Free to £92.50

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

Join a group of like-minded people and discover the extraordinary world of tapping. A technique used by thousands of people worldwide that has documented evidence that has hypothesised decreased anxiety, cravings, pain, anxiety, depression to name but a few. We will cover a brief history, techniques, Gamut point, the heart meditation, touch on reflex and surrogate tapping. Open to everyone regardless of if you have any prior knowledge.

Course description

EFT works with the body's internal energy systems. It uses gentle stimulation of the meridians used in treatments such as acupuncture, while simultaneously focussing on the current difficulty. This dual attention helps your brain process whatever might be troubling you and can help to reduce symptoms that the body shares with us, such as back pain, anxiety etc.

Western science has historically been sceptical of many of the holistic approaches; however, recent research has revealed the existence of the vascular system corresponding to many of the meridian points, studies have observed that EFT can make significant changes in brain function.

When we are stressed, the way our brain works changes. Activity in the pre-frontal cortex (linked to memory formation and retrieval, and cognitive processing) reduce, in others words a little like us going "off-line". When this occurs, the body goes into fight or flight mode. As evidenced by fMRI scans, EFT calms the nervous system and can lead to a permanent change in how your body and mind respond to the natural stress response in the body

Join me on this informative course that week by week will take you through all you need to know to use these simple techniques as a natural form of pain relief, to balance your stress and how your body deals with challenging times.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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