



Emotional Freedom Techniques (EFT/Tapping) Group

Mullumbimby Psychology is running an Emotional Freedom Techniques (EFT /Tapping) Group for adults of all ages who would like to learn about this powerful self-applied stress reduction technique. Clinical trials have shown that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress.

The Group is based on a clinically researched method and will be tailored toward the specific needs of the participants. Each individual will have an intake assessment before the program starts to assess suitability and discuss learning goals.

If you want to learn a stress reduction technique backed by over 130 published trials, Emotional Freedom Techniques (Tapping) might be for you! Groups are led by an approved trainer who will teach you the version of EFT from the clinical trials, focussing on different areas, including:

- How to use EFT for stress and worry.
- How to apply EFT for physical issues such as pain.
- How to tap for insomnia and sleep issues.
- Using EFT with the whole family.

Dates: The next 4-week program will commence on Thursday 15th October 2020 from 5.30pm – 7.30pm and will run weekly until Thursday 5th November.

Location: Mullumbimby Psychology, The Maslow Centre, 113 Stuart Street, Mullumbimby.

Cost: \$80 for the four-week program. Upfront payment is required.

Referral: Individuals can enrol directly by contacting the Mullumbimby Psychology on (02) 6684 4748 or email support@mullumbimbypsychology.com.au . No GP referrals required.



The Group will be facilitated by registered Provisional Psychologists, Libby Tooth and Linda Janssen, who are completing their final year of internship with Mullumbimby Psychology through Bond University.

Libby Tooth is a registered provisional psychologist currently completing her Master of Psychology (Clinical) at Bond University. She has a passion for working with families and individuals, with a background in youth homelessness service provision, foster care and children's residential care. Libby has a strength based, holistic and client-focused approach and is skilled in trauma-informed care and current evidence-based therapies. She has specialised training in Evidence-based Emotional Freedom Techniques (EFT) and Bringing Up Great Kids parenting program. Libby strongly believes in empowering individuals to learn or develop the skills necessary to enable them to help themselves and has a respectful understanding of each individual's journey.

Linda Janssen is a registered provisional psychologist currently completing her Master of Psychology (Clinical) at Bond University. Linda, a mum and grandmother to six, has a wealth of life experience working within health settings having first a nursing background and currently practicing in a provisional psychologist role. She has developed ability to provide psychological services including Cognitive Behavioural Therapy for the treatment of depression, and anxiety, and Solution-Focussed Brief Therapy for both adults and children. She also has developed expertise in personal development issues such as self-esteem, assertiveness, assisting children and adults to develop interpersonal social skills, and supporting women in vulnerable health situations, guiding them to find their own strength and resilience under difficult situations. Linda has a strong interest in Health Psychology.