

Discover the magic of EFT and YOU will have the power to help yourself and others.



## Emotional Freedom Techniques

- Are you under stress?
- Do you have phobias or fears?
- Do you procrastinate?
- Do you lack motivation?
- Would you like to improve your career or relationships?

Learn EFT from a leading expert in the field. Dr. Lees has taught EFT to over a thousand people during the past nine years. In his private psychotherapy practice (over 20 years) he has conducted 5,000+ one-on-one EFT sessions.

### EFT Level 1 Approved Workshop

Discover the magic of EFT and you will have the power to help yourself and others. In this workshop you will learn to restore the body's energy balance, both physically and emotionally. You will discover:

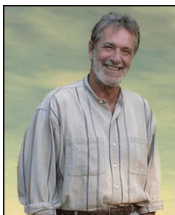
- What is EFT and how does it work?
- Why should I use EFT with my clients?
- Why should I use EFT on myself?
- Format for using EFT: The Basic Recipe.
- Psychological Reversal.
- Word Patterns.
- Being Specific and the Generalization Effect.
- Persistence is the key.
- Adapting the technique to virtually any issue.

**Demonstrations with volunteers from the audience, so bring your problem!**  
**Practise for participants, in small groups.**  
**Question and answer periods.**

**"Take the learning out of the workshop & into everyday life."**

*"Amazing! This is something I will really use! EFT was so simple to learn and I can think of so many possibilities for its use. You have a wonderful approach to teaching and your knowledge and humour made for a very enjoyable workshop. I can't wait to learn more."*

*F. Anderson, White Rock,*



**Presented by  
EFT Expert**

**Dr. Alexander R. Lees, D.C.H.**

Dr. Lees is a Registered Clinical Counsellor with a Doctorate in Clinical Hypnotherapy. He has been in private practice for 20+ years & also presents seminars internationally. He is the author of *Emotional Freedom Techniques - EFT - What is it and how does it work?* and co-author of *Freedom At Your Fingertips*.

### Seminar Details

**When:** Mar. 29, 2008

**Time:** 9:00 am to 4:30 pm

**How Much:** \$249.00 (includes lunch)

**Discount: 10% for early registration = \$224.00**

and paid in full by March 14, 2008

**Further Discount:**

10% if you bring a friend or colleague

**Where:** White Rock/South Surrey area

**To Register:**

**604.542.6277 or**

[lees@dralexlees.com](mailto:lees@dralexlees.com)

**Register online at**

[www.DrAlexLees.com](http://www.DrAlexLees.com)

**For information on EFT:**

[www.DrAlexLees.com](http://www.DrAlexLees.com)