



EMOTIONAL FREEDOM TECHNIQUES SEMINAR – Sue Rockenbach

Learn to help yourself AND/OR your clients
overcome many personal issues including...

- Fears/Phobias
- Coping with Emotional Pain
- Dealing with Grief / Loss
- Managing Physical Pain
- Relieving Physical Symptoms
- Stop Smoking
- Weight Loss
- Sports Performance
- Anger
- Anxiety
- Stress
- OCD
- Depression
- Negative Self Talk
- PTSD and Trauma
- And much, much more!

“Every Family Needs a Healer”

Emotional Freedom Techniques (EFT) or “taping” is a holistic approach, to reducing all of the negatives that bring us down. It is like acupuncture without the needles! Any age can participate in EFT!

No schooling necessary! You don’t need to have an advanced degree to reduce tension!

The Plainwell Counseling Center is hosting an EFT seminar with Sue Rockenbach EFT-ADV, a trained holistic healer. In one short day you, too can learn to reduce stress, cravings, and improve performance! The seminar will begin around 9 am and conclude around 5pm

The class will be **December 3, 2011**, at Plainwell Counseling Center 319 Park Street, Plainwell, MI 49080. The cost is \$95.00 before November 25, 2011 and \$115.00 after. Spaces are limited, reserve yours today. Information (269) 685-9401 EX 20 or email Alisha.Norman@plainwellcounselingcenter.com