

## Course details

**Course title**

Care 2 Find Out About Emotional Freedom Technique

**Course code**

Q00014608

**Course date**

Start: 12/06/24

End: 12/06/24

**Number of classes**

1 sessions

**Timetable**

Wed 12th Jun, 15:00 to 16:30

**Tutor**

Georgia Daniel

**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

Are you stuck in a rut, suffering from pain or just generally feeling out of kilter? This may just be the course for you. During this introduction to Emotional Freedom Techniques, we will touch on the fascinating worldwide used therapy that is easy to learn and incredibly effective. Learn the basics of emotional freedom technique that follows on to a more comprehensive course as a progression route.

## Course description

Discover the amazing benefits of Emotional freedom technique. This extraordinary therapy is executed by stimulating or tapping specific acupressure points at various points around the body to relieve a range of symptoms including pain, anxiety, phobias and fear. Anybody and everybody can incorporate this therapy into their everyday life. It is easy, totally safe and effective. This will lead on to a more comprehensive course that covers the science of tapping, its origins and history.

## 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.

## 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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