

Dr. Kathleen Mojas

Free Facebook Live Webinar

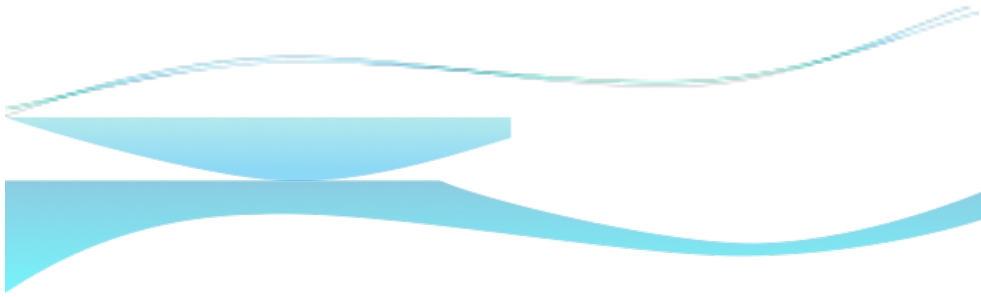
Premiering October 4, 6:30-7:30pm

What Is Emotional Freedom Technique (EFT) And How Does It Heal Your Mind and Body?

EFT has been an exciting new development to mind/body healing by combining Eastern medicine and Western psychotherapy. EFT is also referred to as “tapping” because it involves tapping on the acupressure points of the body that correlate to the energy meridians of the body while you focus on negative experiences, emotions or physical symptoms.

Most people are incredulous that this silly looking tapping technique can create such profound emotional, cognitive and physical shifts. Fortunately, in addition to my own experience working with hundreds of clients over the past decade and witnessing consistently profound results, there is also real science backing up it's efficacy.

The amygdala located in the limbic area of the brain is responsible for triggering the fight or flight response allowing us to confront a threat from the environment. This is very useful if you are actually confronting a life or death situation but not very helpful if you are constantly being triggered by your spouse, boss, kids or daily stressors. EFT has the ability to access this part of the brain and lower your stress, anxiety or depression. In my webinar I will be teaching you more about this technique and most importantly, how to apply EFT so that you can have the most effective outcomes.



How EFT Heals Stressful States of Mind

- **Creates a relaxation response**
- **Deactivates area of the emotional brain involved in fear and pain (amygdala)**
- **Changes brain wave activity**
- **Creates cognitive shift in perception.**
Opens your mind to see the big picture.
- **Balances serotonin and dopamine**

Scientific Evidence demonstrating the efficacy of EFT

PET Scan of an anxious brain getting out of stress mode with EFT: The red and pink represents high beta waves (high anxiety) before EFT. The blue and purple represent alpha waves (calm, focused mind) after the EFT sessions.

