

Testimonials:

After one session of EFT I am sleeping deep and longer at night and feeling much more energized during the day .

A.H. Co Meath.

Weight Loss Hypnotherapy if anyone asked me how it works I would say I don't know it just works .

B.H. Co Meath.

3 sessions of EFT I feel 150% better about that issue .

C.G. Co Louth.

4 Sessions of Hypnotherapy & EFT only I came to you the changes would not have happened .

S.C. Co Meath.

Feeling of burning in the tongue and the knees 1 hour of EFT no more burning in the knees and my tongue feels funny it has not felt that normal way in 2 years.

J.R. Co Cavan

Hearing difficulty in one ear overcame and full hearing returned after 3 sessions of EFT while working on past emotional issues .

K.M . Co Cavan

EFT & Hypnosis Mp3 Downloads / Cds @

www.walkingtall-hypnotherapy.com
www.eft-ireland.com

Change how you feel about the way you think

Emotional Freedom Technique (EFT) is a universal healing aid that is in use world wide by those in the healing professions .

Compared to other techniques , EFT is usually quite gentle , and substantial relief is often achieved with little or no physical or emotional pain .

Often described as acupuncture without the needles in simplest terms EFT is an emotional form of acupuncture , except that we don't use needles we tap with the finger tips to stimulate certain meridian points (acupressure points) while focusing on the goal to be achieved .

Based on impressive new discoveries involving the bodies subtle energies , EFT has been Clinically effective for trauma , Abuse , Stress ,Anxiety or Fears , Phobias , Depression , grief , Addictive cravings , Children's issues and hundreds of physical symptoms including headaches , body pains and breathing difficulties .It is the missing peace to the healing puzzle .

- ... It often works where nothing else will
- ... Usually rapid and long lasting and Gentle .
- ...No drugs or equipment involved .
- ...Easily learned by anyone .
- ... can be self applied .

Alan Holds an Advanced Certificate in EFT and he now finds that the Combination of hypnotherapy / Psychotherapy and EFT provides Relief , in quite a remarkable way , for a wide range of physical and psychological problems . As a professional therapist , He is committed to helping you swiftly and as effectively as possible .

Your constant thoughts become your reality

EFT-Ireland

(EFT)Emotional freedom Technique



www.eft-ireland.com

Personal Freedom is at your finger tips

Alan Kirwan

**Dip CHP. Dip CBT. E.F.T. ADV
MICHP MBIH**

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Wellington Quay Drogheda
Tel : 041 9844277

Health~Ways Therapy Centre
Main Street Virginia Co Cavan
Tel : 049 8549868

Duleek Co Meath
Tel : 041 9823869 / 0862378365

If you do not require this brochure , please recycle it by giving it to someone it might help .

Thank You .

WHAT IS EFT :

EFT is a natural finger tapping and thought altering method derived from the ancient healing technique of acupressure , when applied , it can erase negative feelings , unhealthy emotions , long standing addictions , and traumatic memories from your subconscious mind .

EFT IS :

*A new branch of energy psychology .
A clinically proven method that has been used in thousands of documented cases to relieve stress , trauma , anxiety , pain - and numerous other health related conditions .*

EFT is gentle and non threatening .

*Confidential - you don't even have to share any of your problems with the practitioner to gain relief .
Remarkably rapid in its effects .*

Phobias and stubborn anxieties often fade in minutes .

The life long grip of an early trauma can frequently be released within one or two sessions .

Anger can be managed more reliably .

Depression can in many cases be alleviated without drugs .

Achievements in sports , school , music and business can be given a powerful boost .

Even elusive psychical problems may respond where other treatments have failed .

EFT balances the energy connected to negative emotions or thoughts .

When your energy is balanced and clear around a thought or issue you feel completely different .

There is no more emotional distress .

You feel better .

You are able to think more clearly .

You can see possibilities you couldn't see before .

You are able to take action .

You are able to act with more thought and wisdom .

You bring about better results in your life .

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Try it on everything

EFT is incredibly useful for all emotional issues and mental health problems including:

- stress and anxiety,
- fears and phobias,
- depression,
- low self esteem,
- relationship problems,
- abuse, and
- trauma (past and present)

It has proven effective for a wide range of physical issues including:

- breathing problems,
- weight problems,
- addictive cravings,
- allergies and sensitivities,
- asthma,
- insomnia,
- headaches,
- lingering pain from injuries, and
- the effects of chronic illness

It's great for enhancing performance (sports, work, or personal), changing habits, and rapidly and easily achieving results.

There is no doubt that traumatic experiences can be the cause major, ongoing emotional problems. But so can a multitude of smaller events that might seem nothing to the casual observer. Criticism, failure, self doubt, the overheard unkind remark, and limiting beliefs about yourself lead to a diminished sense of self worth.