EFT – The Emotional Freedom Technique

Professional Training in EFT – Level 1, 2 & 3

Suffolk, Newcastle and Gibraltar

RESOURCING RESOURCERS, INFLUENCING INFLUENCERS

Level 1: 2/3 March 2019, Suffolk, £295
Level 1: 23/24 March 2019, Gibraltar, £295
Level 1: 26/27 April 2019, Newcastle, £295
Level 2: 5-7 April 2019, Gibraltar, £597
Level 1: 12-14 April, Suffolk, £597
Level 2: 28-30 April, Newcastle, £597

Kath assisted EFT's Creator Gary Craig at his only UK appearance at The Reebok Stadium

EFT, the emotional freedom technique, is the missing piece to the healing puzzle. EFT can lift emotions, stress, phobias, anxiety, PTSD, depression and panic attacks. Based on impressive new discoveries involving the body's subtle energies, EFT has been clinically effective in tens of thousands of cases. It provides dramatic relief and rapid resolution of psychological problems and it is long-lasting and gentle. It involves acupressure points and energy meridians alongside psychological techniques to remove emotional blocks and restore emotional freedom and balance. Properly applied, over 80% of clients achieve either complete elimination of the problem or a noticeable improvement. My results are higher than that already impressive figure. EFT is brilliant for stress, anxiety, panic attacks, depression, grief, trauma, PTSD, confidence, resolving inner conflict, addictions, allergies, arthritis, ME, Fibromyalgia, pain, strokes, cancer, ADHD, dyslexia, dyspraxia, autism and aspergers. It's a tool I just couldn't be without in my change-work. Join me for this powerhouse training.

ENERGY PSYCHOLOGY

A powerful tool for the therapists toolkit

Shift Your Vibrational Energy

Level 1 Training £295

- Understand the history of EFT, what it is and where it originated.
- Have familiarity with EFT History in the context of the larger field of Energy Psychology.
- Be able to share appropriate scientific evidence such as recent studies.
- Explain EFT by “Build bridges” of understanding) to people with various belief systems and backgrounds.
- Understand the relevance of the original Discovery Statement to current EFT practice.
- Know how to do the Standard EFT Protocol (including variations) with yourself and others.
- Explain the difference between the Standard EFT Protocol and additional points and strategies
- Understand the importance of Measuring and Testing, the concept of SUDs and scaling.
- Understand the importance of Rapport, what it is and how to begin utilising it effectively in the context of an EFT session .
- Use the client’s own exact words in the Standard EFT Protocol and understand the importance of working with client’s subjective experience at all times.
- Troubleshoot when EFT doesn’t appear to be working and be able to consider and explore options to potentially remedy the situation
- Understand the critical importance of dividing a problem into pieces (Aspects) and getting as specific as possible, and how sometimes you need to start globally/generally, in order to get more specific.
- Identify and work with all major intense Aspects of an issue / problem, recognise, work with, and follow Shifting Aspects, and remember that there may be Aspects that remain unaddressed in an EFT exploration.
- Understand and communicate the importance of being persistent when it comes to doing EFT for self and others.
- Consider that hydration may be important in the EFT interaction.
- Recognise and describe The Apex Effect.
- Understand the concept of the Generalization Effect in EFT.
- Know that there are additional points and strategies that can be used when needed, and under what circumstances they may be useful.
- Know how to effectively use calming techniques such as continuous tapping, no talking, going global, etc, when emotional intensity is high
- Recognise cognitive shifts and understand the importance of allowing these to arise from the client.
- Understand the concept and application of Borrowing Benefits. Understand that Borrowing Benefits is not only a specific tapping strategy, but it is also a phenomenon that occurs whenever we tap along with a person, a group or a recording.
- Have a brief overview of how traumatic experience affects the body.
- Know how to do the Movie/Tell the Story Technique and understand how these tools are used for “protective distancing”, thorough exploration - slowing things down, working with each emotional crescendo - and ultimately neutralizing the effects of past troubling memories.
- Understand that trauma specialization requires extensive skill and experience; emphasize safety over all.

- Understand the importance of asking compassionate, curious questions to uncover Aspects, especially when Intensity Levels are no longer dropping or progress is stalled; asking questions that explore the relationship between thoughts (mind), emotions that follow and where those emotions are felt (body sensations); asking appropriate questions.
- Understand the importance of healthy boundaries and confidentiality, particularly when working with friends and family.
- Understand the usefulness of applying EFT to the symptoms as well as the emotional contributors of physical issues.
- Describe and use the Chasing the Pain method.
- Understand the usefulness of applying EFT to cravings to gain a degree of control and relief. Consider the role of Aspects in relation to tapping for cravings. Understand that there are usually deeper emotional issues involved and the craving is the tip of the iceberg.
- Understand the importance of persistently and consistently doing self-care work with EFT.
- Know how to begin your own Personal Peace Procedure.
- Know the limits of the Level 1 course - to use EFT with self, friends and family.
- Recognise that Level 1 is an introduction to foundational EFT skills, and further study at Level 2 is highly recommended.

Level 2 Training – Professional Practitioner £597

- To have high regard for the client's safety – both physical and psychological.
- To have regard for your physical and psychological safety.
- To appropriately manage physical and psychological boundaries.
- To provide an appropriate therapeutic environment.
- To honour principles of client confidentiality, and the limits of client confidentiality.
- How to contract in with clients and clarify expectations, boundaries, confidentiality, payment etc.
- To have personal awareness and how you might impact on a client – the concepts of transference and counter-transference.
- To commit to personal development, growth, supervision, and CPD – continuous personal development.
- To commit to regular application of EFT for self and the Personal Peace Procedure.
- To recognise the concept of Psychological Reversal, its implications, and how to overcome PR.
- To develop calibration skills, compassion, and establish and maintain rapport.
- To be responsive to a client's verbal and non-verbal signals.
- To appropriately manage 'abreactions' – what seem like abnormal reactions.
- To refer clients to a third party if it seems appropriate.
- EFT protocols, rapport and calibration skills
- EFT - the basic recipe revisited and oomphed!
- Additional tapping points & the eye-roll technique
- Language matters - some NLP language patterns, framing, reframing, presuppositions, questions
- Contacting the problem, statement formulation, psychological reversals, shifting

self-sabotage
- Chasing the pain, working by phone/Skype, EFT in groups, dealing with ab-reactions
- Working with memories, traumas, PTSD, abreactions, sneaking up on problems, tearless trauma techniques
- Phobia protocol and accelerating for success
- Shifting Addictions and cravings
- Muscle testing with kinesiology
- Using 'Choices' and 'Tail-Enders'
- The argument protocol, polarities, and parts integration
- The RIGAAR model for structuring sessions
- Legal matters, working with children, AAMET requirements, Code of Ethics

Level 3 Training – Advanced Practitioner £675

- Beyond The Palace of Possibilities and The Ultimate Therapist
- The role of love and forgiveness in therapeutic work
- Interpreting non-verbal communication, client calibration, advanced rapport skills
- Behavioural Programs and how to recognise them
- Understanding and shifting transference, counter transference, projection, and outcome attachment
- Recognising well-hidden /suppressed severe disturbance in client, eg emotion and/or memory suppression
- Shifting limiting beliefs and doubts, imagineering, installing templates for change, metaphor, choices, deframing, pre-framing, reframing and the use of hypnotic language patterns
- Recognising severe mental health disorders and how to work with them successfully
- Working with abuse and trauma
- Working with allergies
- Working with special educational needs – behavioural issues, ADHD, autism, aspergers, dyslexia, sensory impairment
- Peak performance protocols & Advanced Algorithms
- Working with parts, inner child, sub-personalities, inner conflicts, and parts integration
- The intuitive aspects of therapy
- Behavioural flexibility - ways to inject major shifts and ways to inject gentleness or provocativeness
- Using surrogate EFT
- Techniques to overcome resistance and psychological reversal
- Working with Matrix Reimprinting
- Working with serious diseases
- Working with metaphor and hypnotic language
- Working as appropriate with professionals from other agencies

Short Biography of Kath Temple

International Success Psychologist Kath Temple is a gifted and well-known powerful change-agent who loves to influence influencers like you. She is an inspiring award-winning entrepreneur and social entrepreneur with a passion for truly making a BIG difference. An MSc Psychologist, she has worked with tens of thousands of people across the world to create long-lasting positive change, helping them win the inner and outer game of life. She was named one of Norfolk & Suffolk's 100 most inspiring women, won Business Person of the Year 2008 and was runner up in 2014, and was appointed by the original 69 specialist members for England & Wales appointed by The Secretary of State for Education to the SEN & Disability Tribunal as one of the original 69 founding members for England & Wales. Kath's ciients include Deloitte, BT, GlaxoSmithKline, BBC, nuclear industry, DfES, Suffolk Education, Norfolk Education, Jyske Bank, Credit Suisse, IDT Finance, Hambros, Environment Agency and Leaders across the world. Kath has appeared on BBC, Channel 4, on TEDx Great Wall of China, presented webinars with entrepreneurs from Dragons Den, and is a regular on BBC Radio. Paul McKenna has referred clients to her for many years. She is the Founder and CEO of The Happiness Foundation, which won Business With Community Impact 2014. Kath has done whole school training in EFT and NLP in a Pupil Referral Unit in the UK. After the trainings Ofsted awarded the school a Beacon of Excellence Award and said they were 'moved by the practices in the school.' One of their teachers as part of her MA in Education presented her research at the first NLP International Research Conference on the difference NLP and EFT training made to children's learning outcomes at the school for children 3-8 with significant social, emotional and behavioural problems. Kath has also used EFT to help people with strokes, cancer, and other serious diseases as well as for emotional and psychological issues.

Kath's Clients Say Such Great Things …

Kathy, your enthusiasm and knowledge and professionalism so amazing. I learned to be more solution-focused with clients and will integrate the NLP we learned with the EFT stuff. Already feel much more confident demonstrating and explaining various techniques in my EFT training - wonderful, thank you Kathy.
KARL DAWSON, EFT Master, Creator of Matrix Reimprinting, Hay House Author

Your unique and positive style – massive amounts of value embedded. An amazing 3 days for working on my own stuff. So many great ways to combine NLP and EFT. This gives me great tools for helping myself and others. Thank you!
BEN TIPNEY, ex GB Rower, Sports Coach

You miracleworker! I'm still feeling suitably NLPed and just used the solution-focussed stuff with someone who phoned me on a helpline who not only has ME but is also depressed. I also tried out some things on my daughter Aimie yesterday with great effect! - so, immediate benefits ... how cool! I found it an incredibly uplifting experience and value enormously the days spent. I feel truly nurtured and spiritually refreshed.
JACQUI FOOTMAN, EFT Master and Master Trainer, Chair of AAMET

Thank you so much for giving us the powerful message – you have such an amazing presence on stage and EVERYONE was blown away with you! They are still talking about you!
LINDA TURNER, UEA Medical School

the happiness foundation · WORLD CHANGE AGENTS · COACHINGHEADS · The lifelong learning company · Temple Alternatives

The combination of NLP and the advanced EFT techniques worked well together and I have used the excercise facilitated for me regarding my allergies and I believe that it has already resulted in improvement. The insomnia points have proved immediately successful - very grateful for this. I will as you know particularly put the learning into practise at First Base with the children. We are introducing it to a new group tomorrow and I will do some individual work with a child exhibiting high levels of anxiety tomorrow which will include some EFT. Thanks!
EITHNE LEMING, Headteacher, First Base Pupil Referral Unit

The speed with which you recoded the interrogation incident in Kuwait was astonishing and what a difference it has made to me. So much so that when I was out walking at Dartmoor with one of my military colleagues. He seemed a bit down so I asked him what was wrong and he started to talk about his PTSD due to events in Bosnia. To cut a long story short, he was troubled by a memory of something that had happened in the past. A similar thing had happened to me as you know and you took me through the EFT routine which shattered the emotion that went with the memory. Although I've only used EFT a couple of times in the past year, having worked a treat on me for this particular problem it got me thinking 'I wonder if it'll work for my buddy'? As it happened we weren't far away from an ancient stone circle on Dartmoor – these places are built on the junctions of lay lines and are reputed to have mystical powers! As we walked towards it I explained the principles of EFT to my buddy who by now was getting quite excited at the prospect of getting rid of this memory! So there we were – freezing cold on an icy day on Dartmoor having taken gloves off standing in a stone circle tapping away…. within minutes his face changed and I knew something had happened. The emotion that went with the memory had been changed, and as a result he was as happy as Larry! That was a few days ago now, and I've just spoken to him again today and he's still over the moon! Happy days……! Don't be surprised if he turns up at another one of your courses. He went straight home and started tapping on a problem with his son …..! What a great feeling! For me as well as him! This stuff along with NLP is pure magic! I love it!
CHRIS MONK, Ex Marine Commando, Managing Director - Values-Based Leadership

Kath, I can't thank you enough for that WONDERFUL weekend, what an enlightening uplifting and heart-warming experience. I am SOOO pleased I waited and travelled afar to attend your course, it was well worth it!! I still feel calm and empowered, and believe more than ever that I am fit healthy and strong!
DR ANNIE CAMPBELL, Counselling Psychologist, Reading University

I always thank my lucky stars for you and the amazing training and inspiration you have given me. I work therapeutically with 7 children each week across both schools and I love the difference it makes to these children. I also use the techniques/strategies/ways of being to help my family, those around me and myself. I had a parent meeting the other day where the mum broke down due to an abusive relationship she had been in - I used many tools to resource her. I constantly have that attitude to gratitude!! I love my life - no matter how hard it gets I always know it will get better! I owe so much of that to you!
LISA SQUIRRELL, Senior Education Officer, Lapwings Education

WOW what a brilliant workshop – we are still flying! Loved the wonderful way you teach, an inspiration for us all . It was exceptional - brilliant, we had a great experience! Loved the solution-focused questions - your magic questions! I've used them with my clients and with groups. This has moved the energy on in quantum leaps. This has enhanced all my EFT work - we are getting phenomenal results, it's MAGIC!
JENNY COX, Creator of The Balance Procedure, EFT Master

Brilliant trainer - fun! Awesome - couldn't improve on it! I have developed my skills in many areas. Thanks Kath, you are a star!
MAIR LLEWELLYN, Psychologist and EFT Master

It was all so good! **PROFESSOR TAM LLEWELLYN, EFT Master**

Thank you , you are an incredibly good trainer and thank you for offering me the chance to learn, with a great group of people. It all ended too soon.
PETER GREGSON, Business Consultant

I'm having great results using EFT with hypnobirthing and in my ante-natal classes too!
CLAIRE ATKINSON, Midwife, MoD

Thanks for all of this - and wowee, fantastic four days. Loved it. Great fun, wonderful interaction, beautifully prepared and seamlessly presented. I will integrate it into client work and EFT workshops.Kath, you have a silver, nay a golden tongue! Every word inspires!
MOIRA BUCHANAN, EFT Trainer and Analytical Hypnotherapist

The course was brilliant and I feel great to have been able to be included. I came home on such a high and so happy to be part of something so profound and incredible. Its funny how some people can put a wet set to your day and others can brighten up every moment. You have a fab way in which you work and are a truly beautiful person on the inside and outside. If I can become half of the miracle you are, I will be a lucky person. Thank you very much.
JENNIFER MINION, Ireland

A big thank you too Kath, for giving so much of yourself. Am enjoying using NLP more again, with additional confidence and fun. Thanks Kath! Also changed approach with clients yesterday. I`m going to do a lot more forward thinking stuff.
NORMA WINNERT, EFT Master and Master Trainer

The best thing about the course has been you Kath. You are a true inspiration, you have made me feel that I too can be an inspirer! Love you lots! I have learned so many valuable lessons that I will take away with me. The greatest is that I have the power to make my life great. I have realized how much I bephuck myself (your word!), which is now a thing of the past. I can truly say you have changed my life. Thank you for this amazing gift. I would recommend you to everyone – it should be a crime not to do this course!
AIMEE POLL, Special Needs Project

Thank you for a fascinating weekend, and all the work, practice and magic we did on each other. Thank you, Kath, for bringing such a group together. Loved the caring environment you created. Felt able to share some deeply personal things. Loved the wealth of info, and stories – what a memory you have! Loved the practical exercises too. Learned the way energy flows and is used and blocked and how it affects our entire way of being, physically, emotionally and biologically. This is a brilliant course – do it now everyone!
NIC WALKER, NLP Master, Trainer & Coach

An enormous thank you for the most fantastic 3 days I spent on the EFT Practitioner Course - I didn't want it to end and I am so pleased I am booked on to the Advanced course in a few weeks time. I felt (and feel) truly inspired and much 'lighter' than I have done in a long, long time. You are such an inspirational person and I count my blessings that I found you, by chance, last year. I so look forward to continue learning with you in the future. I couldn't have wished for more. I gained self-belief and the ability to help others with this simple yet powerful technique.
JANICE BUCK, Holistic Therapist, Southwold
How much I enjoyed the course and what a lot of crap I've shifted! I loved it and enjoyed meeting everyone – a lovely warm and safe group to be with and some new friends too. I loved witnessing some of the stuff falling away from the others, very powerful and humbling, no wonder you love what you do. Loved the format. Loved the insights and the realization about how I decreased my energy levels and what to do to change that. I enjoyed it all. Everyone should just do this course – just go for it!
SUSAN TIMEWELL, Occupational Therapist

I felt such love and acceptance. Learned to make good use of my energies for myself and everyone around me. I can make my life richer, fuller and live it to its full potential. Do this course, it will change your life. It is the best gift you could ever give yourself.
JANET MARKWELL, Accountant

Enjoyed learning the strategies for de-escalating beahvioural problems with children in the unit. Enjoyed learning the tapping process and how it can be used with the children to promote self-esteem and self-worth. I have also identified inhibitions in my own life and those of others near and dear to me. This stuff works, it may look strange, but who cares!
YVETTE HART, First Base PRU

Thanks, Kath, for an energising 3 days. I am using EFT regularly for myself now as I realised I containerise things. I think I have dealt with them when I really haven't. This became clear over the weekend. I liked the way you slipped in more and more spiritual things as the weekend progressed. Lovely people on the course, lovely trainer! I liked the integration with NLP and other disciplines and the amount of tools and tips and ideas I can use. I also loved the readings and quotes. Great content! This is one of those 'don't miss it' courses! Thank you.
MONICA PORTER, Diamond Life Retreats

Excellent course materials booklet. Learned strategies for myself, friends, colleagues and children and parents. **SHARON WARD, Teacher**

The atmosphere in the room was great. It gave me a sense of anticipation and was very uplifting. Presentation was great and energising. A lot of my own beliefs actually tie in with EFT and so I became more comfortable with it. I could see that the technique works and look forward to incorporating some of it into my work and personal life.
FRAN SMITH, Behaviour Support Assistant, First Base PRU

A different approach and strategies for working with the children, family and colleagues - and a fresh approach for myself and ways to promote self-esteem. Very much enjoyed the section on forgiveness.
PAULA PEACOCK, Senior Teacher

Enjoyed the atmosphere of openness and ease you created. You gave us plenty of opportunities to practice tapping and the various ways we can use it in our work with children. Learned to be more open and confident and comfortable with it. Your attitude was quite inspirational! **CAROLINE MANNING, Gemstones Education**

Don't miss out on this course! I learned that I can effect change for myself and others with no fear of doing harm. **JACCI SPASHETT, Ormiston Trust**

Got a new insight into how we think and how we can change patterns of behaviour. Enjoyed looking at how it can fit into what we already do and how it intertwines with my own beliefs.
CHRISTABEL REYNISH, Headteacher

I have been using the EFT on my family (they are my guinea pigs) and have had some great results, my son Harley is coming round to let me do it with him, the other night he was really upset and we did some tapping and he calmed down really quickly! I also worked with my sister on weight loss, and she had quite a breakthrough! Thank you again for that wonderful four days, and fingers crossed I will see you at the end of March for NLP training.
KAREN PARR, Project Worker, Sure Start

Just want to say a BIG THANK YOU for the excellent 4 days I've just spent with you. Looking forward to life unfolding in a brilliant way now! My life is exploding with all sorts of good things this week! So many choices of people to meet and places to go!! I certainly can't complain about things being stagnant any more… Thanks again for having me on the course, my energy levels are much higher and the future looks brighter!
TRICIA DAVIES, Speech & Language Therapist

Thank you so much for such a lovely weekend Kath. It was packed full of information, tips, wisdom, experiences and a lot of fun too. As always, it was made that much more special because of your completely unselfish kind regard for others, and your sincere desire to help everyone be the very best they can be. I can't wait to practise what I've learnt, and I have a couple of people in mind for it already
DIANE TURNER, Therapist, Droitwich Spa, Worcs

Everything that was said over the two days has meant something to me, some things more profoundly than others. Everything was well thought out and felt comfortable and I took on board not only the EFT techniques but also the work on forgiveness and letting go and moving forward. Go for this course, it will really make you think and look at yourself deeply.
JAN LAWS, Teacher

As a person who likes a sense of control and things to be organised and planned, this weekend was an invitation to trust - literally a 'mind-blowing' experience. Opening my mind beyond myself to embrace the highbrow concept of being a very tiny part of an enormous whole (eventually) felt rather like coming home. The work we did around trust and intuition was, for me, well-timed as I have been on a journey to approach and understand myself in a more holistic way, to tune in and be more intuitive and trusting of my own thoughts and feelings. I now have more confidence to work in this way with clients too. Never having thought of myself as a Healer before, I appreciated the re-frame and the reminder that, just by our very being, presence, intent and actions each and every one of us is a significant and influential element. As always, group work offered the opportunity for implementation and to experience other working styles and adopt practices that resonated. The recommendation of further material - books, DVDS etc - will ensure further study and development and the built-in three months supervision offer will keep me more focussed and aware of the passage of time! Once I have completed Train the Trainer I look forward to teaching others to spread the benefits of this amazing therapy. I have already used the illustration of £100 worth of daily energy several times and will continue to seek to plug leakage wherever I find it! I have also shared some of the basic concepts of using EFT with children with my work colleagues and will explore ways of using EFT with staff and children within the organisation. I am an Advanced Practitioner of Meridian Therapies!!!!
MELANIE HARRIS, Sure-Start Project Worker

Hi my Sensei! Kath, my wife has had to beat me with a wet copy of the newspaper to stop me babbling about the weekend. I've had pethadine a couple of times but the euphoria I have is something else. I GET IT!!. I see EFT and how it works. Can't explain it but I just see the connection so vividly. Its weird. I can't really express the change that you have facilitated in me. I used it on my first client this morning who is a lady I have had on my caseload for 2 years. She is depressed and talks of suicide. I facilitated a real shift. On a lighter note your daughters have to be the nicest girls I have had the privilege to meet. Katie and Lucy really made this course for me in their friendliness. You are the most inspiring trainer I've come across.
KEVIN REES, Psychiatric Nurse, Hypnotherapist and Brief Solution-Focused Therapist

The best things were your skill as a trainer Kath! Your energy and enthusiasm - it was well paced and a good balance of input and exercises. The group was great. It felt very safe. So many useful tools. Learned the importance of stories and quotes, the power of language too. I will use this in my client work and in my personal life. Kath it was a great course, I really enjoyed meeting you and your family and I LOVED your stories!
SUE CURRANT, EFT Practitioner, London

I thoroughly enjoyed the weekend. As usual, you were brilliant. I have never been so determined yet so relaxed. I love this stuff. It makes sense and I neither know nor care why it does. Thanks again. The best things were: the ENERGY that was in the classroom from start to finish, being in the company of like minded people. Kath Temple's presentation and subject knowledge, not to mention her enthusiasm. Discovering, after 43 years, that somehow I had answers to questions I never dared ask. I learned that we have power beyond our own imagination. Intuition and intention are powerful tools and used purposefully can bring about change in a most unusual yet delightful way. I learned that through the sharing of energy we become stronger; however, to truly exert power (influence) we need only to trust our intuition and act accordingly. I will use it to help myself and others escape the effects that negative emotions bring. I will use it to bring about change FAST. I will use it as a tool to aid my self-development. It is a great experience and if anyone is serious about wanting to make a difference in their lives as well as others, this course is an absolute must.
HERBERT ANGELO BOUYER, Psychotherapist & Hypnotherapist

The learning was so very interesting and the best part was being able to experience how EFT helped someone with a trauma and seeing such positive results. The course is wonderful and it opened my eyes to a completely new way of thinking – and it works!
JOANNE MARIE OLIVERO, Gibraltar

The way Kath always presents the training engages everyone in the room. I have experienced a one to one, small groups, and larger groups with Kath and the high quality of the courses never changes. Kath's energy and enthusiasm is infectious. I love training with her a she always empowers her students. Thank you for it all.
MARIBEL BOSSINO PINCHO, HR Director, MH Bland, Gibraltar

Thanks for a wonderful 'tapping' weekend, you really are an inspiration. I now feel much more confident to practice effectively, with new tools like tapping on the client. I spent quality time with wonderful, open, caring people (are they really different to the people in the 'real world' or is it the energy of the course?). Within an hour of the course ending I am listening to a priest convincing his congregation that everybody is a healer, opening up the possibility of new clients for me. Within a day of the course my brother (the negative one) contacts me in despair about his IBS, and is now considering my offer of EFT, a real breakthrough. I get an email from one course member and a phone call from another checking on my allergy progress. Instead of recommending the Allen Carr course for smokers I now feel able to handle this myself. To feel that I may be able to work with the police to tap on clients who have suffered sexual abuse is breathtaking. I am now able to introduce EFT more confidently with a story or 'acupuncture without the needles'.
ED HIGGINS, Managing Director, Orchard PD Coaching

The Advanced EFT maintains the structure of level 2 learning but allows freedom to adapt the therapy to the client in a non-prescriptive manner. This "freestyle" approach greatly enhances the relationship between therapist and client in that it can be individualised more easily and is less intrusive. I found the approach to enhancing the skill was intuitive in the sense I felt greater empathy and understanding of the problem and could adapt the setup phrasiology and the reminder far more easily and concisely. This allowed me to target the core aspect much more effectively creating a greater level of change. Therefore as a therapist I feel my skills have been uniquely honed in undertaking Kath Temple's teaching and would endorse this course to anyone. Level 3 has undoubtedly changed my understanding of EFT and its' application to my work with clients. The course as it stands had the content that meet my training needs and could not be improved upon.
KEVIN REES, Psychiatric Nurse, Hypnotherapist and Brief Solution-Focused Therapist

Great crowd! Lovely engaging host in Kath! Simply beautifully explained – love Kath and how she shares her knowledge for the betterment of others. I wish my friends had experienced what I have – wonderful! I have learned acceptance, the power of feelings, that we are beautiful souls, that we have now been given great tools with which to help serve and heal the world. It is a wonderful course to do, a powerful journey in which you will not only help others, but yourself too.
JAYNE WINK, Rehabilitation Officer, Gibraltar

Loved the energy and the amazing content. EFT works! We are made of energy. And I also recognised that I have a lot of pent up issues I need to resolve and EFT will help me do that. This course has given me the tools to help myself and others and the courage to help others seek professional help. I learned to JFDI! The course is totally worth the investment in yourself!
STEPHANIE GOODRIDGE, Technical Specialist, Authorisations, GFSC

Kath your ability to explain and communicate in a simple way a wide range of complex theories using language and mixed media is phenomenal. I was able to immediately apply my learnings to imrove the quality of my life and the lives of others. I really enjoyed the Energy Routine movements to increase energy too. I learned how to use tapping to help myself and others to shift unwanted emotions. I learned about the importance of emotions and many techniques and gained so much knowledge that I will be able to share with others. This has been an incredible course jam-packed full of interesting valuable information and tools and skill-building to help yourself and others straight out the gate! Thank you Kath.
MATT BROWN, Coach, Marbella

It's ok not to feel ok, and its ok to invest the time to explore and fix things in your life. With this course I will help my children and my family cope better with stress and anxiety. Amazed!
SONIA STAFFORD, Director, The Lounge, Gibraltar

I learned how to deal with difficult situations and to acknowledge them not bury them. Do this course you will not regret it!
MICHELLE STAFFORD MILLS, Director, The Lounge, Gibraltar

Kath you are magic! I loved seeing you demonstrate EFT with children and how powerful it was for them. I learned the future is ours to live – we choose how, the power of the mind, to make my own magic and spread it far and wide, and JFDI – love it! Come do this course and be prepared for magic! Wonderful!
EMMA MONTEGRIFFO, SENCO, Gibraltar

Loved watching you work with children. Found the information about children and their brain states fascinating. Important to ensure that positive messages are given to them in those first 7 years.
CAROLINE GILCHRIST ESTELLE, Director

Loved learning techniques to teach my daughter and to help so many others. You couldn't have improved on this course. I feel exhilarated! I learned that not everything is meant to be felt forever. Through tapping you can let go of the hardest, rawest, most emotional issues. Do this course! No matter how scary, how terrified you are, just o it and by the end of it the butterflies in your belly have gone and all is well. Without any doubt I highly recommend this course.
NADINE ABUDARHAM, HR Advisor, GFSC

I learned so much that was new and the tapping made me realise I am not crap at everything! I learned so much about myself and also behind every smile it doesn't always mean you are happy but that it is ok becuaes you can tap your way to being better. Definitely do this course and any other course that Kath is running as it empowers you and is amazing.
CLAIRE LAWRENCE, Managing Director, Brunos & Little Rock, Gibraltar

Loved all of it. Loved JFDI. Seriously life-enhancing tools needed for today's lifestyle.
BRENDA CUBY, The Success Coach, Gibraltar

I learned that we can live in complete freedom. Learned that the repetitive tapping away the negative and tapping in the positive rewires how we think. It's been inspiring! It's been an incredible experience. I don't have to live every second of my day with trauma. I would recommend this course to people loking for a shift in their life – a really positive shift. Thank you.
ANDREA LESLIE-KOEN, Nursery Teacher, Gibraltar

Kath' delivery and explanation of EFT techniques have given me the tools to help myself and others. I learned to recode issues and phobid and traumas and to realise there are no limits to my choices and beliefs. Definitely do EFT training – but only with Kath Temple! It will help you make a difference and achieve success.
JO WARD, Freelance Journalist and Writer

Kath your delivery was excellent and fun too – you are so knowledgeable. I learned I can help people without causing harm, and to enhance precious peace. Time to open your heart and mind to something new and do this course!
BERNADETTE PRESCOTT, Reflexologist, Cancer Relief Centre, Gibraltar

The rate of your delivery Kath and the tempo of the flow of information – you made it vibrant and fun! Needed softer chairs, my backside is quite old! Seriously though Temps, it was yet again FAB! EFT is demonstrably powerful, great results can be achieved. It all makes sense even to the sceptical and the cynical. And you will start to use it almost immediately and increasingly.
KEVIN PRESCOTT, Retired RAF Officer, Gibraltar

Loved the content and the deliver of the course content by Kath. Learned so much about the wide range of benefits and scenarios in which EFT can make a real difference. Learned that the agent of change is the individual themselves – we have a choice to choose the life we lead and change the things we don't like or which 'harm' us.
GEORGIE TAYLOR, Digital Financial Controller, Gibraltar

I realised I had not forgiven myself. I didn't know that was there. The course and the energy video was very inspiring. I learned how to heal my physical pain – fibromyalgia and clearing the day's issues with tapping and releasing old energy. I highly recommend this course! The toolset is vast and it's a new way of living from now on!
VANESSA ADAMBERY, Facilities Office Manager, STM Fidecs, Gibraltar

The effectiveness of EFT and how it empowers one to be able to take control. The visual representation and result of change in a trauma victim was so very impressive. Enriching. The physiology and the physics of life and body and mind with regards to energy and control. How important and life changing it is to be able to practice EFT for yourself and for others. Do this course – go for it! Value for money! Great tool to have and you are not the same after an EFT training. **AUDREY ALECIO, Gibraltar**

Kath's deliverance of the content was amazing. Do this course!!!!
ANN RIORDAN, General Manager, Gibraltar

Enjoyed the sharing and the learning of invaluable information and techniques. I have access to another tool to use for oneself and to help others! A physical tangible tool that works! It works! It's possible! Do this course!
BRENDA GUILLIANO, Consultant, Gibraltar

Loved the easy to9 understand way Kath taught us about EFT – you are an amazing and inspirational teacher Kath. I learned that forgiveness of yourself is good. Just do it! Great course!
DEBORAH BROWN, Wedding Planner, Med Weddings, Gibraltar

I learned the importance of forgiveness and the power of the mind. I want to do what you do Kath! If you are thinking about doing this course JUST DO IT!!!
NIGEL BROWN, Port Coxswain, Gibraltar

You Kathryn Temple are amazing! Loved the practical knowledge of how to use EFT, tapping for several different circumstances, including working with children. Do this course! Informative! Kathryn is extremely knowledgeable, kind, a great personality and will enrich your life and help you enrich others.
CAROL ANNE DEMPSTER, Clinical Hypnotherapist, Teacher, Alicante

Kath the best part of this course was the way you explained everything – such a clearer understanding of EFT now. I learned a way to shift my energy and to help others too. Just do it!
SALLY RIVADENEYRA, Sotogrande

The best things about this course was the knowledge shared and to be in Kath's dynamic company. I enjoyed the use of music, videos, group sessions, and Kath's talks which combined well and maintained our attention and focus. Help is readily available. Go for it.
ANNA CAVILLA, Lawyer
Lovely to meet with like-minded people, learning to forgive, getting extra tools for my life and for others, and being with Kath for two entire days! I learned how to forgive and how toxic it is to live with unforgiveness. And I learned how important it is that how we speak to children really affects them. JFDI this course!
MELONIE PARR, Counsellor, Gibraltar

Having completed the NLP course this was such a useful consolidation of previous learning as well as introducing completely new learning. Learned the acupressure pints, the order, how to free-flow as I tap, learned affirmations and integrating NLP techniques with tapping. This course was so well worth it. Enjoyable! As always a pleasure to work with Kath!
ANNE MARIE MORELLO, Teacher and Author

The wide applications of EFT and its intense effectiveness! Loved the reminder of NLP too! Learned how to soothe my daughter when anything is troubling her and to help family and friends to regulate their emotions too. I highly recommend this course and sitting and listening and learning and watching with wonder you – love you! Many thanks our Kath!
YVONNE PAGE, Photographer, Gibraltar

What a blessing to learn such wonderful techniques from you Kath – I loved everything! Do this course! EFT is life-changing!
TESSA SACRAMENTO-MENEZ, Regulator, GFSC

Kath temple

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