

# Energy Psychology

## *Acupressure for Emotions*

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### FAST, POWERFUL RELIEF OF PSYCHOLOGICAL DISTRESS

A “tapping” (EFT/TFT) technique using meridian acupressure points plus eye movements, and adding elements of affirmation, intention, mindfulness, and breath

#### Level 1: The Basic Technique

Saturday, May 6, 2017

(Open to all)

Learn and practice Acupressure for Emotions to help with:

- Stress and anxiety management
- Anger, grief, guilt and other difficult emotions
- Addictive urges and weight loss
- Negative beliefs that sabotage success

#### Level 2: Incorporating into Your Clinical Practice

Sunday, May 7, 2017

(For professionals only; Day 1 prerequisite)

Learn how to incorporate this technique into your work with clients. You will learn:

- The theory behind energy medicine, basic neurobiology, and how to introduce these methods to clients
- How to integrate energy psychology into a four-stage treatment model, including using this technique to build up ego strength and safely process traumatic material

Both days 9 am - 5 pm | Pricing: \$125 Level 1; \$175 Level 2

**Special Offer:** Register with a friend or colleague, use code SUNYA, and save up to \$60 each!

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Learn more & register at [MarySise.com](http://MarySise.com) | Questions: [events@marysise.com](mailto:events@marysise.com)

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Mary Sise, LCSW, DCEP, is a leader in the field of energy psychology and co-author of *The Energy of Belief: Psychology's Power Tools to Focus Intention & Release Blocking Beliefs*. An internationally sought-after presenter for keynotes and workshops, Mary maintains a private practice in Latham, NY.

