

**I am interested to learn more,
what options do I have?**

- Telephone for a free personal consultation
 - Book a session to learn more
 - Order the full course prospectus

Visit: www.eftandemotrance.co.uk
or www.toptotoehealthtraining.co.uk

Email Allison now on: toptotoehealth@uwclub.net

**Contact Allison Walker on
07990 521524**



**Top to toe
health training**

Book now and change your life!



Complete Personal and Professional Development Course

**leading to emotional and potential
financial freedom as well!**

**Are you looking for an in depth
course for personal
self-development that can lead to
a New Career or New Direction
in an Existing Career?**

**Read on to
learn more
about this**



**Wonderful
Opportunity!**

This eleven month, part time, weekend course equips you with powerful but simple tools to transform your personal approach to life and take your career into a new dimension in the field of health, wellbeing and personal development.

These tools are at the cutting edge of the fast developing and exciting new field of Energy Psychology. The growing world of Energy Psychology needs professional, highly qualified, caring individuals to help our nation of emotionally stressed people.

The course includes the internationally acclaimed Emotional Freedom Technique (EFT) as well as other effective Meridian Energy Therapies. Also the innovative Emotional Transformation Technique called Emo Trance that is similar to the popular mindfulness skills now taught in the NHS and Corporate sector; although ET is simpler and more versatile having multi-dimensional application.



Accreditation is through the **AMT-Association for Meridian Energy Therapies (www.theamt.com)** and the **Sidereus Foundation (www.emotrance.com)**



These Midlands based courses offer a fully inclusive, cost effective training for the novice or those with some prior knowledge and skills in the Complementary Health and Counselling sectors. We meet either monthly or every other month on this carefully structured progressive course. We cover everything from your own past and present issues to moving forward in life to attain your goals.

Relationships play a large part in the course from your relationship with yourself to your relationship with others. You learn to grow in self confidence and have the confidence to empower others to do the same. There is also a flexible modular system for those wishing to dip in and out of the course units that hold the most interest for them or wishing to take longer to complete the full program.

The whole course can cost less than £20 per week to fund and after the first complete unit can be self-financing!

Is this the right course for me?

If you are willing to bring your own experiences to the group and share with them, engage in the exercises with an open mind and to practice the techniques at home then you will more than enjoy the course. Being able to understand your limiting beliefs, the energy of trapped emotions and experience the freedom of releasing these is empowering.

By experiencing the scope and range of applying these techniques to really help you move forward in the direction you want in life, in work, in relationships, financially, in health and more, then you can really feel and believe that anything is possible. You can experience true joy, happiness and wonder in life and help other people to experience the same. How amazing is that? If you want to try the techniques and meet Allison before you enrol on the course, then telephone for an introductory session.

Are there opportunities to practice professionally?

Many practitioners go on to have highly successful businesses. If you are not already self employed Allison can advise you on how to start and offer on going support. Specialising in an area of interest is a really good idea and these can include working with children in schools (subject to usual safety checks), as a Relationships Consultant, helping people to lose weight and quit smoking.

Corporate work can be very lucrative as well as rewarding, helping employees to reach their full potential and companies to increase profit. Combining energy psychology with body work such as massage and reflexology really enhances your practice and brings a complete healing experience to the client. There are even energy psychologists working with animals.



If you have a specific area of interest Allison can organise guest speakers and master-class days to cover these topics.



Who is the Trainer?



Allison Walker has been in practice and teaching in the Complementary Health sector since 1999.

“I love the energy psychology techniques, they are such fun and the results never cease to amaze me.

Even deep rooted problems can begin to release in minutes.

Seeing clients lighten visibly is truly rewarding and I am passionate about teaching the techniques to empower as many people as possible.

I have designed this cost effective course to give lots of support and supervised practice to boost students' confidence”.

“Life transition should be releasing but also rewarding and joyful!”

What do other people think?

A “Allison has been an inspiration to me and my colleagues on the course. She was always on the end of a phone to chat, and if there were any problems she would deal with them sympathetically and privately.”

M.W. Warwickshire graduate

B “I find myself to be much happier, more confident and even the pains in my shoulders have gone. Very surprisingly other people have commented that I have changed. Allison is a healer in every sense of the word. I cannot recommend her highly enough. Thank you again with all my heart, Pat. Oh and cigarettes taste awful now!”

P.W. Staffordshire-client who came to quit smoking now wanting to train in Emo Trance!

C “The course delivery and all manuals, receipts and certificates were of a very high and professional standard.

THANK YOU FOR A LOVELY WEEKEND/S & COURSE! YOU ARE A BRILLIANT TEACHER!”

C.H. Manchester - student



Key Course contents and features:

- ◆ Full accreditation through the Association for Meridian Energy Therapies and the Sidereus Foundation
- ◆ Course Manuals for each course unit
- ◆ Six Course Books
- ◆ DVD's and CD's for home study
- ◆ Certification at each stage of the course and an overall certificate
- ◆ The possibility of practising professionally in one modality after the first couple of months, **making the course self funding!**
- ◆ Licence fees to each appropriate organisation for 1 year
- ◆ Listing on the relevant websites as soon as able to Practice Professionally
- ◆ Examination and case study Assessment fees included
- ◆ 1 year of personal mentoring
- ◆ Refreshments and a light vegetarian/vegan lunch each day
- ◆ An additional one day course on Setting up in Practice and Marketing. *Optional for existing practitioners/compulsory for non-practitioners at an extra cost*
- ◆ Supervised Clinical Practice working on each other and members of the public in a safe, supported environment
- ◆ On-going support from each Association including newsletters, conferences and low cost web sites
- ◆ The possibility of becoming a Trainer in subsequent years and specialising further in your areas of interest
- ◆ Minimum 72 Contact Hours of Training
- ◆ Excellent venues with nearby accommodation
- ◆ Run over weekends following school term dates
- ◆ Course fees spread over the duration with payments by monthly standing order



Full course prospectus including topics covered, dates, fees and venues contact Allison on 07990 521524 or toptotoehealth@uwclub.net or visit www.eftandemotrance.co.uk

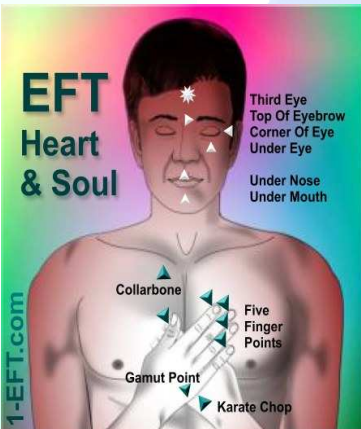
The course is mostly practical consisting of experiential learning but there is an examination and case study requirement after the first EFT Practitioner Training unit. These are both completed at home in your own time, therefore the course does accommodate most peoples' learning styles and preferences. The books form an integral part of your learning experience but the reading is not mandatory and they can be used for reference as well.

What is Energy Psychology?

This is the umbrella term to describe the new modalities that create psychological change through working with the body's energy system. Energy Psychology brings us techniques for true and rapid healing and personal transformation. As we become free of our limiting emotions and beliefs, we become closer to who we truly are and expressing ourselves more fully in life, in whatever way that might be.

What are Meridian Energy Therapies?

Therapies such as EFT and TFT (Thought Field Therapy) work on the body's Meridian points; those familiar in acupuncture. These points create a mind/body link to help to change the emotional pain associated with a distressing thought or memory that has caused a disruption in the body's energy system.



By focussing on the issue and simultaneously tapping or pressing on the Meridian Points, the client or practitioner can help to change the physical or emotional responses to incoming stimuli.

The memory is unchanged but the associated feeling is changed and this in turn can have a positive affect on the physical body.

What are these techniques used for?

To help with life's challenges from the very minor to the most serious. They include fears, phobias, addictions and cravings with issues such as weight loss and smoking cessation. Low self esteem, lack of confidence, grief, guilt and sadness. The emotional components of physiological issues such as pain or disease with an emotional origin, or the associated stress of the illness. Post traumatic stress, the stress of events such as a mugging, burglary or rape and abuse.

Techniques are safe and ideal for children to help with problems such as bullying and eating disorders.



What is Emo Trance?

Emo Trance is a separate modality that teaches an awareness of the body's energy system and how to release any blockages simply and quickly. Feelings or emotions should naturally come and go, but sometimes thoughts can get stuck. We keep replaying events, we feel a lump in our throat, a knot in the solar plexus, an ache in the heart.

Emo Trance focuses solely on the feeling in the body and teaches us to recognise that it is only energy that is stuck and needs to move out of the body. Once the energetic block is released the person can feel completely different. Emo Trance helps people to move forward in all areas of life: in relationships, work, life goals and dreams. Emo Trance can be used with EFT to produce some stunning results.

What research is there to substantiate claims?

In addition to the large samples of clinical trials, a number of randomised, double-blind studies have been conducted. One of these compared approx 2,500 anxiety disorder patients who were receiving energy therapy treatments with 2,500 receiving established treatments for anxiety disorders: medication combined with Cognitive Behavioural Therapy (CBT).

The energy psychology treatments were superior to the medication/CBT protocol in the proportion of patients showing some improvement (90% vs 63%) and the proportion of patients showing complete remission of symptoms (76% vs 51%). In a related pilot study by the same team, the length of treatment was significantly shorter with energy therapy than with CBT (mean = 3 sessions vs mean = 15 sessions). The Authors emphasise that these were pilot studies and any conclusions must be considered preliminary and tentative. Nonetheless, the findings are impressive, and constitute the most persuasive empirical support for the efficacy of energy-based psychotherapy to date.

The entire paper may be accessed via www.innersource.net