



## Energy Psychotherapy – a gentle yet powerful approach to working with Trauma

### Introductory Workshop

The Quaker Meeting House, 43 St Giles  
Oxford OX1 3LW

**3 ½ hours CPD**

**Saturday May 12<sup>th</sup> 2018 9.30 a.m. –1.00 p.m.**

*“Many of us, having worked for years with other psychoanalytic or cognitive methods, find that energy psychology appears to offer results that are more rapid, deep and gentle than we or our clients have hitherto experienced.” Phil Mollon - Psychoanalyst and clinical psychologist*

*“It is no exaggeration to say that Energy Psychotherapy has transformed my life.” A client*

#### **WHO IS THIS WORKSHOP FOR?**

This workshop is open to anyone who is interested in learning about Energy Psychotherapy and discovering a simple self-help tool for managing emotional stress.

It also provides a “taster” for counsellors and psychotherapists who might be interested in the **Five day Foundation Course in Energy Psychotherapy**. (October 19<sup>th</sup> – 21<sup>st</sup> and November 16<sup>th</sup> – 17<sup>th</sup>).

**CONTENT:** The introductory workshop will include:

- ❖ A general introduction to energy psychology
- ❖ Teaching Emotional Freedom Technique (EFT) – a simple meridian based method for self help
- ❖ Demonstration of muscle testing and of a chakra based trauma clearing method.

**FEE:** This course is offered FREE of charge but DONATIONS to MEET in Oxford will be welcome.

**BOOKING:** Please contact Sandra Figgess (therapy@greenfig.org.uk 01865 515156) to book onto this introductory workshop and/or for information about the Five day Foundation Course in Energy Psychotherapy. (October 19<sup>th</sup> – 21<sup>st</sup> and November 16<sup>th</sup> – 17<sup>th</sup>).

**Sandra Figgess** is a Gestalt Psychotherapist who has trained in EMDR and in energy psychology modalities and works in private practice with adults. She is a founder member of MEET in Oxford, a small charity which offers EMDR and Energy Therapies at very low cost and aims to make these methods better known in Oxford.

*For further details about Energy Psychotherapy training see  
[Energypsychotherapyworks.co.uk](http://Energypsychotherapyworks.co.uk)*