

**East Bay Energy Therapy
provides powerful workshops
for all communities and age groups!**

East Bay Energy Therapy is a new organization based in vibrant Oakland, California. We provide physical and emotional healing using EFT, which is a somatic therapy based on powerful acupressure techniques. Besides personal one-on-one sessions, we also offer exciting, life-changing workshops for individuals and organizations.

Our central workshop series right now features five sessions that help participants eliminate the primary effect of trauma and abuse - fear - and gain the five elements that are necessary for true recovery: hope, compassion, boundaries, honesty, and community.

We have also developed a variety of workshops that teach basic EFT skills to different age groups. A particular favorite is our childcare workshop, where teachers, all kinds of parents, daycare providers, and others involved in childcare can learn how to use EFT on nightmares, childhood anxieties, temper tantrums, colic, and similar problems.

We also have workshops designed to teach these skills directly to children, and ones in which adults can learn how to use EFT for their own physical and emotional health. Please let us know if your organization is interested in hosting one!

**Is your organization interested in offering these
workshops to your clientele?**

East Bay Energy Therapy can travel to locations around the Bay Area! We are happy to bring these workshops to you, to enhance the emotional and physical health of your community.

We have 1.5 hour and 3 hour versions of each workshop described in this catalogue. Each one is suitable for any number of participants, whether it is two or two thousand.

We require a lead time of at least two weeks to present any given workshop, in order to prepare and advertise for it. The cost is \$200 for a 1.5-hour workshop and \$350 for 3 hours, or \$25 paid by each participant.

However, East Bay Energy Therapy has a strong commitment to bringing these tools to as many people as possible. Therefore, we have **sliding-scale fees** available, particularly for small businesses and non-profit organizations. Please contact us if you are interested in any of our workshops, at:

EFT4Peace@gmail.com
<http://eft.fabglitter.org>
(510) 652-3014, or
919 44th Street, Oakland, CA 94608

We look forward to hearing from you!



Workshop Catalogue

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Current Workshop Series

The Freedom From Fear Workshop explores the many faces of fear, including anxiety, shame, and even anger. Participants are guided through a variety of tools for putting fear in its place, and discover the abundant world that their fear has been blocking for so long.

Participants in this workshop will learn to identify their fear in its many disguises; will learn to use EFT to dispel their fears; will explore the roots of their fears; and will become able to recognize the dreams and goals that their fear has hidden from them.

The Hope Workshop guides participants in seeing how people can heal from the damage of trauma and abuse. Along the way, they discover the passions and interests they have abandoned, explore their potential calling, and plan how to integrate joy and dreams into their daily lives.

Participants in this workshop will gain a greater understanding of the common effects of abuse; will learn from special speakers that healing is possible even in the most extreme cases; will complete written, collaged, and group exercises designed to help them rediscover abandoned parts of themselves and recommit to joy.

The Compassion Workshop teaches participants to distinguish between their abuse and their true value, and unearth a well of compassion for themselves that can release emotional pain and body memories. Perhaps most importantly, this compassion leads to the ability to raise their standards for themselves and build wonderful lives. It's easy when you can truly commit to yourself!

Participants will learn to apply EFT to release the shame and guilt that they took on for their own abuse histories; will learn and discuss specific levels of self-care; will recognize and learn to combat negative self-talk and other forms of self-abuse; will create "before and after" artwork illustrating what causes them pain in life and how they can change it; and will commit to the group to make specific changes.

The Boundaries Workshop uses fun physical and written exercises to identify boundaries. Participants become experts in their own feelings, and do great detective work using those feelings to unearth long-neglected boundaries. From there, they find out how to express, defend, and respect their own and other people's boundaries, and become incredibly powerful in their own lives.

Participants will perform kinesthetic balancing exercises with a partner; will do written exercises that explore resentments to reveal the boundaries within and the power of responsibility; and will learn how to use EFT to be fearless in their commitment to honoring their own boundaries.

The Honesty Workshop challenges participants to take careful inventory of self-harming behaviors from bulimia to bouncing checks. It is only by being honest with ourselves about what we want, need, feel, and do that we can become free. This workshop focuses on integrating the commitments and experiences from past workshops and preparing to move into newly joyous and free lives.

Participants will complete a written exercise which helps identify present self-harming behaviors; learn the connections between past abuse and present-day life; learn to use EFT to let go of shame around self-harming behaviors, as well as the behaviors themselves; share their experiences of the workshop series and/or their personal recovery work overall; and will receive tools for continuing this work outside of the workshop environment.

The Childcare Workshop introduces participants to handy acupressure techniques that can be used to heal childhood fears, colic, temper tantrums, bedwetting, bullying, nightmares, and many other common (and uncommon) problems, Great for teachers, babysitters, foster parents, nannies, daycare providers, grandparents, other family members - anyone who cares for children!

Participants will learn and practice basic EFT techniques on themselves; will learn playful ways to introduce EFT to

children; will complete roleplaying exercises with a partner; and will share different situations in which they would like to incorporate this helpful material.

The Kids' Workshop teaches children of all ages basic EFT tricks and techniques using games and fun exercises. Participants share common troubles and practice using these tools to heal sibling rivalry, test anxiety, junk food cravings, and scary memories.

Participants will learn basic EFT techniques. Younger children will listen to a story about common childhood problems and learn how to use EFT to resolve similar problems in their own lives; teenagers and pre-teens will discuss what angers and scares them and learn EFT techniques for dealing with these issues. Everyone will have the opportunity to discuss different tools for self-care around food, family, feelings, and other fun stuff.

The Transgender Workshop addresses many common fears in the transgender community. Participants explore common bonds across the community and learn to release fears of all kinds - from the drag king's stage fright to the common codependent fears around passing - and reclaim the power they so richly deserve in their lives.

Participants will share their experiences in their gender journeys; explore their own investments in what other people think of them in public and personal relationships; and practice easy EFT techniques and other tools for releasing their fears and embracing their true selves.

The Health Workshop teaches the history of EFT, basic EFT skills, and coaches participants through applying EFT to achieve relief from simple health problems like migraines, colds and fevers, cuts and bruises, and tension.

Participants will learn how EFT was developed; learn the basic EFT procedure; be guided through practicing it on current physical problems; and discuss simple tips and troubleshooting techniques as well as other potential applications.