

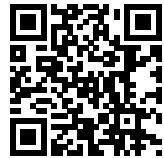
## ALLEViate STRESS AND ANXIETY WITH EFT



## Location

## **South East, East Sussex**

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The EMOTIONAL FREEDOM TECHNIQUE is an extraordinary therapy that can give amazing release not only from anxiety, stress, fear and depression, but also help break addictive patterns, phobias and low self esteem and self worth, and much more. It uses a combination of tapping on certain acupressor points and talking. EFT is simple yet the results are often profound. I teach you self help tools to use for yourself in situations that may, and will arise, triggering old patterns, but helping you face any problem from a new and more balanced perspective.

After one to six sessions with me you will feel more confident, self assured, less stressful, and hopefully ready to greet each day with more optimism, curiosuty and balance.

I love my work, and seeing the positive happier changes in my clients. One to six sessions with me could set you on a happier and more creative path. By transforming the negative effects of stress greater peace, happiness and self acceptance can be yours.

As a long time counsellor/psychotherapist I have many years experience of helping people both in the private and public sectors.

I look forward to hearing from you, and to giving you the tools needed to create greater freedom and happiness in your life. I have a sliding scale of fees. [www.susannahacworth.co.uk](http://www.susannahacworth.co.uk) [email protected]

Mob: 07766482209 home: 01435 831135

[email protected]

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