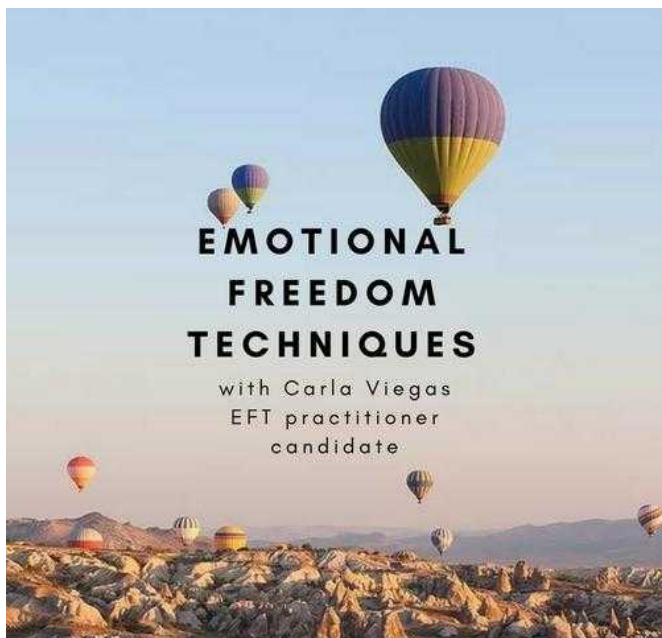


Low cost EFT therapy - Release anxiety, stress, trauma and reclaim your life



Location **London, London**
<https://www.freeadsz.co.uk/x-559268-z>



Hello!

My name is Carla Viegas, I am an EFT practitioner candidate. I have 8 years experience in therapeutic settings, from having created and delivered my own self-development course for women back in 2009, to having spent years as a group facilitator in various environments as well as my own ongoing personal work and volunteering for various organisations. I am AAMET (Association for the Advancement of Meridian Energy Techniques) and UKPTS (UK Psychological Trauma Society) registered and have student status with the British Psychological Society, and am covered by professional insurance.











EFT stands for Emotional Freedom Techniques, otherwise known as 'tapping'. This is a very effective therapeutic technique which helps create profound shifts, at levels normally not experienced through 'talking therapy' alone. EFT bypasses the conscious mind to work at a deeper, non-verbal, level.

As well as using EFT, I make use of a variety of other therapeutic techniques and tools to instill self-understanding among clients and encourage them to adopt new attitudes and feelings towards life situations.

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I can work with:

- * Trauma
- * Anxiety and Depression

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And can work from my home in Wimbledon, London, or anywhere worldwide through Skype/Hangouts/video calling.

I am offering my services at a greatly reduced cost as I am still in training. The investment is £30 per session and these last 60 minutes (as well as support outside the sessions as needed). I receive supervision and abide by the AAMET code of ethics - you will be in good, responsible hands.

I look forward to working together!