

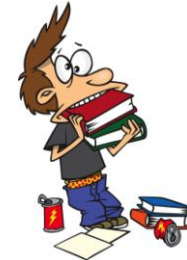
WNYSCC sponsored event:



EFT Level 1 & 2 Training April 12-14, 2019 Brockport, New York

Professionals: \$749 (\$699 early-bird special if registered by 3/11/19)
Students: \$299 (\$249 early-bird special if registered by 3/11/19)

See <https://www.efttappingtraining.com/brockport> for registration and details.



Are your students (or you) experiencing stress? Ever wished you had additional, evidence-based tools to effectively empower your anxious students? Sign-up for EFT Level 1 & 2 Training today!

Students can encounter anxiety-provoking stressors throughout their day. Developing effective anxiety management skills allows them to better navigate these challenges. School counselors often have limited time and resources to effectively assist students struggling with anxiety and/or teach them effective stress management strategies. Emotional Freedom Techniques (EFT), more commonly known as tapping, is an evidence-based protocol to more rapidly address issues of anxiety and stress in school settings. Helping students to develop effective, easily incorporated anxiety and stress management tools, such as EFT, early in their lives can support maximum development of students' well-being and talent potential, as well as prevent persistent difficulties with impairment due to anxiety into adulthood. A study examining the effect of EFT on the body's biochemistry found that using EFT significantly reduced cortisol levels in one session. Cortisol is a biochemical marker in the body that indicates the individual's level of stress; as the person's level of stress decreases, so does the level of cortisol.

Additionally, research results in school settings have indicated that EFT significantly reduced:

1. Students' anxiety levels in fewer sessions than traditional interventions (e.g., deep breathing and muscle relaxation)
2. Fear of failure
3. Test anxiety

