

# **Touch & Breathe (TAB)**

## **A Mindful Method of Energy Psychology**



### **WHAT IS TOUCH & BREATHE (TAB)?**

Touch & Breathe (TAB) is a fast and effective treatment for relief of psychological distress. It involves touching on acupuncture meridian points on your own body plus a series of eye movements as you think of a distressing emotion, belief or event. These meridian points have been used in eastern medicine for centuries and combining them in this manner, helps to reduce or eliminate the emotional distress, at times within minutes. TAB is based on the method of Thought Field Therapy (TFT), adding additional elements of affirmation, intention, mindfulness and breath to the treatment.

### **TAB FOR THE GENERAL PUBLIC:**

The techniques of touch and breathe (TAB) are so simple that they can be easily taught to anyone. In this three hour training we will learn the technique to help with stress management, anxiety, pain and addictive urges. We will also focus on the negative beliefs that you have that seem to constantly sabotage your success. Beliefs regarding lack of money, success, abundance, and health will be targeted.

### **ABOUT THE PRESENTER:**

**Mary Sise, LCSW, D.CEP** a Licensed Clinical Social Worker and Diplomate in Comprehensive Energy Psychology has a private practice in the Albany, NY area. In addition to being traditionally trained, she integrates energy therapies into her work and has trained hundreds of therapists in these methods. Past-President of the Board of Directors for the Association for Comprehensive Energy Psychology, she has presented at conferences both nationally and internationally on the use of energy therapy for trauma. She has produced numerous training videos, teaches an eight week on-line course in trauma and energy psychology and is the author of *The Energy of Belief: Psychology's Power Tools to Focus Intention & Release Blocking Beliefs*. More information is available at [www.integrativepsy.com](http://www.integrativepsy.com).

**Date: Wed. Evening October 6, 2010**

**Time: 6:00-9:00 pm**

**Place: 582 New Loudon Rd, Latham, NY**

**Cost: \$50.00 per person**

**To Register Contact: Mary Sise, 518-785-8576**

**Program limited to 12 participants, register early.**