

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 the three hour evening session you will be taught the technique to help with stress management, addictive urges and the negative beliefs that seem to sabotage your success. Beliefs regarding lack of money, success and health will be targeted.

Date: Wednesday Evening December 14, 2011 6-9pm ~ Cost \$50.00
582 New Loudon Rd Latham - Pre-registration required, space limited to 12.

TAB FOR PROFESSIONALS:

In this two day training we will focus on the professional use of TAB with clients. We will discuss the theory behind energy medicine and how to introduce these methods to your clients. You will learn the TAB method to help with anxiety, stress, anger, grief, guilt, addictive urges and negative beliefs.

In the second day of the training we will discuss how to use these methods clinically. Using a four staged model of treatment, we will discuss how to use TAB to build up ego strength before processing traumatic material and delineate the steps to processing traumas successfully, including for patients with dissociative diagnoses. This program has been approved by NASW NYS for 13 contact hours under approval number S-467-A

Date: Sat Nov 19 & Sun Nov 20, 2011 9am – 5pm
Cost: \$325.00 or \$295 if registered 2 wks prior to event
582 New Loudon Rd, Latham - Pre-registration required, space limited to 12

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. A former adjunct professor at Siena College, she has produced numerous training videos, teaches an eight week on-line course in trauma and energy psychology and is the co-author of *The Energy of Belief: Psychology's Power Tools to Focus Intention & Release Blocking Beliefs*.

More information and a downloadable brochure are available at www.integrativepsy.com or call 518 785-8576 to register.