

# Energy Roots Training Prospectus 2007





## ENERGY ROOTS TRAINING

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Energy Roots Training specialises in the delivery of professional energy training programmes for therapists, coaches, and healthcare providers. The Energy Roots approach ensures that practitioners are familiar and competent with the theory and practical applications of these techniques.

### ABOUT YOUR TRAINER

**Catherine Dixon BA (Hons). RSA (Dip)**



- Licensed Trainer of Meridian Energy Therapies (AMT)
- Advanced Meridian Energy Therapies Practitioner . (Adv) P. AMT
- Cognitive Hypnotherapist and NLP Practitioner Dip Cog Hyp. MNCH
- Chi Kung Teacher (Grad. College of Chi Kung)
- Shiatsu Practitioner (London College of Shiatsu)
- Advanced Ear Acupuncture Practitioner/Supervisor (E.A.R)

As a qualified trainer, I have over 20 years of professional training experience both in the corporate sector and in Complementary Therapy. I have delivered and designed EFT courses at post graduate level and presented energy based training workshops for educational environments and commercial organisations in London and the South. Clients include Rugby House, NHS Westminster, St James Lucy Clayton College, Imperial College UCL, Twyford School, BBC Worldwide, BBC TV Centre, The Halian Group, Figtree Systems, Hammersmith & Fulham Council.

I have worked in complementary therapy since 2001 both in private practice and within the NHS. Cognitive Hypnotherapy and NLP provide me with skills and understanding to treat health from a mind perspective and Traditional Chinese Medicine (TCM) from the body. I maintain a private practice in Ealing and Highgate and run two natural healthcare clinics on client's sites in Notting Hill and Fulham.



## EFT & MET PRACTITIONER CERTIFICATION TRAINING

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### INTRODUCTION

This 2-day Approved is accredited with the AMT (Association for Meridian Energy Therapies). The training is intended for therapists, healers, coaches, counsellors and health care workers wishing to learn powerful, effective new approaches for working with clients. The training course is designed to advance skills in EFT to a significantly high level to practice EFT with confidence and success.

The AMT was formed in 1998 as the first non-profit umbrella organisation for the emergent field of Meridian Energy Therapies. Membership is open to those who have taken the Certification Trainings and Associate Membership to anyone who has an interest in the wider field of Meridian Energy Therapies.

### THE AMT PRACTITIONER CERTIFICATION TRAINING

This licensed training in 8 modules consists of three interactive components that together create the understanding and competence necessary to conduct professional interventions, with an absolute focus on training a practitioner who will support others in a safe, cohesive, ethical and effective manner.

These interactive components are as follows:

1. The lectures, materials and information presented by the trainer in the correct order and sequence and including unique, custom-made protocols for addiction treatments, memory retrieval, safety with clients and health issues.
2. The exercises that are designed to install the understandings received through the information presented and to bridge these understandings into practical action and congruent knowledge and ability.

The Certification paper, which brings a full review of the material covered in the training as well as taking the training from the learning environment and connecting it firmly to the actual practical environment of the practitioner through carefully designed questions and a client case history.



The Practitioner Certification training pre-supposes at the minimum a working knowledge of EFT from the participants. The trainer offers introductory trainings for groups of health workers who are not yet familiar with the field.

## **CERTIFICATION & QUALIFICATION**

Practitioners certified through these trainers have the right to use the letters C.P. AMT which stands for Certified Practitioner of Meridian Energy Therapies through The Association for Meridian Energy Therapies. Although this certification does not in and of itself convey license to practice counselling or psychotherapy, it is recognised to qualify an existing practitioner for additional practice insurance to cover Meridian Energy Therapies.

The practitioner training is designed to provide a thorough grounding in the basic principles of the developing field of Meridian Energy Therapies and to prepare the practitioner to practice these unique forms of mind-body treatments with confidence and excellent success.

The main topics covered in the MET Practitioner:

### **MODULE 1 - WELCOME TO EXTRAORDINARY HEALING**

Course Overview  
A Brief History of Meridian Therapies  
Ambassador EFT  
Therapeutic Applications  
Teaching EFT  
Circuit Work

### **MODULE 2 - CONTACTING THE PROBLEM**

Statement Formulation  
Observation and Calibration Skills  
Telephone Consultations  
Contacting the Problem without Words

### **MODULE 3 - ASPECTS & TESTING**

Working with Aspects  
SUD & VOC; IE Scales  
Testing Results  
Treatment & Testing in Context

### **MODULE 4 - WORKING WITH MEMORIES**

Safely Releasing Memories  
Safety Notes - Choosing When to Refer  
Dealing With Objections & Client Resistance  
Pin Point Work  
Phobia Protocol  
The Story Release  
Client Safety - Preventing & Treating Abreactions

### **MODULE 5 - HEALTH & PHYSIOLOGICAL SYMPTOMS**



Safety Procedures  
Medical Protocol  
Pain Protocol  
Emotional Components in Physical Manifestation  
Primary Gain & Secondary Gain

#### **MODULE 6 - ADDICTIONS & CRAVINGS**

General Addictions Protocol  
The Quick Anxiety Stopper  
Conditions for Releasing Addictions  
Cravings Protocol  
Homework  
Ecology, Future Pacing  
Algorithms

#### **MODULE 7 - FLEXIBLE APPROACHES**

Client-Centred Interventions  
Add-On Techniques, Other Points  
Advanced Techniques  
Muscle Testing  
Psychological Reversal  
Corrections  
Creating Personalised Algorithms  
Short-Cuts

#### **MODULE 8 - TOOLS FOR THERAPISTS**

Therapist's Maintenance  
Beliefs Protocol  
Personal Development Applications  
Transference & Projection  
Structuring Treatment Sessions  
Homework  
Protocols Exam & Certification (Optional)



## THE ADVANCED EFT & MET PRACTITIONER CERTIFICATION

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This 2-Day advanced training course is for therapists who have completed the AMT practitioner training. The Advanced Practitioner Training introduces three further and very different forms of METs, namely TAT, BSFF and Emotrance. It also includes Advanced EFT protocols, add-ons and applications.

It represents the outstanding opportunity for the practitioners who are already firmly grounded in the principles of MET work with clients to experiment, to learn and to try out many different approaches and techniques for themselves and to be able to discuss how and when to use these approaches to maximum benefit with fellow experienced professionals.

The Advanced Practitioner Training also includes more information on Kinesiology and very importantly, energetic states and clean and precise use of language, and introduces metaphor work that in conjunction with any of the MET approaches represents some of the most powerfully healing interventions known to date.

There is no exam for the Advanced Practitioner Training. However, the trainers reserve the right to withhold or delay certification if they believe that this would be in the best interest of a participant and their clients.

## THE ADVANCED PRACTITIONER TRAINING SCHEDULE

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### **MODULE 1 - THE ROLE OF KINESIOLOGY IN MET TREATMENTS**

The Role of Kinesiology in MET Treatments

Kinesiology & Energy Flow

Exercises in Kinesiology

### **MODULE 2 - ADVANCED APPLICATIONS OF EFT 1**

Slow EFT

Special Points Protocol

Combination Techniques

Conflict Resolution

Choices Method

### **MODULE 3 - ADVANCED APPLICATIONS OF EFT 2**

Proxy (Surrogate) Work

The Vortex EFT Pattern

Interface Work

Gauge Work

### **MODULE 4 - METAPHOR & LANGUAGE**

Trance States & Clean Language



Metaphor Elicitation & Use in Treatment & Testing  
Metaphor Exercises

**MODULE 5 - TAPAS ACUPRESSURE TECHNIQUE**

Introduction to TAT

Demonstration

TAT Exercises

Discussion

**MODULE 6 - BE SET FREE FAST**

BSFF

BSFF Demonstration

BSFF Exercises

Discussion

**MODULE 7 - EMOTRANCE**

Introduction to EmoTrance

ET Demonstration

ET Exercises

Discussion

**MODULE 8 - METS & THE PUBLIC**

Conducting EFT Introduction Workshops

METs in the professional practice



## THE ENERGY SYSTEM

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This two day introductory course is aimed at practitioners who wish to gain an understanding of the original energy system that underpins the New Meridian Therapies such as EFT, Importance, TAT.

It introduces participants to the theory of the Meridian Energy System and basic chi kung forms (energy exercises). The course is an interactive mix of theory and practice. The course objectives are to:-

1. increase the awareness and sensitivity to subtle energy fields
2. Understand how to feel and scan your own and other people's energy fields
3. Gain a basic working understanding of the Meridian Energy System
4. Learn extra points and applications that can be used in treatments
5. Learn simple exercises that increase subtle energy
6. Learn a highly effective daily routine for well being, vitality and well-being

## CONTENTS

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- Basic Concepts
- Theory of the Meridian Energy Systems and Traditional Chinese Medicine (TCM)
- Five Element Theory overview
- Three energy Centres
- Key body acupuncture points and usage
- Contacting subtle energy
- Tracing energy in the body (bodywork)
- 5 Element Chi Kung movements
- Energy Cleansing Techniques
- Chi kung self healing sequence points for health and well-being



## FEES

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### EFT & MET TRAINING

**£380.00** for individual bookings - arranged by private appointment.

**£250.00** for group bookings.

Group bookings in London and the South are arranged by appointment.

Professional Certification is subject to successful completion of course requirements and examination results. The first year subscription fee to the AMT's Professional Register is £50.00 and £35.00 for each subsequent year.

Please email [info@energyroots.co.uk](mailto:info@energyroots.co.uk) for an application form otherwise click on <http://www.energyroots.co.uk/eftraining.htm>

### ENERGY SYSTEM 2 DAY TRAINING COURSE

£150.00 per participant for group bookings

£380.00 for individual bookings

### APPLICATIONS

Please email [info@energyroots.co.uk](mailto:info@energyroots.co.uk) or alternatively call 020 89988556 leaving a message with the course that interest you and your contact details.