



Program: Tapping for Kids (Emotional Freedom Technique)

Emotional Freedom Technique is also known as tapping and is energy therapy which is used effectively to reduce the impact of a wide range of physical and emotional issues. This is an introductory program for children to teach them a simple healing technique that they can use when they are feeling sad, scared, anxious, angry or stressed.

Who is the Target: Children all ages

Outcomes: Being able to self-manage their feelings to reduce the intensity

Group Work: Yes

Duration of Session: 2 hour

How many sessions: Single session

How many participants maximum and minimum per group: 15

Cost: \$550.00

What is required from schools? Venue, Referrals

To enquire further or make a booking please phone Donna Mahoney on 0414 480 934 or email adminteam@innatetherapies.com