

INTRODUCING: REBECCA FRANCESCA - THE TAPPING CIRCLES



Rebecca Francesca will facilitate an Emotional Freedom Techniques session, helping you to let go and process any negative emotions in the body.

Rebecca is an advanced EFT practitioner and works with individuals and groups. Her focus is trauma and she has helped thousands of individuals to heal and recover from childhood trauma, anxiety, depression, PTSD, CPTSD and much more.

At the workshop Rebecca will facilitate an EFT session incorporating a wonderful technique that enables you to take a full breath when you feel you are literally suffocating with stress and we will focus on the overwhelming emotions that come hand in hand with having a child or young person with SEND.

Rebecca will also teach you how to create your own EFT set up that you can adapt and change to suit any situation that arises, helping you to calm and regulate your nervous system and make sure you are in the best mental state to help not only yourself but your child. Our hope is that you will leave the evening feeling more resilient, feeling lighter and with an understanding of Emotional Freedom Techniques and how it can help you and your family going forward.

To book: www.sendworkshops.co.uk