

Nick Seferlis Training Presents

Tapping (Energy Psychology) for the School Counselor

Mississippi Counseling Conference 2018

Participants will explore if they should add Tapping(Energy Psychology) to their skill set to help their school clients. This program will give a brief explanation of what Tapping is, how it works. Also, some cases from the presenter's school background will be shared.

What is Energy Psychology?

Energy psychology (EP) is a mind-body approach to understanding and improving human functioning. EP focuses on the relationship between bioenergy systems, neuro and electro physiological processes, as well as mental functions involving thoughts, emotions, sensations, and behavior.

How to Introduce Tapping into your school setting.

- Community meetings like PTG or special information meetings for parents.
- Staff introduction, by helping them with their issues.

Examples of the use of Energy Psychology

- Parent separation trauma
- Nightmares
- Anxiety
- Test Anxiety
- Migraines (Staff)

Demonstration of the Quick Nick

For how-to information go to nicksounseling.com.

Nick, In January, is offering a 4 week online(live) Practical Energy Psychology for the School Counselor. Also, he has a live in person 6 contact hour training. Go to nicksounseling.com for more info. Sign up for his "What's Happening" occasional Newsletter.

Nick's Book:

How to Start Your Private Practice On A Shoestring

Is available on Amazon in Kindle and paperback

Amazon.com

For online workshops and inservice training go to:

Nick's Website: nicksounseling.com

email Nick: info@nicksounseling.com

Nick Seferlis Training, P.O. Box 4095, Bay Saint Louis, MS 39521