

***Emotional Freedom
Technique***
FOR
DUMMIES®

by Helena Fone



John Wiley & Sons, Ltd

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About the Author

Helena Fone is an Advanced EFT Practitioner, presenter, Level 3 trainer and supervisor. She is also an Advanced Holistic Hypnotherapist, has trained in Neuro-linguistic programming, studied Cognitive Behavioural Therapy, and runs a busy private practice, Therapy4me, in the UK and in Gozo. She is founder of the Cheshire EFT Association, also founder of the only UK EFT Register solely for Energy Therapists, www.EFTRegister.com, a support group for like-minded therapists. Over the years she has helped hundreds of people eliminate issues arising from emotional and physical traumas, anxiety attacks, addictions, inhibitions, low self esteem, fertility issues, and bereavement. You can find more information at www.therapy4me.co.uk.

Helena delivers training in EFT to a diverse range of people including psychologists, counsellors, therapists, housewives, teachers, nurses, and sales executives. She has given several presentations on EFT to large groups and has a regular interview slot on her local radio station. Helena divides her time between her practice and her voluntary work with local hospices and cancer support centres. She has also been a local voluntary magistrate for 13 years. Her specialty in EFT is working with cancer patients, and she is currently delivering EFT to schools in Cheshire where there is great scope for helping children improve both academically and emotionally. Helena has used EFT successfully to free herself from her own past issues and improve her own physical problems.

Dedication

I would like to dedicate this book to my family: My best friend and husband Peter who has been my driving force, my PA, and kept me supplied with the odd glass of wine! Also to my daughters Nicola and Leanne for their faith and admiration; plus my lovely cat Fudge, who gave me his good company when I needed it. I mustn't forget my Dad who lead me to EFT all those years ago and my lovely step-mum Betty.

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