

Healing Emotional Distress: Acupressure for the Emotions

Fall Quarter 2006 Workshop • Saturday, 9:00 a.m.-5:20 p.m. • November 4

Emotional Freedom Techniques, Thought Field Therapy, and similar techniques to rapidly neutralize unproductive emotional distress can be quickly and easily learned. The instructors, clinical psychologists on staff at Scripps Memorial Hospital, will demonstrate procedures that healthcare professionals and the general public can immediately begin using to resolve common patient distresses such as anxiety, worry, guilt, anger, frustration, shame, fears, and other emotions. Drs. Lambrou and Pratt have taught their method, Emotional Self-Management, to thousands of people, and their award-winning book *Instant Emotional Healing* teaches people how to self-apply acupressure combined with focused thought to achieve nearly immediate relief. This is an experiential workshop where attendees will have opportunities to practice the techniques as well as observe demonstrations. The techniques have application in medicine, nursing, dentistry, psychotherapy, and other healthcare fields.

In this workshop you will learn

- To correct imbalances in the mind-body connection to improve any treatment outcome
- How a neuro-muscular feedback technique can identify self-sabotaging blocks to success and how to remove them
- To self-administer a cognitive-acupressure technique for immediate emotional relief
- To install positive thought patterns in place of negative patterns

Section No. 057225-2019

Fee: \$120, no refunds after Nov. 3

CE credit: 7 hours BRN, MFTs and LCSWs

Location: Rm. 101, UCSD Extension Complex, 9600 N. Torrey Pines Rd., La Jolla

From the North, Hwy 5 south to Genesee Ave exit, west to the third traffic light, left into middle lane of North Torrey Pines Rd., south to fourth light, left onto Muir College Drive, first left into the parking lot.

From the South, Hwy 5 north to the Genesee Ave exit, west to the third traffic light, left into middle lane of North Torrey Pines Rd., south to fourth light, left onto Muir College Drive, first left into the parking lot.

Parking is free on weekends.

Instructors



George J. Pratt, Ph.D., is a licensed clinical psychologist with a private practice in La Jolla, who has specialized in psychotherapy, hypnotherapy, behavioral medicine, and performance enhancement for the past 30 years. Dr. Pratt is chairman of psychology at Scripps Memorial Hospital, La Jolla. His books include *A Clinical Hypnosis Primer*, *Hyper-Performance*, *Instant Emotional Healing: Acupressure for the Emotions*, and the forthcoming *The Physician Within*.



Peter T. Lambrou, Ph.D., is a licensed clinical and health psychologist in private practice in La Jolla and is on staff at Scripps Memorial Hospital, La Jolla, where he is the chair of the Task Force for Psychology and Integrative Medicine. Dr. Lambrou specializes in psychotherapy, hypnotherapy, weight control, anxiety, and stress-related conditions. He is also co-author of numerous books, including *Self-Hypnosis: The Complete Manual for Health and Self-Change*, *Instant Emotional Healing: Acupressure for the Emotions*, *Hyper-Performance*, and the forthcoming *The Physician Within*.

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