

**FREE TRAINING**

# **Thought Field Therapy (TFT)**

**By: Jill Strunk, Ed.D., L.P.**

Jill M. Strunk, Ed.D. L.P. is a psychologist in private practice in Minnetonka, Minnesota where she specializes in the treatment of phobias, trauma, grief, anxiety, and depression. She was trained in EMDR in 1996 and she uses it as her primary therapeutic modality, along with Thought Field Therapy, hypnosis, and elements of other therapies such as Developmental Needs Meeting Strategy (DNMS) and Somatic Integration. She has been an EMDR Institute Facilitator and EMDRIA Consultant since 1999 and regularly provides consultation to both individuals and groups. She has published articles and presented numerous lectures and classes on the use of cutting-edge therapies for rapid resolution of emotional distress.

Thought Field Therapy (TFT) was discovered by psychologist Roger Callahan, Ph.D. in 1981 when he discovered a way to apply the ancient science of energy meridians to the alleviation of emotional distress. TFT involves the teaching of tapping acupuncture points in a specific sequence to quickly reduce or eliminate various types of distress.

<b>PART 1: TFT FOR ANXIETY REDUCTION</b>	<b>PART 2: TFT FOR REDUCING VARIOUS TYPES OF DISTRESS</b>
<p><b><u>Date:</u></b> Tuesday, March 16, 2021 <b><u>Time:</u></b> 2pm – 5pm <b><u>Location:</u></b> Online via Zoom.</p>	<p><b><u>Date:</u></b> Tuesday, March 30, 2021 <b><u>Time:</u></b> 3pm – 5pm <b><u>Location:</u></b> Online via Zoom.</p>
<p>This training segment will provide attendees with an introduction to TFT and guide them through its use for reducing anxiety, fear, phobia, and addictive urges.</p> <p>This training segment will include lecture, video, demonstration and practicum.</p>	<p>This training segment will continue the learning process of learning about TFT and how it can reduce or eliminate various types of emotional distress.</p> <p>Attendees will learn and practice the formulas to treat sadness, depression, anger, rage, guilt, shame, embarrassment, panic, and physical pain.</p>
<p>There will be TWO segments to this training, but you only have to register ONCE! Registering for this training will reserve your spot in BOTH segments. Zoom link information for joining the training will be emailed out to attendees who have registered via Eventbrite. Registration will be open until 6 am on Monday, March 15, 2021.</p> <p><a href="https://www.eventbrite.com/e/thought-field-therapy-trainings-tickets-141852989109">https://www.eventbrite.com/e/thought-field-therapy-trainings-tickets-141852989109</a></p>	

**\*REGISTRATION IS REQUIRED AS SPOTS ARE LIMITED. PLEASE REGISTER USING THE LINK ABOVE\***

**Please join us! This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.**

*A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work*

Training is presented by:



**Adult Mental Health Initiative**  
*Benton, Sherburne, Stearns, Wright Counties*

Please visit us at [www.mnmentalhealth.org](http://www.mnmentalhealth.org) to sign up for future trainings and announcements.