

STARWOOD COUNSELING CENTER PRESENTS

Advanced Mind Body Techniques

• 6 CEU HOURS •



Plano • Monday, April 19, 2010

Dallas • Friday, April 23, 2010

In this one-day seminar, you will learn effective tools you can use immediately in your personal and professional life?

The Emotional Freedom Technique, EFT, has produced impressive results with the following problems and more.

- Anxiety and Stress
- Depression
- Trauma
- Muscle Tension and Injuries
- Pain and Illness
- Unresolved Emotions

The Emotional Freedom Technique (EFT) has been featured on CNN, the Discovery Channel and in the Journal of Clinical Psychology. Yet, EFT remains a secret to most healthcare professionals.

"I received more benefit from this class than in two years of conventional talk therapy." Suruchi Chandra, MD Psychiatrist

"It (EFT) is the most clinically effective mind body practice out there, hands down." Eric Robins, MD



Presented by
STARWOOD COUNSELING CENTER
972-768-4795

In This One Day Seminar You Will:

- Learn the theory behind mind body techniques
- Practice the Emotional Freedom Technique (EFT) to experience your own results
- Find five ways to tailor EFT with specific symptoms or issues
- Use one tool to measure your results immediately
- Learn a proven three-step process to increase motivation and self-care

Seminar Information

Monday, April 19, 2010 from 8:45am to 4:30pm
Courtyard by Marriott, Plano Legacy Park
6840 North Dallas Parkway
Plano, TX 75024

Friday, April 23, 2010 from 8:45am to 4:30pm
Courtyard by Marriott
10325 N. Central Expressway
Dallas, TX 75231

Early Registration Fee: \$199 due by April 14th, 2010
Fee after April 14th: \$225.

Register online: www.starwoodcounselingcenter.com/training. Or, send check payable to Starwood Counseling Center with your e-mail address, profession and phone number to Starwood Counseling Center, 5850 Town & Country Blvd., Suite 1201, Frisco, TX 75034

Registration Includes:

- EFT Manual
- 6 hours of CEU credit for LMFT's, LPC's, LCSW's, LMFT's and PhD's by the Texas Department of State Health Services
- EFT Level I Certificate of Completion

For more information call 972-768-4795 or go to www.starwoodcounselingcenter.com/testimonials or www.starwoodcounselingcenter.com/eft



Leader: Margaret Ann Kellogg, LCSW

Margaret Ann Kellogg's practice, Starwood Counseling Center in Frisco, TX, specializes in integrative approaches to healthcare training, group coaching and psychotherapy. With 30 years of experience, she offers simple techniques for emotional and physical well being. Margaret Ann has presented for UT Southwestern Medical Center and was an adjunct professor in the Graduate School of Social Work at Virginia Commonwealth University. Her dynamic teaching style creates a fun and light-hearted environment for learning.



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