

EFT TAPPING THERAPY

CHIOMA THERAPY

CLEAR EMOTIONAL PAIN AND FEEL LIGHTER

CLIENT FEEDBACK ABOUT EFT with Chioma

"EFT helped me to expand into a sense of genuine, felt self-compassion towards myself. It was a strong feeling, rather than cognitive thought. "

"I was stuck and frozen in a pattern of anxiety that has held me back. After the doing EFT with Chioma I reduced my anxiety and became less frozen and stuck. I was able to release some blocked emotions and I feel a shift in my thoughts and feelings. I feel really hopeful for my future endeavours."

"I had heard EFT was effective, but really wasn't sure how it could help. Before I tried EFT I was feeling anxious, but after the session I felt more grounded and increased my self-awareness and self-compassion"

WWW.CHIOMATHERAPY.COM

EFT can help transform emotional stress associated with adverse experiences and be used for anxieties, fears, trauma, procrastination, performance enhancement, stress and physical symptoms.

Book at free consultation www.chiomatherapy.com

CHIOMA THERAPY

SERVICES

CLEAR EMOTIONAL PAIN AND FEEL LIGHTER

EFT to Tap into Resilience

Tapping into Resilience is one to one EFT over 6 sessions which can take place weekly or fortnightly which can enable you to feel anchored in yourself and grow your emotional resilience. Tapping into resilience is suited to working on specific issue that you would like to gain clarity on and release emotional pain. I will support you to assess your progress at each session as well as suggest tapping for in-between sessions to get the most out of our work together. Please book a free consultation to discuss this option.

Investment: £360 for 6 sessions (payment plan available)

EFT Therapy

EFT Therapy is for working on complex or longer term issues to deal with acute or chronic emotionally distressed. I provide you with a nurturing and supporting space to explore your specific or general emotional issues and difficulties and use EFT to support you to releasing emotional blocks. I offer support to anyone who may be experiencing a wide range of emotional difficulties, including but not limited to worry, stress and negativity, career blocks, relationship difficulties, difficult life transitions (illness, career change, parenthood, retirement), grief, trauma, feelings of worthlessness, anger, rage, frustration and low self-confidence. In working together I will provide a safe, warm and nurturing space to support you to gaining clarity on your difficulties so you feel lighter. Please book a free consultation to discuss this option

Investment: £600 for 12 sessions (payment plan available)

EFT Single Session

EFT can provide a rapid easing of emotional distress and this options is ideal if you want to try EFT or have a specific issue that you want to work on that is not long-term or complex. This can also be a booster session if we have worked together before so that we can focus on getting you the support you need.

Investment £65 for 1 session

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