

Moving Past Psychological Reversals

Psychological Reversals are subconscious beliefs that sabotage individual success in all areas of a person's life. It is said that the subconscious is responsible for 86% of our behavior. Our clients' conscious awareness is only part of what they bring into the process. Addressing Psychological Reversals can truly help people work past their current life circumstances. Come learn what these culprits of misery are and how to clear them using traditional and alternative methods like EMDR, CBT, and EFT.

Learning Objectives:

- 1) Learn what is a "psychological reversal" and how they impede your clients' progress.
- 2) Identify specific ways to clear psychological blockages including EMDR, EFT, and CBT.
- 3) See a Live Demonstration utilizing one or more of these modalities.
- 4) Examine ways to measure progress.
- 5) Learn ways to examine your own psychological reversal that can negatively impact therapeutic effectiveness.