

Tapping (Thought Field Therapy) (TFT)

Teresa Tysoe

Tapping is a natural, drug-free, non-invasive form of meridian therapy that uses acupressure points to remove the emotional and psychological issues that affect your sense of well-being.

It is easy to administer. I activate specific acupressure points by tapping them with the fingertips while you think about your concerns.

How can tapping help during my pregnancy, the birth, and beyond?

Tapping:

- helps with fears or phobias relating to hospital visits, including, for example, needle phobia
- reduces anxiety surrounding the pregnancy and birth
- helps to clear any past trauma or stress relating to a previous birth
- promotes a feeling of relaxation and a sense of being more in control
- encourages a feeling of confidence about becoming a parent and coping with the demands of a new baby
- helps to reduce other 'stressors' in your life during this special time
- soothes and calms both you and your baby

In addition to an individually tailored tapping session, I will teach you how to use tapping yourself to maintain your improved sense of well-being.

A 90 minute tapping session costs £28 (this represents a 25% reduction on normal pricing). Sessions are available in the comfort of your own home* if that is more convenient. *Travelling expenses may apply.

About Teresa:

I'm a fully insured Advanced Level TFT Practitioner with a special interest in de-stress techniques. I have found 'Tapping' to be a simple yet highly effective way to deal with 'emotional issues' that can affect our sense of enjoyment in life. I would love to be able to help you to 'tap into' a happier you!

www.tapintoyou.com



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