

Name & Certification:

Address:

Home#: _____

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Fax#: _____

Email:

To register, mail a copy of this form with
payment to:

**The Center for Integrative
Psychotherapy, Inc.**

Mary Sise, LCSW, D.CEP

582 New Loudon Road

Latham, NY 12110

(518) 785-8576

(518) 783-4793 (Fax)

Email: msise3@aol.com

www.integrativepsy.com

The training offered in TAB is oriented
to providing skills in the rapid
treatments developed in Touch and
Breathe. It is not a course or substitute
for general education, background and
specialized training in the field of
psychotherapy and the proper care of
clients.

Mary T. Sise, LCSW, D. CEP
582 New Loudon Rd
Latham, New York 12110

Touch & Breathe (TAB)

A Mindful Method of Energy Psychology



With

***Mary T. Sise, LCSW,
D.CEP***

*This program has been approved
by NASW New York State for 13
contact hours under approval
number S441-A*

WHAT IS TOUCH & BREATHE (TAB)?

Touch & Breathe (TAB) is a fast and effective treatment for relief of psychological distress. It involves touching on acupuncture meridian points on your own body plus a series of eye movements as you think of a distressing emotion, belief or event. These meridian points have been used in eastern medicine for centuries and combining them in this manner helps to reduce or eliminate emotional distress, at times within minutes. TAB is based on the method of Thought Field Therapy (TFT), adding additional elements of affirmation, intention, mindfulness and breath to the treatment.



WHAT WILL I LEARN?

In this training you will learn:

- An overview of Eastern Medicine
- One TAB procedure to use for emotional distress: anxiety, grief, guilt, shame, anger, depression, addictive urges and negative beliefs
- How to use this method to process traumatic material in a safe way

HOW WILL TAB HELP ME IN MY PRACTICE?

One of the most difficult areas for therapists is how to help patients without re-traumatizing or fostering dependence. I have personally used energy psychology methods thousands of times with patients and have found this therapy to be an extremely gentle and safe way to help the patient reduce anxiety, eliminate negative beliefs and process trauma without painfully re-living the experience. In addition, once patients are taught the method, they are able to use it between sessions to calm fears, process nightmares/flashbacks and handle any retriggering emotions in an empowered way. Patients repeatedly thank me for having taught them this technique.

Touch & Breathe (TAB) is especially helpful for clients who have been in years of "talk" therapy, have much "insight" into why they act the way they do, but still "react" in the same dysfunctional ways. It seems to have a way of calming down the limbic system of the brain so the neo-cortex part of the brain, where all the insight is located, can come "online".

I am committed to helping therapists learn this therapy in a competent way. There is ample opportunity to practice the techniques during the training and previous participants have been able to use TAB immediately in their practice with success. I also offer a monthly consultation group for clinicians.

TAB is two-day training.

**Next Training:
Sat Oct 23 & Sun Oct 24, 2010**

Call for additional dates of trainings, or to set up training in your area.

TIME: 9:00am-5:00pm

PLACE: Locations vary; confirmation letter will be sent with directions.

EARLY REGISTRATION FEE:
\$295.00 if received two weeks prior to training.

REGISTRATION FEE: \$325.

Register early-space is limited!

QUESTIONS?

Contact:

Mary Sise, LCSW, D.CEP
(518) 785-8576

Email: MSISE3@aol.com

ABOUT THE PRESENTER:

Mary Sise, LCSW, D.CEP, a Licensed Clinical Social Worker and Diplomate in Comprehensive Energy Psychology has a private practice in the Albany, NY area. She integrates energy therapies into her work and has trained hundreds of therapists in these methods. Past-President of the Board of Directors for the Association for Comprehensive Energy Psychology, she teaches these methods world-wide, has produced numerous training videos, and teaches an eight week on-line course in trauma. Mary is the co-author of: *The Energy of Belief: Psychology's Power Tools to Focus Intention & Release Blocking Beliefs* (Elite Books). More information is available at www.integrativepsy.com.