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Tuesday, August 20, 2019

Relief from Chronic Pain: The Promise of Energy Psychology

Company: Andy Matzner

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Venue: The Actors Theatre Workshop

Location: New York, NY

Are you a dancer struggling with chronic pain? Is so, there is hope! A combination of acupressure and psychotherapeutic principles, energy psychology can provide rapid relief from the emotional distress that exacerbates chronic pain (for example, the negative self-talk that turns pain into suffering). It can also address the psychological issues that may lie at the root of your pain (since we know that mind, body and spirit are interconnected, with stress being a major cause of inflammation and muscle tension). In this workshop we'll focus on a type of energy psychology called "Emotional Freedom Technique" (EFT). Great for both children and adults, EFT is simple to learn and portable, so you can use it anytime you need to. By the end of this workshop, you'll feel comfortable using this tool to regain the personal power that chronic pain so often steals.

When: August 20th, 10am - Noon

Where: The Actors Theatre Workshop, NYC

Cost: \$55 (Space is limited; please contact me at andymatzner@gmail.com to register)

Andy Matzner
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Schedule
August 20, 2019: 10:00am

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