



Queensland Counsellors Association Inc

Member Association of Psychotherapy and Counselling Federation of Australia

Saturday 19<sup>th</sup> September 2009

## Emotional Transformation

ONE DAY SEMINAR 9am to 5pm  
With Grant Woolven

You are invited to an experiential class in a simple yet powerful form of Energy Psychology called Emotional Transformation (ET). Grant spent nine years studying and researching Thought Field Therapy (TFT), Emotional Freedom Technique (EFT), Be Set Free Fast, Touch and Breathe, Stress Defusion and Psyche-K. He combined the most effective methods from these systems with his knowledge of Yoga Mudras, Jin Shin Jyutsu, Neuroscience and Quantum Field Theory, to create ET. One of the unique aspects of ET is how it works on the whole brain, catalyses brain-heart integration and a state of deep relaxation. ET can be used to change unresolved emotions and traumatic experiences, persistent negative thoughts, limiting beliefs, phobias, compulsions, obsessions and to reduce physical pain.

Grant uses ET in his clinic and has taught it to Psychologists, Psychotherapists, Counsellors and Natural Therapists, and in South India at Oneness University and to Ayurvedic Doctors at the Franklin Pancha Karma Institute. He has taught ET seminars in Brisbane, Cairns, Sydney, Adelaide and Tasmania, has done presentations on ET to Psychology students at Griffith University.

Energy Psychology was initiated in the early 1990's by Dr Roger Calahan and is at the forefront of Energy Medicine. It is unique because it uses simple self help techniques to quickly transform unresolved emotions and limiting thoughts without the need of analysis, counselling, cognitive therapy and reliving the original trauma as often is practiced in Psychotherapy.

In this seminar participants will:-

- Witness demonstrations of the effectiveness of ET.
- Practice and experience ET using four types of formats.
- Practice ET within a clinical setting.
- Be introduced to Quantum Field Theory as it relates to the human energy field, psyche and soul.

WHEN: Saturday 19<sup>th</sup> September - Registration and cuppa at 8.30am, Seminar 9am to 5pm  
WHERE: Gold Coast Lifeline, 2741 Gold Coast Highway, Broadbeach (on LHS travelling south)  
COST: \$135 incl GST for QCA & PACFA MA members, \$150 for non members, \$120 for students (on the production of a current student ID)

WEAR: Loose comfortable clothing

BRING: Mat or blanket to lie on, cushion and eye pillow, pen and paper, water, BYO lunch (cafes nearby). Morning & afternoon tea provided.

RSVP: Please advise if you are attending by Saturday 12<sup>th</sup> September to [qca@qca.asn.au](mailto:qca@qca.asn.au)

Either post payment to: The Secretary QCA Inc P.O. Box 3319 Bracken Ridge Q 4017

OR (preferred) pay by direct deposit:

**Bank:** Qld Teachers' Credit Union **Account Name:** Queensland Counsellors Assn. **BSB:** 804002 **Account No.** 1208791

If paying by direct deposit please make sure your Surname(s) and the words "Saturday 19<sup>th</sup> September Workshop" appear in the reference field.

Please e-mail [qca@qca.asn.au](mailto:qca@qca.asn.au) to confirm payment details.

**And the time came when the risk of remaining closed in a bud  
was more painful than the risk it took to blossom**

### Testimonials

The whole experience felt so true and profound that I cried with relief. Thank you.

The processes you guided us through with your respectful manner was both revealing

and healing. I feel grateful and my heart is very full. Thank you.

A wonderful method of self-empowerment and growth. Its healing energy is subtle yet powerfully enriching. I strongly encourage everyone to learn this technique.

The chronic fatigue syndrome I have had for two years has dramatically improved, and I am now experiencing greatly reduced levels of fatigue. Such a relief! Thank you.

Thankyou for an interesting and well presented seminar; I felt it to be an authentic and true teaching, and I am looking forward to using the techniques more in the future. I have already practiced transforming some emotions and it worked so quickly. Wonderful!

I didn't think that something so simple could be so profound... and yet it is. After a near breakdown recently I decided to learn these simple techniques. After practising twice I have gone from being in a constant state of anxiety and crying to a place that is much more balanced. The challenges in my life are still there but I feel positive and lighter. Work colleagues and friends have noticed a major difference in my outlook and ability to deal with things. I have found that this process also relieves physical symptoms and enhances more positive mind states, and I really love being able to help myself.

This has been a life transforming experience for me. I had previously done Cognitive Behaviour Therapy and other types of counselling in an effort to deal with long-term depression, however none of these helped. The sadness would return whenever I thought of these incidents. Sometimes it seemed that my life was not worth living. I was

stuck! Now I can transform painful experiences and I find myself being thankful for the blessings in my life. In addition to the marked improvement in my psychological health, my relationship is now a nice place to be.

I am so grateful for the gift of this simple technique, which has shown me the way out of the trap I found myself in; I was dyslexic and could not read, study or talk on the phone for more than five minutes without literally, pulling my hair out in frustration. This would continue until I became so angry and exhausted that I would stop. I have previously been to many counsellors and therapists of different modalities. I now have a way to help myself and am able to read, study and focus without the stress of self-judgement and the anxiety of having no control over my hands. I am now rocketing through my studies and am finally able to feel the passion and enthusiasm to keep learning. Thank you so much, I feel reborn!

**Ros Turner**

**Administrative Officer**

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