

# RELIEVING EMOTIONAL DISTRESS WITH EFT



A 90 minutes mini-class on relieving emotional distress using 'Emotional Freedom Techniques' (EFT). The workshop is conducted by John Freedom and Judy Depenau. The workshop is conducted by John Freedom and Judy Depenau. Judy is an experienced practitioner of EFT. John is an EFT trainer, research coordinator for ACEP (Ass'n for Comprehensive Energy Psychology), and the author of "Heal Yourself with Emotional Freedom Technique. Please RSVP by sending an email to [sonomarebound@gmail.com](mailto:sonomarebound@gmail.com) as seats are limit. Workshop is subject to cancellation if no RSVP. All are welcome, donations to Sonoma Rebound are appreciated.

**Date/Time:** Every Thursday 7pm – 8:30pm

**Location:** Santa Rosa Share Space Office : 533 5<sup>th</sup> Street Santa Rosa CA 95401

\*please note: The entrance to the office is locked at all times. Please ring doorbell or call **707-327-2784** when you arrive.



**Judy Depenau** is a workshop facilitator for Alternatives to Violence Project, former Outreach Worker and Health Educator for Alliance Medical Center and Sonoma County Public Health Clinics, counselor and educator in private practice in Santa Rosa, California. Email: [jkdepenau@gmail.com](mailto:jkdepenau@gmail.com)



**John Freedom, CEHP**, is a counselor, educator and trainer in private practice in Santa Rosa, California. The author of *Heal Yourself with Emotional Freedom Technique*, he serves as research coordinator for ACEP, the Association for Comprehensive Energy Psychology; and project coordinator for FREA, Finding Recovery and Empowerment from Abuse. Email: [freejii@gmail.com](mailto:freejii@gmail.com) Phone: 707-537-9077

Sonoma Rebound is a 501c3 non-profit organization. Our mission is to connect with people who can offer services to help the community and to create a place where people can come receive services with a personal touch. Please visit our website <http://sonomarebound.org> for more information.