## Lucia Kim August, MA, MFT



Castro Valley, California 94546 United States

Phone: 510-792-5588

RETIREDI have been supporting unbridled growth in personal development for over 30 years. Contact me if you would like to experience rapid healing and relief of chronic and acute issues that others have discovered with my assistance. Through the wonderful technique of EFT (Emotional Freedom Techniques), I can help you get unstuck quickly and see tangible results in your life. With my help, people come to a place of self acceptance and inner peace. I also practice psychotherapy and hypnotherapy.EFT is a remarkable new technique that provides rapid relief from a whole host of issues and situations. Sometimes referred to as "acupuncture without needles," it involves tapping lightly with one's own fingertips on specific energy meridian points in the face and upper body in a very easy-to-learn pattern. Accumulated psychological and physiological stress is then relieved. This allows the mind and body to heal. The tapping pattern can be learned by anyone and used just about anywhere for a vast number of complaints and conditions. There are no drugs involved and it's completely non-invasive. While it can be used along with prescribed medication, some people are able to stop taking their medications after a period of time using EFT with the support of their physicians or psychiatrists. EFT

is easily learned by children. It also works great for teenagers, the age 23 fd 1/2

infirm.Ailments Treated with EFT

Abuse, Addictions, Anger, Anxiety and Panic, Body Image Work, Children's Issues,

Claustrophobia, Depression, Gay, Lesbian, Bisexual Issues, Gender Identity Issues,

Headaches, PTSD, Pain Relief, Performance and Sports, Phobias and Fears,

Relationship Issues, Stress, Trauma, VisionTo view a Tapping Session with me on

L/G/B/T issues, Go Here.

Specialization(s): Psychotherapy, EFT tapping and Hypnotherapy GayLesbianDirectory Discount Offered: \$5 off each session

<u>Website</u> <u>Email</u>