



EFT Tapping Group Emotional Freedom Technique

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TAP YOUR ANXIETY AND STRESS AWAY

Do you want to learn an evidence-based technique that aims to help individuals overcome emotional and physical issues by tapping on specific points on the body.

EFT "Tapping" will help release tension and promote relaxation. It allows you to reduce negative emotions and thereby regulate your nervous system. EFT tapping has been studied and shown to **reduce cortisol, a stress hormone, by up to 50%.**

DISCOVER THE TRANSFORMATIVE POWER OF TAPPING

HEAR FROM PARTICIPANTS

"I feel a sense of lightness in my body, free from tension."

"Previous concerns no longer hold the same weight in my mind."

"I'm embracing hope for the first time."

"My thoughts feel clearer and more focused."

"Reciting affirmations aloud brings relief as I gradually release my challenges."



An easy technique for the entire family to learn.

Sign up for this group and learn how to reduce stress and anxiety today.

1ST Thursday of the Month
10 AM – 10:50 AM
The schedule may vary.

Zoom

After you register you will receive the ZOOM ID.

Cost: We accept most insurances.

Must be a current Pinnacle patient

TO ENROLL

Call Pinnacle Behavioral Health Intake Office:
518-689-0244 ext. 35

Hours: 9 AM – 9 PM