

About The Trainer

Dr Tan Siok Bee is an Advanced Practice Nurse and has been a nurse in Singapore General Hospital for the past 30 years. She is a graduate from the University of Sydney and National University Singapore. She obtained her PhD from The Melbourne University and her research focus was on coping and well-being of caregivers of people with Parkinson.



She has a special interest in hypnotherapy and is a Certified Hypnotherapist from the National Guild of Hypnotist (NGH), the International Medical and Dental Hypnotherapy Association (IMDHA) and the International Association of Counsellors and Therapists (IACT).



Parkinson Society Singapore

Block 191, Bishan Street 13, #01-415, Singapore 570191 ☎: 6353 5338, ☎: 6353 3085
www.parkinson.org.sg ✉ info@parkinson.org.sg

Life In Balance

Emotional Freedom Technique

A 2½ hour programme brought to you by Parkinson Society Singapore



Keep your mind and heart open, and allow yourself to be healed with **YOU** as your own healer!



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Registration Form

2018 Dates (Please tick preferred session)

3 Feb 17 Mar 5 May 28 Jul 15 Sep 24 Nov

Time

9.30 am – 12.00pm

Participant's Details

Name: _____
*(PSS Member / Non-member)

NRIC: _____ Gender: *Female / Male Age: _____

Address: _____

Phone No. : _____ (H) _____ (M)

Person to contact in case of emergency:

Name: _____

Relationship: _____ Phone No. : _____

I agree that at all times during the EFT sessions, safety remains my sole responsibility. I hereby agree for myself, and all of my family, do hereby RELEASE PSS, its President and Committee Members, Organisers, Representatives, Members, Agents, Employees and Volunteers, from all liabilities, claims, demands or any causes of action, and NOT TO SUE OR OTHERWISE MAKE ANY CLAIMS against ALL or Any Such Persons, whatsoever which may arise during my participation in EFT sessions and waive any claim for damage arising from any cause whatsoever. All fees made are non-refundable. I hereby give my consent for the photos taken during the classes to be used for publicity.

Signature & Date : _____

PSS Receipt No. :

About The Programme

Emotional Freedom Technique (EFT) is a powerful & effective psychological acupuncture technique that shares the same principles as acupuncture to treat physical & emotional ailments.

EFT tunes into the issue by thinking about it & then activate the meridian by tapping on them to effectively release negative emotions & physical symptoms & restore balance & harmony.

Benefits of EFT

- Relieve Stress, anxiety
- Improve Sleep & increase energy

"I have come to believe that the subconscious mind is a very powerful tool that can be used to produce unexpected improvement in my condition after experiencing it personally when I was actually giving up hope that doctors would discharge me"

– Anonymous, Systematic Lupus Erythematosus patient

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Venue

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Programme Fees

\$20 (PSS Member) / \$100 (PSS Non-member)

Please mail registration form together with your cheque in favour of **Parkinson Society Singapore** to the address indicated above. You may also make payment at the Parkinson Centre via cash or credit card. For enquiries, please contact us at 6353 5338.