

About The Trainer | 关于训练师

Dr Tan Siok Bee is an Advanced Practice Nurse and has been a nurse in Singapore General Hospital for more than 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.



陈博士是位高级实践护士，在新加坡综合医院服务了三十年，毕业于悉尼大学和新加坡国立大学。

她从墨尔本大学获得了博士学位和研究重点专注于帕金森病患者照顾者的应对和福祉。

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).

她对催眠治疗特别感兴趣并且是来自全国催眠师协会（NGH）的认证催眠治疗师，IMDHA 和 IACT。



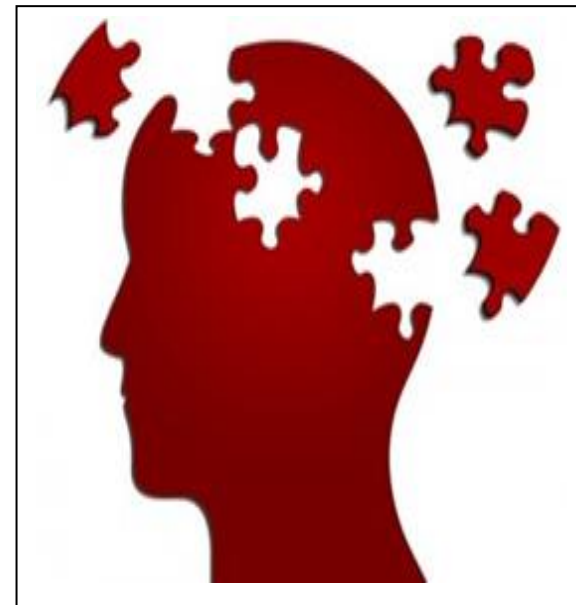
Parkinson Society Singapore

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

情感自由技巧



Testimonials from Past Participants:

~ "It helps control my tremors" 它有助于控制我的震颤

~ "This technique helps to improve in pain/muscle stiffness"
这技术有助于改善疼痛或肌肉僵硬

~ "I see improve in emotion" 我看到情绪有所改善



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Registration Form | 注册表

2018 Dates | 日期 (Please tick preferred session)

3 Feb 17 Mar 5 May 28 Jul 8 Sep 17 Nov

Time | 时间

9.30 am – 12.00pm, Saturday | 星期六, 九点三十分至十二点

Participant's Details | 参加者各人资料

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

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

Address: _____

Phone No.: _____ (Home/Mobile)

Emergency Contact Person:

Name: _____ Phone No: _____

I agree that at all times during the EFT session, 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 | 关于节目

Emotional Freedom Technique provides relief from chronic pain, emotional problems, stress and many other disorders. While EFT is newly set to revolutionize the field of health and wellness, the healing concepts that it's based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, EFT is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body's own energy and healing power. You can discover the vital secret for emotional wholeness and physical relief.

This technique is simple for anyone to master, and it's free.

情感自由技巧可缓解慢性疼痛, 情绪问题, 压力和许多其他疾病; 新设置为, 彻底改变健康和保健领域。像针灸和针压法, 是一套利用身体的能量经络点技术。你可以用指尖敲击它们刺激这些经络穴位, 发现情感整体和身体缓解的重要秘诀。任何人都很容易掌握, 而且它是免费的。

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Venue | 地点

The Parkinson Centre
Block 191, Bishan Street 13, #01-415, Singapore 570191

Programme Fees | 节目收费

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

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.