

The emotional pressure of supporting someone with a drug or alcohol issue can be immense. Sometimes the feeling can be overwhelming.

At GASPED, we understand the pain, frustration, fear, desperation, shame and guilt that are all part of the nightmare scenario of loving someone whose drug and or alcohol use is having a serious impact, not only on themselves, but on all those around them.

Our services include;

Drop-In Centres, Counselling, telephone helpline, Support Groups, training, library of books and videos, seasonal newsletters and respite.

Come and talk to us in confidence, we will listen and understand but we will not judge.

Wakefield 01924 787 501

GASPED's helpline
0845 146 0002



GASPED

*Greater Awareness and Support for Parents
Encountering Drugs*

***Emotional Freedom Technique
&
Neuro Linguistic Programming***

Scared EMOTIONAL Stressed Worried ANXIOUS
Angry **SAD** happy Guilt Loneliness
Fear **HOPE** Trust HURT Grief LOVE
Frustration SORROW regret Joy
Embarrassed COURAGE Remorse PANIC

What is EFT?

Emotional Freedom Technique (EFT) is a modern form of personal development and therapy. EFT can be used for a number of problems including relieving stress and anxiety, resolving negative emotional states.

EFT is a very effective yet gentle method of directly balancing the body's energy system for the feelings that you want to change. It's a bit like clearing a log that's blocking a stream where the log represents a stuck emotion in your stream of energy. You don't have to believe in the theory though, just as you don't need to know how a car works under the bonnet to drive one. Some people do like to find out more about the theory, while others are happy simply to have their problem resolved.

How it works:-

Using EFT involves 'tuning into' the issue and then tapping with your fingers on specific meridian points with your fingers. For example if you still carry anger towards someone who has hurt you in the past, you would be asked to think about them, and notice how you feel. But you **do not** have to relive past events. You just have to be aware that the negative feeling is there. Having therefore 'tuned in' to it, you are shown and coached which points to tap and create a discovery statement as you do so.

Having done that you are then asked to think about the person or situation again and check how you feel. Typically you will notice a significant reduction in the intensity of the feeling.

Following an EFT session, the dispelled feelings very rarely return.

You will still retain the memory of the event you were working on but it will no longer have the emotional charge that it had before.

Events from the past belong in the past!

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What is NLP?

NLP is a methodology of understanding human behaviour. A variety of tools and techniques have been developed from it that can be beneficial in the area of personal change and therapy. Used in conjunction with coaching techniques hypnosis, NLP can be extremely effective in facilitating change.

NLP can help if you want to:

- Feel more motivated, more focused, more positive.
- Manage your emotions
- Increase self esteem, confidence and energy
- Whatever you already do—do it better!
- Feel more positive
- Cure phobias

What can you use it for?

Simply to change the way you feel and therefore behave. NLP provides us with choice in what we feel, think and do. It helps us to reprogram our brains to think differently