Anne Goodman

NLP Master, EFT Practitioner, and Hypnotherapist

I have been practicing as an NLP Master, EFT Practitioner, and Hypnotherapist since 1998 in Victoria, BC. I specialize in working with people who have had painful or traumatic experiences in the past that are currently limiting them in some way or affecting their ability to live their life to its fullest. I have had tremendous success in helping clients resolve issues such as eating disorders, unwanted habits, phobias, repeated unsuccessful choices, relationship troubles, anger, hurt, grief, fear, and many other limiting emotions. I am honoured to assist people through the healing process, one that results in empowered choices and a greater freedom to gain self-acceptance and self-love.

Biography

In 1996, my sister-in-law went to Neuro-Linguistic Programming(NLP) sessions because of an allergy to cats. Through the use of NLP and Time Line Therapy™(TLT), she successfully eliminated her cat allergy, along with the allergies of her children! My interest was piqued when she described the process, and I witnessed her success firsthand.

As I was growing up, I had a bad habit of constantly biting and picking at my cuticles. I was embarrassed by their appearance and imagined how other people might negatively perceive them. I desperately wanted to quit, but despaired of ever being able to do so. When my sister-in-law suggested trying NLP, I immediately made an appointment. During my initial session the therapist asked me several questions, including if I was ever sexually abused. My response was yes, and this marked the first time I had ever spoken of it. The therapist then asked if I thought there could be a connection between the abuse and my cuticle picking. I suddenly realized that there was a huge connection and consequently started a year of intense therapy that focused on the sexual abuse.

It was a pivotal experience and had such a huge impact on the way I live my life. As a result, my life became much better and brighter. The timing was absolutely crucial as well, because my daughter was quite young at the time and I truly wanted to be a good mother. Clearing up all this "stuff" from the past helped me immensely. I was able to behave in ways that I knew were right, instead of always reacting out of old, unresolved trauma. This new way of being felt so good that I decided to pursue a career as a therapist so I could help others heal their own past trauma and move forward.

Training and Experience

Over a period of a year and a half, I trained at Progressive Edge Plus in Victoria, BC, to become an NLP Master and started my therapy practice. This training also included a Diploma in Hypnotherapy(DH) and a Time Line Therapy™ certification, and subsequently, I became an NLP Master in 1998.

For the first few years of my practice, I did a lot of TLT™ with clients. TLT™ is a very specific method for helping a client go back in time to find and clear root causes of negative emotions and limiting beliefs. TLT™ is extremely effective and I was delighted with the results my clients experienced.

In 2002, I became involved with a group of hypnotists in Victoria, and we periodically presented evenings of hypnosis for groups of over 120 people. These presentations were a simple introduction to hypnosis, and we also held group trances for general topics, such as health, well-being, learning, relaxation, etc.

It was through this group of hypnotists that I was first introduced to Emotional Freedom Technique (EFT). The types of modalities I used at that time are known as "fast therapies." However, I was absolutely amazed when I discovered how incredibly quickly and cleanly EFT worked!

Emotional Freedom Technique

EFT was developed by Gary Craig and is based on using the same meridians of energy flow in the body that are used in acupuncture and Traditional Chinese Medicine (TCM). The theory behind EFT is that if a blockage exists in the energy flow in the body, the result is a negative emotion that can lead to physical symptoms. "Tapping" on these meridians assists

in removing these energy blockages. EFT is also based on the premise that mind, body, and spirit are all connected and that a "dis-ease" in one area will have a connection to another.

The first time I used EFT was for a sore hand I was experiencing during one of our hypnosis gatherings and the pain subsided immediately. I perused Gary Craig's extensive website, www.emofree.com, and found that people were using it on EVERYTHING. Like many people I had a fear of public speaking, which surfaced during the hypnosis meetings, so I decided to try EFT and, miraculously, my fear disappeared! I became completely comfortable speaking in public and was inspired to practice this amazing technique. During the next year, I studied all of Gary Craig's training CDs and attended a training workshop led by him in Bellingham, Washington, on how to use EFT for serious illnesses.

I immediately began using EFT in conjunction with hypnotherapy and NLP strategies (such as parts integrations and object imagery). The results were almost instantaneous and I made faster and better progress with my clients. I also continued to use EFT for my own personal work. Throughout the course of my practice, I have found that EFT is extremely effective in healing deep issues such as childhood trauma and abuse. I have even used EFT during hypnotic past life regressions and inner child work, all with remarkably rapid results.

From Gary Craig's website, it is interesting to note that many EFT Practitioners originally come from the NLP community. Undoubtedly, NLP communication, analysis, and linguistic skills enable EFT to be delivered in a very effective and elegant fashion. An NLP background facilitates the process of detection necessary to find the root cause of an issue and since NLP offers so many strategies for healing, I find that combining many of these strategies with EFT expedites the healing process considerably.

Other Training

I am always interested in expanding my existing repertoire of therapies and attend related workshops in order to better assist my clients. In April 2008, I took a course in Past Life Regression with Mary Lee LeBay. I am particularly excited about this type of work because it has allowed me to discover an entirely new therapy with which to help my clients heal and disconnect from the negativity in their lives.

I've also completed many hours of continuing education such as a 2012 Mind Bending Language Hypnosis training in Toronto, a 2014 Conversational Hypnosis training in San

Diego, a 2015 Hypnotic Ericksonian Storytelling training in Las Vegas (all with Igor Ledochowski), as well as regular ongoing conventions, seminars, plus digital and online trainings in Hypnosis, NLP and EFT.

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"As a therapist, my intention is to assist you to experience more of your true potential and live a more fulfilling life. Through the use of various "fast therapies", including NLP, Time Line Therapy™, EFT and Hypnosis, I will teach you how to easily and gracefully let go of unwanted negative emotions, beliefs, phobias and habits that limit your choices."

Call now for you free consultation – I look forward to hearing from you!

"Most of the shadows of this life are caused by our standing in our own sunshine."
Ralph Waldo Emerson

Experience your true potential with therapies that produce results.

Heal the past and create a better future with Empowered Choices.