

Emotional Stress Release Mastery



November 7, 8 & 15, 2026

Online 10:00-6:00 EDT

Cost- \$495

(plus class manual approx. \$15)

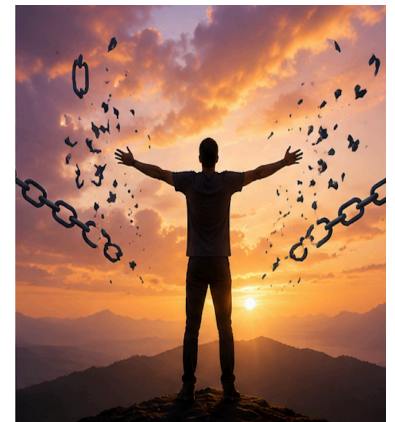
18 CEs for Massage Therapists

*"I feel like this course was equal to
15 years of psychotherapy for me."
Sylvia M,- M.D*

Emotional Stress Release Mastery® is a powerful training combining simple kinesiology stress release techniques with highly effective communication skills. Learn to facilitate people through difficult emotional issues far quicker and easier than you ever imagined. You will learn step-by-step coaching skills to successfully help others. This combination of neuro-emotional touch techniques with practical communication skills allows for quick and thorough resolution of emotional stress and traumas. Every student of this class has reported that the class practices alone felt equal to months or years of personal therapy/counseling for themselves. Developed for complete beginners, yet licensed professionals with years of experience report it's very effective training for them also.

In this class you will learn:

- How to release stuck emotions!
 - The magical Picture Reframe Technique.
 - The Worry Box- putting worries in their place
 - Enhancing intuition- how to teach this to others.
 - The elements and importance of 'active listening'.
 - Two ways to help your client learn to ground themselves.
 - A technique to contact and gently educate your inner child.
 - Assist clients to uncover empowering new resources.
 - Symbolic Encapsulation: The subconscious shortcut.
 - 'Feel/Want/Willing' to create positive responses from others
 - Expertly find buried emotions under challenges & stresses.
- And so much more...



Register online at: www.USKinesiology.com
For more information email greentfh@mindspring.com
or you can call 919-260-9017.