



INTEGRATIVE HEALTH EDUCATION CENTER

NORMANDALE COMMUNITY COLLEGE



Veterans

New Options for PTSD and Wartime Trauma

with *Valerie Lis, MA*

Wednesday, July 25, 2012 • 6:00pm - 8:00pm • \$59

Normandale Community College, Bloomington, MN • RM: A 2556



The need for trauma treatment is a central focus for tens of millions of combat veterans. Medication and talk therapy have been standard treatments. Additional techniques have been documented as effective through research studies and testimonials. Those who suffer, however, are often unaware of these newer options.

One option is Emotional Freedom Techniques (EFT)- an effective self-help tool for the after-effects and treatment of wartime trauma. Participants in the workshop work through a minor stressful event using the Basic EFT Tapping Formula. Information will also be provided on a clinical study that offers six free sessions for qualifying veterans. 2.4 Contact Hours, \$59

Valerie Lis conducts seminars on self-healing and offers one-on-one and phone sessions in Emotional Freedom Techniques (EFT). Owner of Courses for LIFE, she is on the faculty of two colleges teaching Integrative Health and Healing, and presents training seminars to health and business professionals.

Valerie provides amazing self-empowering tools to her clients and audiences, supporting positive change in just minutes!



To register or for more information, call (952) 358 - 8343 or visit <http://normandale.augusoft.net>
9700 France Avenue, Bloomington, MN 55431



Welcome Home - Minnesota Vets!

**Normandale is committed to supporting our Vets
with Health & Healing course offerings**

Veterans: New Options for PTSD and Wartime Trauma - *Valerie Lis*

Homeopathy Remedies for PTSD - *Cilla Whatcott*

Staying Calm, Cool and Focused - *Patrick Weseman*

Tai Chi - *Russ Smiley*