

ADDICTIONS SPECIALTY WORKSHOP
With EFT Masters:
Sue Beer -- Carol Look --David Rourke -- Loretta Sparks

DAY ONE

- 9:00—9:15** **Opening Remarks**
- 9:15—10:30** **LORETTA SPARKS -- Overview of Addictive Disease**
- 10:30—11:00** **---BREAK---**
- 11:00—12:30** **DAVE ROURKE – Stages of Addiction**
- 12:30—2:00** **---LUNCH---**
- 2:00—3:30** **SUE BEER – Stages of Change**
- 3:30—4:00** **---BREAK---**
- 4:00—5:15** **CAROL LOOK – DSM IV Diagnosis – Chemical Dependence**
(If enough time, QUIT SMOKING)

DAY TWO

- 9:00—9:45** **Q & A with ENTIRE PANEL**
- 9:45—10:30** **DAVID ROURKE – Borrowing Benefits**
- 10:30—11:00** **---BREAK---**
- 11:00—12:30** **CAROL LOOK – Collapsing Cravings**
- 12:30—2:00** **---LUNCH---**
- 2:00—3:30** **LORETTA SPARKS – Stress and Addictions**
(If enough time, Borrowing Benefits)
- 3:30—4:00** **---BREAK---**
- 4:00—5:15** **SUE BEER – Demonstrations**

DAY THREE

(NOTE DIFFERENT TIME SLOTS)

9:00—9:30

Q & A with entire panel

9:30 -- 10:30

DAVID ROURKE – Demonstrations

10:30—10:50

---BREAK---

10:50—12:15

SUE BEER – Demonstrations

12:15—1:30

---LUNCH---

1:30—2:15

LORETTA SPARKS – Compulsive Behavior

2:15—3:15

CAROL LOOK -- Limiting Beliefs-Perfectionism & Addictions