

WHAT IS SAF-T?

SĀF-T is a revolutionary way to help people relax their bodies and focus on alleviating negative sensations to produce a calming effect. It is a protocol for those whose objective is to move or eliminate negative sensations in the body associated with anxiety, physical discomfort, pain, and stress.



ALLEVIATE NEGATIVE PHYSICAL SENSATIONS

No Drugs

No Hypnosis

Minimize Stress

Reduce Pain

Calm Heightened Emotions

General Relaxation

Safe for Adults & Children



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Sensation
Awareness
Focused
Technique



HOW DOES SĀF-T WORK

The eye movements used in SĀF-T trigger a relaxation response in the body similar to the Rapid Eye Movement (REM) stage of sleep, where your body is very relaxed. SĀF-T is a self regulatory tool that helps retrain the brain and body to quickly reduce negative sensations, improve mood states, and view and change distorted cognitions. It improves concentration, focus, planning, task management and short term memory.

WHAT CAN THIS TRAINING DO

Professionals and para-professionals can use the SĀF-T approach to aid individuals in alleviating negative sensations, physical discomfort, and relief of some pain symptoms. SĀF-T is not therapy although it utilizes eye movements similar to those used during an ART (Accelerated Resolution Therapy) session. Training is available for professionals and para-professionals who treat or counsel individuals experiencing distress and for stress or negative physical sensations.

This training is applicable for individual use and for parents, teachers, first responders and anyone interested in learning self regulatory relaxation techniques to help themselves or others better manage life's stressors.

In choosing to train in SĀF-T, you have opted to embark on a fascinating and surprising journey in a new way to help yourself and others feel better and improve quality of life.

Disclaimer:

NOT a substitute for medical intervention.
Always seek a physician or ART therapist if medical intervention is indicated.

SAF-T LOCATION AND DATES

For Training Visit:

www.artfullyrestored.com

Or Call:

Myrna Molinari
(941) 661 - 8778

