

Nikkie Foster, Advanced EFT Practitioner

### Who I Am and Who I Support

I support people with complex health conditions, like FND, navigate the condition and the inevitable impacts that it has on their life. Cutting edge research tells us that mind and body impact each other via our electrical circuitry so I use EFT (alongside other psychotherapeutic tools) to help clients target both systems together. 10 years' experience in this field, physiotherapy training and NHS experience also enables me to support my clients in coordinating and timing their various health interventions.

### I am Client Led and FND Aware

A core part of my role is to create practical and psychological safety for every client. Since everyone is unique, what this looks like for each client is different. Some clients need flexibility in session length, others in session pace and some in the creative use of EFT. I adapt accordingly. One of our first tasks, if you choose to work with me, is to discuss these needs and decide together on the best way forward. Finally, as I am very aware of the value of a multi-expert approach in complex ill health, I am happy to coordinate with other health experts for those clients who find this helpful.

### Important Practical Information

I work with clients across the world via online Zoom sessions on a Tuesday and Thursday. Sessions are £100 per hour and my current wait for a first appointment is around 3 weeks.

For more information you can find me at [www.beyondthetherapyroom.com](http://www.beyondthetherapyroom.com) or email me at [beyondthetherapyroom@outlook.com](mailto:beyondthetherapyroom@outlook.com)