



St Jeanne Antide  
Foundation

*Albert is a young man having intense back-home tensions. In the 2nd Session, after a long silence, he said, "I am feeling like melted butter. As if I am in a forest, feeling positive. I am going to have a picture of a forest made for me. I am feeling that I am passing through a deep change, like from a caterpillar to a butterfly."*



*Brenda is a middle-aged woman with a painful self-image and a lack of confidence in certain contexts. Shortly after her first session, she wrote: "I just had my first Life-Trial. I met one of those persons I mentioned in our session, the ones that make me feel inferior and, to my big surprise, I could talk to the person with more confidence than I usually do. It's amazing. I think it's working."*

*(Names have been changed)*

#### ST JEANNE ANTIDE FOUNDATION

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#### Emotional Freedom Service:

Email: [efs@antidemalta.org](mailto:efs@antidemalta.org)  
Tel. 7932 6725 Malta prefix (+356)



feel  
alive  
again



Emotional Freedom  
Service

The Emotional Freedom Service or EFS is offered through the St Jeanne Antide Foundation, a non-government, non-profit, family-services agency.

At EFS, we help you to melt away emotional distress, even those that may have been with you for years, such as deep anger, anxiety, bad memories, fear, resentments, feelings that you are worthless, or possibly certain phobias (unrealistic fears).

You don't have to keep carrying such weight! Are you ready to release your burden?

**St Jeanne Antide Foundation**

Are you willing to release the burden of your emotional distress? We'll help you to do this and become stronger. We can also help you to forgive, if you feel that you want to but cannot. This work is suitable for you even if you are unwilling to revisit some past event in your mind because you are afraid of being hurt again.



The methods we use are confidential, free of charge, gentle, friendly, and often rapid. Each session is two hours long. Most persons seem to need between 2 and 4 such sessions. Sessions are for one person only. The rate of success is high. If the work is not successful on you, no harm is done. Afterwards you may feel liberated and at peace—and stronger!

The Emotional Freedom Service is normally given online through Zoom or WhatsApp video chat. If you cannot use computer or mobile phone for this, it may be possible to meet in person at Centru Antida Family Services hub, at Tarxien. The service is delivered by a person who is registered and qualified as an emotional freedom methods practitioner. Sessions are in English or Maltese, whether living in Malta or elsewhere.

Our service is not a substitute for medical or psychiatric care or psychotherapy. If you need medical attention, get it! We never suggest that you stop any prescribed medication. Please do not pressure or oblige anyone to come, because our methods work only with self-motivated persons, even if they may at first be a little doubtful about coming.

**HOW TO APPLY:** You cannot apply on behalf of somebody else. Motivated adults without mental illness and with emotional distress can apply by writing to [efs@antidemalta.org](mailto:efs@antidemalta.org) or phoning Tony on 7932 6725 during office hours. (Malta prefix: +356)

*Dan is-servizz mhux tajjeb għal persuni b'mard mentali. Jekk jogħġbok tapplikax jekk kellek episodji ta' psikozi jew jekk għandek mard mentali. Għal mard mentali jekk jogħġbok ċempel 1770 (Helpline tas-Saħħa Mentali), jew 179 (helpline għall-kriżijiet, tal-Aġenzija Appoġġ), jew sib is-servizz ta' għajnuna bit-telefon ta' Kellimni.com fuq Facebook, jew ikkonsulta lit-tabib jew psikjatra tiegħek. Għal hsibijiet suwiċidali qawwija mur mal-ewwel l-Emerġenza fl-isptar prinċipali Mater Dei.*

see you soon