

EFT Practitioner Level I & II

EFT Practitioner Level I & II - Day 1

Review of EFT Practitioner Level I

- Gary Craig develops EFT in 1995
- EFT on the World Stage - EFT rises above the Event Horizon with +10 million Meridian Tappers
- Human Wellness - the Inseparable Interconnection of Mental, Emotional, Physical & Spiritual States
- Neuroanatomy – How Tapping Consistently Calms the Body's Fight or Flight Response
- How and Why EFT works so rapidly for so many issues
- EFT – the Basic Recipe (old and new versions)
- EFT - 9 Gamut Sequence - Reconnecting to Inner Resources
- Accessing Resources - use of EFT 9 Gamut Sequence
- Measuring / use of 1-10 SUDs Intensity Levels
- Aspects vs. Issues - more Specific; more Effective
- Working with Clients – Goals, Expectations & Results
- Movie Technique & Tearless Trauma
- Effectiveness in releasing physical & emotional pain
- Flexibly addressing chronic and 'expected' pain
- Stuck? Address SBS - Secondary Benefit Syndrome
- Keeping EFT 'Simple to Learn and Easy to Use'

- Review of Practitioner work / most effective approaches:
 - Physical / Emotional pain
 - Clearing Phobias
 - Bothersome Memories
 - Cravings / Toxins
- Effectiveness with words within EFT Techniques
- EFT Sessions - working by telephone or Skype

EFT Practitioner Level I & II - Day 2

Developing EFT Practitioner Skills

Palace of Possibilities Concepts:

- Ethics and honesty
- Marketing / Sales
- Tapping into Taking Action
- Overcoming Procrastination
- Personal Resistance
- Addressing Tail-Enders
- Inserting Options and Possibilities
- Success and the Writing on your Walls
- Changing the Role of Your Inner Critic
- Allergies / Toxins / Sensitivities
- Releasing Limiting Beliefs
- Assessing Beliefs with 1-10 intensity
- Tapping & Affirmations Align with Truth
- Additional Tapping points
- Effective Set up and Scripting

Practitioner Lead Tapping practices are scheduled throughout Day 2 and Day 3

The Gentle Techniques to reduce Intense Issues:

- Tearless Trauma Technique
- Indirect approach for Sensitive Issues
- Releasing Trauma
- Reducing Anxiety
- Releasing Physical / Emotional Pain

EFT Practitioner Level I & II - Day 3

Developing EFT Practitioner Skills

Key to Solving Puzzles with EFT:

- Finding and Addressing Core Issues
- Physical Representations of Core Issues
- Checking Test Results - Triggers
- Delivering EFT in Groups / Skype
- Borrowing Benefits more effectively

Applying EFT for:

- Sports Performance
- Surrogate Tapping
- Children and Elders

Practitioner Preferences: Review of Techniques:

- Choices Method
- Talking & Tapping
- Extended Tapping & Changing Habits
- Honouring Client and Practitioner Boundaries

Review of Confidence Building Tapping practices

- What Questions to Ask
- How to Lead Tapping Sessions
- Keeping focused for zero intensity
- Offer Positives after clearing negatives
- Ending on a positive note