

EFT Practitioner Level I & II

EFT Level I & II - Day 1 EFT Basics - Level I

- Gary Craig develops EFT in 1995
- EFT's rises above the Event Horizon on the World Stage +10 million Tappers
- Neuroanatomy – How Tapping calms your body's Fight or Flight Response
- How and Why EFT works so rapidly
- EFT's Basic Recipe (old and new versions)
- Use of 1-10 SUDs Intensity Levels
- The importance of 9 Gamut Sequence
- Aspects vs Issues – Specific is Effective
- Working w/ Clients – Goals & Results
- Movie Technique & Tearless Trauma
- Effectiveness – releasing aspects of physical & emotional pain
- Flexibility in releasing chronic pain
- Stuck? Polarity Reversal in addressing – Secondary Benefit Syndrome (SBS)
- EFT 'Simple to Learn and Easy to Use'
- Review of Practitioner work / most effective EFT approaches:
 - Physical / Emotional pain
 - Clearing Phobias
 - Bothersome Memories
 - Cravings / Toxins
- Wording Effectiveness within EFT
- EFT Private Sessions – preparation for working by Skype / on-line

EFT Level I & II - Day 2 Palace of Possibilities

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

Demonstration of Tapping practices are scheduled throughout Day 2 & Day 3

Gentle Techniques review – reducing Intense Issues:

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

EFT Level I & II - Day 3 EFT Practitioner Skills

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
- Sports Performance
- Surrogate Tapping
- Children and Elders

Practitioner Review of Techniques:

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

Confidence building Tapping practices:

- Questions for clients sessions
- Focusing toward zero intensity
- Negatives first, then Positives
- Closing sessions: Review & Tapping progress / future plan(s) for your client

**Janice Smylie,
EFT Practitioner & Trainer**

(403) 710-4443

* With this EFT Practitioner training I will provide the EFT logos, EFT Tapping Charts and handouts / resources for working with clients. I also provide a copy of my "Introduction to EFT" Powerpoint (editable) for use with your clients / groups so you'll explain EFT well, and confidently.