

EFT Practitioner Level I

📋 EFT Level I - Day 1 Tapping Basics Approved by Gary Craig

- Gary Craig develops EFT in 1995
 - On the World Stage EFT rises above the Event Horizon with over 10 million Tappers
 - Neuroanatomy – How Tapping calms your body's fight or flight response
 - How and Why EFT work so rapidly
 - EFT's Basic Recipe (old & new versions)
 - Use of 1-10 SUDs Intensity Levels
 - The importance of 9 Gamut Sequence
 - Aspects vs Issues – Specific is Effective
 - Working with clients' goals & expectations
 - Releasing limiting beliefs, inner resistance
 - Movie Technique & Tearless Trauma
 - Effectiveness – addressing all aspects when releasing physical & emotional pain
 - Flexibility in releasing chronic pain
 - Stuck? Polarity reversals affecting Secondary Benefit Syndrome (SBS)
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- EFT 'Simple to Learn and Easy to Use'
 - EFT approaches for addressing issues:
 - Physical / emotional pain
 - Clearing Phobias
 - Bothersome Memories
 - Cravings / Toxins
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- Wording Effectiveness within EFT
 - EFT Private Sessions – preparation for working by Skype/ on-line
 - Lots of Q & A – check client results

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EFT Practitioner & Trainer**

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📋 EFT Level I - Day 2 Developing EFT Skills - Practices

EFT Client Practice Sessions:

- Limiting Beliefs
 - Choices Method / Talking & Tapping
 - Extended Tapping – Borrowing Benefits
 - Honouring client's needs / boundaries / privacy / ethics
 - Movie Technique
 - Tearless Trauma Technique
 - Tapping examples for release of Secondary Benefit Syndrome
 - Releasing Physical / Emotional Pain
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- Business Basics: Logos, forms, records, branding*, websites
 - Advertising & ethics
 - Preparation for Skype / on-line work

Building confidence in EFT practices:

- What questions to ask clients
- Leading Tapping sessions
- Keeping focused for zero intensity
- Negatives first, then Positives

Closing sessions: Review & Tapping progress / future plan(s) for your client.

* "Introduction to EFT" Powerpoint will be provided, (editable) for client and group presentations, so you'll be able to explain EFT well, and confidently.

EFT Universe & other organizations offer EFT Practitioner – Level I Workshop Certification as a two day training

Please feel free to compare our course content

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This two day EFT Practitioner – Level I Certification Workshop provides new EFT Practitioners a minimum 4 hours training in hands-on EFT session practices

New Practitioners confidently develop higher skill ability & expertise

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I care about helping to develop your Tapping skills as a new EFT Practitioner.

To support and increase my Practitioner's ability to explain EFT well and to work with new clients, I provide my new Level I EFT Practitioners with client handouts, the EFT Logos, and more.