

# EFT Practitioner Level II

## EFT Level II - Day 1 Review of EFT Level I

- Gary Craig develops EFT in 1995
- EFT rises above the Event Horizon on the World Stage with over 10 million Tappers
- Neuroanatomy – How Tapping calms your body's fight & flight response
- How and Why EFT work so rapidly
- EFT's Basic Recipe (old and new versions)
- Keys uses of EFT 9 Gamut Sequence
- Use of 1-10 SUDs Intensity Levels
- Aspects vs. Issues – Specific is Effective
- Working with client's goals & results
- Movie Technique & Tearless Trauma
- Effectiveness in releasing all aspects of physical & emotional pain
- Flexibility in addressing chronic pain
- Stuck? Polarity Reversal in addressing – Secondary Benefit Syndrome (SBS)
- EFT 'Simple to Learn and Easy to Use'

### EFT Techniques reducing Intense Issues

- Tearless Trauma Technique
- Indirect approach for Sensitive Issues
- Releasing physical / emotional pain
- Releasing Anxiety / Trauma / PTSD

### Applying EFT for

- Sports Performance
- Surrogate Tapping
- Children and Elders

## EFT Level II - Day 2 Palace of Possibilities

- Marketing / Sales / Ethics and Honesty
- 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
- Finding and Addressing Core Issues
- Releasing Limiting Beliefs
- Assessing Beliefs w/ 1-10 intensity
- Affirmations – Truth in Tapping
- Additional Tapping points
- Effective set up and wording
- EFT – working by Skype / on-line
- Checking Test Results – Triggers
- Delivering EFT in Groups / Skype
- Borrowing Benefits, Effectively

### Confidence Building Tapping practices

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

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

**Janice Smylie,  
EFT Practitioner & Trainer**

**(403) 710-4443**

EFT Level I  
Certified Practitioners  
are welcome to RSVP  
for this 2-day  
EFT Practitioner  
Level II  
Certification  
Training

My EFT Level I & II  
Certified Practitioners  
are welcome for a small fee  
to review any current  
EFT I or II workshops  
Call me at (403) 710 4443