

EFT Practitioner Level III

EFT Level III Content & Requirements

What is included in EFT Practitioner Level III:

Part 1:

- 2 days – EFT Level III workshops
- EFT Level III training binder & notes
- Interactive EFT sessions / demonstrations
- In-depth techniques for client issues
- Creative Art of Delivery

Part 2:

- Clearing Issues / Coaching Sessions (30 mins each x4 – or 1 hr x2) (2 hrs)
- Review written case studies (2 hrs)
- Review EFT client session audio (1 hr)
- 4 Group Coaching Calls (quarterly) (4 hrs)

Requirements: EFT Level III Certificate provided at 1 year, following completion of mandatory steps below:

- EFT Practitioner Level I & II Certification (w/ Janice Smylie)
- Attend EFT Level III Workshops – 2 days
- Coaching sessions (on-line) – 2 hours
- Providing 4 written case studies
- Submit 1 audio recording of client session
- Quarterly Group coaching calls 4 x 1 hr

(Required: 50 client sessions completed, before EFT Level III)

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EFT Practitioner Level III - Day 1

Client Focus & Core Issues

- EFT Session Flow Chart
- Client expectations and Pre-framing
- Reading Client Messages Accurately
- Client Resources
- Addressing Core Issues
- Rants, Anger and Numbness
- Distancing for Intense Trauma
- Forgiveness
- Vows & Limiting Beliefs

Emotional / Physical Issues

- Releasing Trauma (Individual Event)
- Reducing Anxiety (Broadband, Non-Specific vs. Specific and Focused)
- Creative Re-Patterning
- Resistance / Secondary Benefit
- Reframing into Possibilities
- Reducing Physical Symptoms
- Powerfully Suggestive Imagery

Physical Metaphors

- Inner Critic
- Self-Esteem
- Feeling “stuck”
- Cravings
- Food Intolerances

EFT Practitioner Level III - Day 2

Practitioner Standards

- Professionalism
- Logos, forms, branding
- Confidentiality – Client Records
- Ethics and Scope of Practice

Professional Development

- Shortcut Tapping for Pain / Depression / Trauma
- Overcoming Inner Resistance
- Procrastination / Perfectionism
- Peak Performance / Success
- Successfully Writing on Walls
- Effective Set Up and Wording
- Developing Conversational Flow
- Art of Delivery practices
- Checking Triggers

Review of Practitioner Resources

- Expanded Session Options
- Working within Clients beliefs
- Creating Your Own Approach

“Introduction to EFT” Powerpoint will be provided, which you’ll be able to edit for individual & group presentations.