

EFT Practitioner Level I

EFT Practitioner Level I - Day 1

Basics + Techniques Applications - Information Intensive

- 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 work so rapidly for so many issues
- EFT – the Basic Recipe (old and new versions)
- 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
- Releasing limiting beliefs - inner resistance
- 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'
- Approaches for addressing individual issues:
 - Physical / emotional pain
 - Clearing Phobias
 - Bothersome Memories
 - Cravings / Toxins
- Techniques / approaches increasing EFT's effectiveness
- EFT - working by telephone / Skype
- Lots of Q & A - getting better client results

EFT Practitioner Level I - Day 2

Technique Practices - Developing EFT Skills

Discussions and 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
- Secondary Benefit Syndrome
- Releasing Physical/Emotional Pain

Building confidence with Tapping practices:

- What to ask clients
- How to lead Tapping sessions
- Keeping focused for zero intensity
- Offer Positives after clearing negatives
- Allergies / toxins / sensitivities

Short Review of Client Session / Business Basics:

Logos, forms, records, websites, advertising & ethics

Note to my EFT Level I Practitioners:

When you attend EFT Practitioner Level 1 - Day 2 ONLY:
a new upgraded EFT Practitioner Level I Certificate
will be presented, recording the additional hours of training.

EFT Universe and 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 you
as a new EFT Practitioner
that's why I've changed the one day
EFT Practitioner - Level I
Certification Workshop
to two days

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[Options](#) for my  
EFT Level I Practitioners  
previously Certified by 1 day training?  
Join us, and either audit the new 2 day  
EFT Practitioner - Level I Workshop  
or attend ONLY EFT Level I - Day 2