

# EFT Practitioner Level I

## EFT Practitioner Level I - Day 1

Basics + Techniques Application - 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