

# EFT Practitioner Level III

## Content & Requirements

## EFT Practitioner Level III - Day 1

## EFT Practitioner Level III - Day 2

### EFT Practitioner Level III

Workshop/Training includes:

#### Part 1:

- 2 days of EFT training, client practice & reviews
- EFT Level III training notes
- Interactive EFT sessions/demonstrations
- In-depth techniques resolving client issues
- Creative Art of Delivery

#### Part 2:

- Clearing Personal Issues Sessions / Coaching  
30 minutes each x8, or 1 hour each x4 (4 hours)
- Client/Practitioner Sessions - workshop day (6 hours)\*
- Review of written case studies / client work (2 hours)
- Review of audio of EFT client session (1 hour)
- 4 Group Coaching Calls (quarterly) (4 hours)

EFT Level III Certificate provided at mandatory completion of requirements:

1. EFT Certification Level I & II w/Janice Smylie
2. Attend EFT Level III Workshops - 2 days
3. In person/Skype Clearing/Coaching sessions – 4 hrs
4. Provide 4 written case studies for review
5. Submit audio recording of client session for review
6. Quarterly Group Coaching Calls 4 x1 hr

\* Additional Client/Practitioner Sessions day may be optional, based on Practitioner experience - 1 day

(11 hours plus 3 workshop days total)

### 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)
- Creative Re-Patterning
- Resistance / Secondary Benefit
- Reframing to Possibilities
  
- Reducing Physical Symptoms
- Powerful Reframing with Imagery

### Physical Metaphors

- Inner Critic
- Self-Esteem
  
- Cravings
- Food Intolerances

### Practitioner Standards

- Professionalism
- Confidentiality - Client Records
- Ethics and Scope of Practice

### Professional Development

- 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
- Creating Your Own Approach