

The training will comprise of teaching sessions covering the Level 1 & 2 content. Although there is a lot of content, there is also plenty of experiential work practising the techniques.

The course is certified by the EFTMRA - the Emotional Freedom Techniques & Matrix Reimprinting Academy. You will receive an attendance certificate for Level 1 and for Level 2. If and when you complete and pass the online test (multiple choice), you will then be sent your Practitioner Certificate. However, the learning doesn't stop there.

As so much is packed in to this training, your skills can be further developed through continued professional development after the course with swap sessions - in person or online, repeating trainings, further advanced EFT trainings, Supervision/Mentoring sessions for client work and more.

Training Levels

EFT practitioner training is divided into two levels.

Level 1 is a one day course and an introduction to EFT.

Level 2 is a two day course that includes all of Gary Craig's required elements for EFT practitioner status and is certified by the EFTMRA*

WHAT YOU WILL LEARN ON LEVEL 1

- Brief history of EFT
- Understanding the concepts of EFT and connections to existing therapies and healing modalities
- The discovery statement upon which EFT is based and the incredible implications this has in the healing process
- Understanding and experiencing the effects of energy system disruptions
- Psychological reversal – a new understanding of the reasons we don't heal and simple techniques to overcome this very common obstacle
- The 'basic recipe'. Learn the full EFT protocol, with demonstrations and experiential practice
- EFT shortcuts – learn ways to streamline this already quick and elegant therapy
- Techniques to greatly improve the effectiveness of EFT – including the importance of being specific, dealing with shifting aspects of memories and emotions, special points and being persistent
- Discover the wide range of physical and emotional issues for which EFT is effective and the few areas where EFT shouldn't be used
- Testing the effectiveness of treatments and how to handle situations that can arise

EFT Practitioner Training

3 Day Course.

- Learn and experience other EFT techniques – including the ‘tearless trauma technique’, the ‘movie technique’, ‘chasing the pain’ and the ‘personal peace procedure’
- Understanding cognitive shifts, in other words, how do we know a change has taken place? And what verbal and physical signs to expect.
- Practice working with and experiencing the incredible results of EFT on your own issues
- Experience working with **bothersome memories, phobias and addictive cravings**

WHAT YOU WILL LEARN ON LEVEL 2

- Principles from The Palace of Possibilities – understanding how our lives, the people with whom we have interacted and the situations we have found ourselves in the past, cloud and become the focus and filters through which we see and experience life now. (**Forming our Beliefs**).
- Using affirmations with EFT. Understanding the reasons why these potentially incredible methods of focusing our intention and creating our desired reality often fail to work. Also how we can use EFT to remove these obstacles and create the future we desire.
- Additional tapping points. Learn other meridian points that can be added to aid EFT treatments
- Ways to inject more gentleness into the EFT procedure – the ‘**gentle techniques**’: the ‘tearless trauma’ technique, ‘chasing the pain’ and ‘sneaking up on the problem’
- Ways to find core issues – questions and techniques to get to the core issues and root causes of physical and emotional problems
- Addressing **physical issues** – methods to get to the core issues and emotional reasons behind physical issues and disease
- Further methods for testing results – determining whether an issue has been completely collapsed and how to look for remaining aspects
- Working with EFT by telephone or online– including exploring the benefits of using EFT over the telephone or online.
- Delivering EFT in groups – looking at the application, uses and many advantages of group tapping
- Borrowing benefits – see and experience the many powerful positive side effects when using EFT in groups.

Trainer, Rachel Kent, B.Ed (Hons), Gestalt Psychotherapist, EFTMRA Trainer and Practitioner.