

Course Schedule for Introduction to Emotional Freedom Techniques (EFT/Tapping)

9:00 am – 9:30 am: Intro to EFT – what it is and how it works – contrast to current methods of counseling- effects on stress, nervous system and brain

9:30 am – 10:00 am: Basic Recipe for EFT – tapping points and formula. Complete formula and 9-Gamut technique. Importance of SUDS scores and testing results.

10:00 am – 10:30 am: Using basic recipe on general symptoms/issues. Demonstration. Finding Core Issues/stories. Demonstration. Testing results

10:30 am – 11:00 am: Identifying Aspects of client story – Practice Exercise

11:00 am – 11:15 am: Break

11:15 am – 12:30 pm: Make a Movie/Tell a Story Techniques – demonstration and practice

12:30 pm – 1:30 pm: Lunch

1:30 pm – 2:30 pm: Trauma and the trauma capsule – approaching with Gentle Techniques. Sneaking up, Sneaking Away – managing excessive emotion

2:30 pm – 3:00 pm: Tapping on Pain and other physical sensations – Chasing the Pain

3:00 pm – 3:15 pm: Break

3:15 pm – 3:45 pm: Tapping for addictions/cravings

3:45 pm – 4:15 pm: What to try if it's not working

4:15 pm – 4:30 pm: Questions and feedback