

## **Level 1 & 2 EFT Practitioner Workshop**

***(20 hours professional CEs available for nurses, social workers and psychologists - but need to be requested in writing at least 14 days prior to the training date)***

Emotional Freedom Techniques (also known as EFT or “tapping”) is a simple, yet powerful therapy that provides rapid and lasting relief for a wide range of stresses including physical discomfort, emotional distress, negative thoughts and behaviors that may interfere with health, life, career and relationships. In this interactive workshop, you will experience this revolutionary process, validated by over 100 clinical studies, meets the criteria for evidence-based therapy set by the American Psychological Association.

**Level 1 & 2 are generally combined as a 3-day course designed for individuals seeking to establish and deepen their practitioner skills using Gold Standard EFT. This course is a prerequisite for further training and required for practitioner certification.** This course teaches EFT using the AAMET Accredited Level 1 and 2 syllabus.

***PLUS: All participants completing level 2 will receive 6 week recorded PRO-call webinar series including additional material, Q&A and partner pair practice support to ensure deeper learning***

**Who should attend?**

- **Life and health coaches** wanting to add an effective process to your professional expertise
- **Therapists** wishing to integrate EFT into their existing practice
- **Physicians, nurses, chiropractors, massage therapists, physical therapists or caregivers** seeking effective tools to compliment client care
- **Teachers and School staff** looking for innovative classroom skills
- **Clergy and Staff** who minister to grieving, ill or traumatized congregants
- **Professionals seeking AAMET EFT Practitioner Certification**

This training provides basic principles as well as experience using this on a variety of common challenges. A basic overview of the peer-reviewed research will be provided, drawing from the fields of interpersonal neurobiology, neuroplasticity models and the field of epigenetics.

**The following key concepts will be covered:**

Ethical Considerations

Tell the Story and Movie Techniques

Finding Specific Events

Working with PRs and Limiting Beliefs

Finding Core Issues

SUDs, VOCs and Calibration skills

Gentle Techniques

Sharpening questioning skills

Using Affirmations

Understanding trauma and abreactions

Legal issues  
Results

Testing Treatment

Plenty of time will be devoted to live demonstrations with volunteers, interactive group learning and the opportunity to practice using the techniques for personal issues in a safe, nurturing environment.



**Betsy Muller** is a holistic business coach, speaker; author, AAMET Master Trainer, inter-faith minister and Accredited Advanced Certified Emotional Freedom Techniques (EFT) practitioner who has helped thousands discover and live at their highest potential. In addition to an MBA and 30+ years of business management experience, life changed in 2001 when she experienced EFT for the first time at a conference in Switzerland. Ms. Muller is a noted authority on working with human energy as a vehicle for phenomenal personal growth. Betsy is a contributor to the EFT Clinical Handbook and best-selling author of *Energy Makeover – A Conscious Way to Stay Young, Have Fun and Get More Done!* [www.createandconnectbrilliantly.com](http://www.createandconnectbrilliantly.com)

**Cancellation Policy:**

- 50% Cancellation Fee will be deducted from your refund if you cancel your registration up to 30 days – 2 weeks prior
  - No Refund for cancellations 2 weeks prior to day of workshop.
- Medical emergencies exceptions: Cancellations for medical emergencies will be considered with a Doctor's note. The cancellation will be evaluated on an individual basis and once confirmed will be refunded the workshop fee less 10%. No shows will not be eligible for refund.

**Grievance Policy:** The Indigo Connection LLC seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to The Indigo Connection, Attention Betsy Muller, 20771 Westminster Drive Strongsville, OH 44149. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems. If you have questions or concerns, contact Betsy Muller at [440-238-4731](tel:440-238-4731)

**Accommodations for the differently abled** The Indigo Connections' training facilities are handicap accessible. Individuals needing special accommodations, please contact: Betsy Muller at 440-238-4731

This 3 day course is designed for individuals seeking to use Emotional Freedom Techniques (EFT) with clients and required for AAMET practitioner certification. AAMET Accredited Level 2 syllabus PLUS 6 wk. support series. 20 hrs CE available for nurses and social workers

## **Course Outlines**

### **DAY ONE EFT Level 1 – Foundations and Fundamentals for EFT Practitioners**

#### **Part 1 : Introduction**

Welcome and Introduction of Trainer (and Emotional Assistants if applicable) Logistics; schedule; overview of the day; informed consent & release form

- Ground Rules: Confidentiality; Safety, Group Sharing (permission to pass);
  - Guidelines for demonstrations and working with partners.
  - Commitment of Group to Guidelines
- Introductions (Your WHY, experience and intentions)

Intro to EFT (brief background/history)

- Tapping Points review and frequently asked questions; modifications
  - Discovery Statement
  - Basic Recipe of EFT
  - Set-up statement
  - Reminder Phrase
  - Borrowing Benefits
- Group Exercise/Demonstration using 'my EFT worries' as the issue

#### **Part 2 Research, Rapport, Measurement and Detective Mindset**

Science and Research Supporting EFT

- Physical, neurological and biochemical findings
  - Conditions that respond well to EFT
  - Cautions and adverse reactions
  - A note on Wikipedia
  - Where to follow emerging research
- Rapport & Listening Skills. Integrating Client Words/Phrases

Understanding SUDS, physical connections, intensity and verbal and non-verbal signals during and after a session

Mindset of an EFT Practitioner – Be curious. Get out of the way!

Demonstration of a basic session – introducing SUDS and importance of testing

Practice Exercise: in Dyads/Triads or Demonstration in front of group

#### **Part 3 Aspects, Testing, Reversals, Treating Physical Issues**

4 Keys to EFT Success: TAPS (Testing/Aspects/Psychological Reversal/Specific Events)

Pyramid of Aspects (emotional, body, cognitive and behavioral shifts)

Apex effect

Generalization effect

Personal Peace Procedure - Using EFT on Your Own Issues

EFT for Physical Issues – demonstration with volunteer

Practice Exercise with partner: Physical Pain - chasing the pain; finding emotional roots to the pain

#### **Part 4 Practice Time, Troubleshooting, EFT for Cravings**

Group Exercise – taking a Presenting Issue and Finding Aspects

The Art of Questioning

Things that may interfere with successful treatment

Practice Exercise: EFT for Behaviors – Cravings Exercise (group or dyads/triads)

#### **Part 5 Treating Specific Events**

Introduction to clearing a specific past event

Movie Technique and Tell the Story demonstrations

Q&A – Ask about ANYTHING

#### **Part 6 Next Steps, Reflections and Closing**

Applying what you've learned in the real world

- General Ethics Reminders
- Choosing appropriate cases/clients
- Honoring your scope of practice and expertise
- Developing referral networks
- Continue Working on PPP scenes (1-3 per day)

## **DAY Two AAMET Level 2 Practitioner Skills**

### **Part 1. Welcome and Review of Basics**

Logistics; schedule; overview of the day; informed consent & release form

- Ground Rules: Confidentiality; Safety, Group Sharing (permission to pass);
  - Guidelines for demonstrations and working with partners.
  - Commitment of Group to Guidelines
- Introductions (One word for your passion and intention)

Pre-Frame & Client Care Basics

- Borrowing Benefits

- Client safety and handling intensity
  - Confidentiality
  - Roadmap for Client Care
  - Building Bridges
- Understanding Trauma

Group Exercise/Demonstration “Tell the Story”

## **Part 2 - Psychological Reversals (PR) & Working with Beliefs**

Principles & Implications of PR

- Global Reversal
  - Common Reversals
  - Identification and Treatment of Reversal
- Practice Clearing Reversal Exercise: Demonstration with volunteers

The Use of Frames

- Pre-Framing
  - Re-Framing
- Identifying Beliefs, measuring VOC, Connection to Specific Events

## **Part 3 - Gentle Techniques & The Importance of Being Specific**

- Events
  - Memories
  - Set-up statements
  - Reminder phrases
- Questioning Skills

Movie Technique

Tell the Story Technique

Tearless Trauma Technique

Sneaking up on the Problem

Partner Pairs Practice – Practice Gentle Techniques on a Specific Event

# **DAY THREE AAMET EFT Level 2 Practitioner Skills**

## **Part 4 - Practitioner Awareness & Working with Physical Issues**

Transference, Projection and Outcome Attachment

Testing & Tail-Enders

Working with Physical Issues

- Chasing the Pain
- Metaphor

- Emotional Driver
- Partner Pairs Practice – Work on Physical Issue or Specific Event

Debrief separating “practitioner” and “clients” for discussion

### **Part 5 - Common Practitioner Challenges**

Handling Emotional intensity

Integrating Affirmations

Practicing EFT by Phone - (additional information covered in webinar)

Common Challenges

Working with Children & Pets

Recognizing Areas for Development and Mentoring

Ask Anything - Q&A

### **Part 6 - Practice Management (overview – more covered in 6 week calls)**

AAMET Code of Ethics

Your Scope of Practice & Developing Referral Networks

Honoring Confidential Information - Files, forms and data

Professional marketing & promotion reminders

Insurance

**Demonstration/Borrowing Benefits** – EFT for getting over practice management fears

### **Part 7 - Next Steps – Webinars and AAMET/Energy Makeover EFT Certification**

Recognizing your needs for development/mentoring

Partner Pairs for 6-week follow-up

Scheduled webinar calls

Energy Makeover EFT Certification Requirements

Supervision for Certification – Group and Individual

### **Part 8 Reflections and Closing**

Reflections on Training Experience – Around the room

- What was your greatest takeaway? What are you grateful for?
- Feedback Forms & Certificate Presentation