

EFT Foundational Training



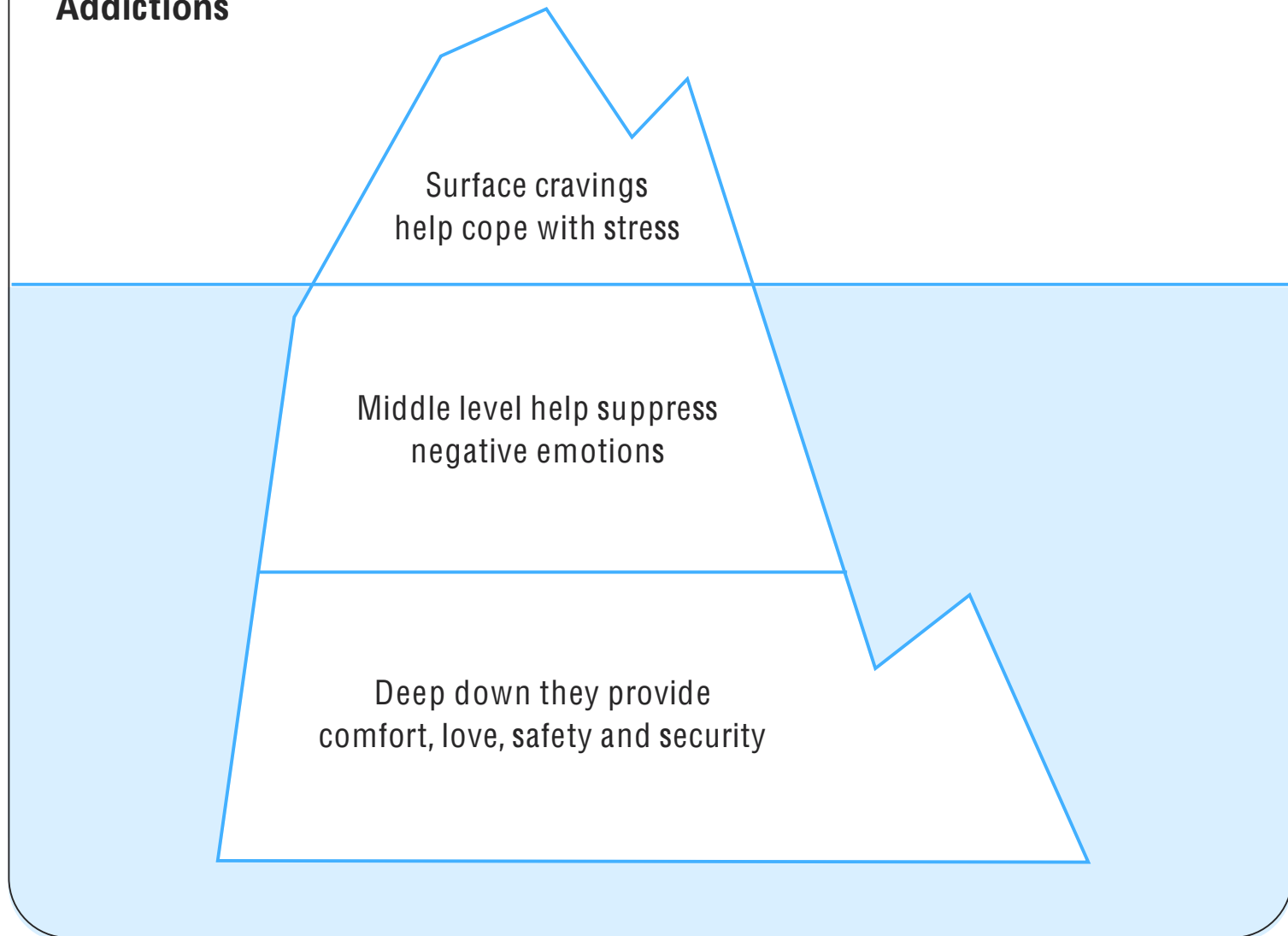
Themes

- Finger Holds
- Physical Tension with 'Tell the Story'
- Addictive Cravings
- Movie Technique

Contents

- Addictive Cravings Practice
- Movie Technique

Addictions



Working With Addictive Cravings

1. Assess current cravings on a 0-10 scale for the substance
2. Get the client to smell, touch, feel, and look at the substance; without consuming it
3. Then ask what does the substance smell, touch, feel and look like.
For example, "It is so crunchy and sweet!"
4. Then tap exactly on the experience of the client in response to the substance
5. Rounds of EFT as many as are necessary to reduce current craving
6. Notice if substance tastes, smells, etc. any differently
7. Many times the substance is filling something that is missing – comfort, safety, love, protection

Homework Tapping


- Tapping reduces the anxiety which drives addiction; and corrects Psychological Reversal
- Use Watch Bleeper set to ring every hour
- Morning / Night
- Bathroom
- Keep a diary
- Testing the future



Addictive Cravings

<https://vitalitylivingcollege.info/community-resource/eft-level-2-grads/>

Movie Technique

A photograph of a stage with red curtains and a white screen. The screen displays the text: "Break the incident down; so that it can be resolved in a step-by-step manner".

Break the incident down;
so that it can be resolved
in a step-by-step manner

Movie Technique

1. Name the movie and intensity levels... Tap!
2. Movie on screen, curtains and remote control in-hand
3. When intensity on name is down; open curtains
4. Run the movie from start to finish; and identify emotional peaks
5. Begin with the lowest peak
6. Tap the intensity down
7. Test and move to the next peak
8. Repeat till the movie has no charge
9. Test by telling the story again; like 'Tell the Story' technique

Movie – Key Hole Surgery

- Diagnose exact problem
- Get straight into the problem
- Clear the problem
- Get out from the site
- Test functionality



Practice Sessions

Rapport & Trust

Listening and Calibration

Testing by Telling the Story

Summary

- Addictive Cravings Practice Sessions
- Movie Technique

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