

VITALITY LIVING COLLEGE

EFT FACILITATOR

CERTIFICATION TRAINING





OVERVIEW

PRESENTING EFT POWERFULLY TO GROUPS

- Open a group
- Start, middle, and end
- Story telling
- Demonstrations
- Take questions



OVERVIEW

PRESENTING EFT POWERFULLY TO GROUPS

- Emotional wellness
- Freedom from stress
- Borrowing benefits groups
- Energy yoga



OVERVIEW

PRESENTING EFT POWERFULLY TO GROUPS

- Healing anger, frustration & irritation
- Releasing stress & tension
- Conquering cravings
- Unleashing power – freeing limiting beliefs
- Freeing past negativity
- Create your own within the guidelines



WORKING WITH AN EVENT

GAIN FREEDOM FROM THE PAST TO FEEL HAPPY

1. Tell the story
2. Movie technique
3. Tearless trauma
4. Keyword
5. Box method



FREEDOM FROM CRAVINGS

MAKE HEALTHY CHOICES TO FEEL LIGHTER

1. Place the cravings substance on a tissue and smell it (do not eat it!)
2. Ask, “how badly do you want it on a scale of 1 to 10? What do you love about it?”
3. Tap on the craving, the scale and the reason they want it
4. Measure the SUD’s after each round for the group members
5. Share case stories of how tapping has helped lower cravings
6. If need be, explore the emotions associated with the craving
7. If need be, explore the emotional root cause

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