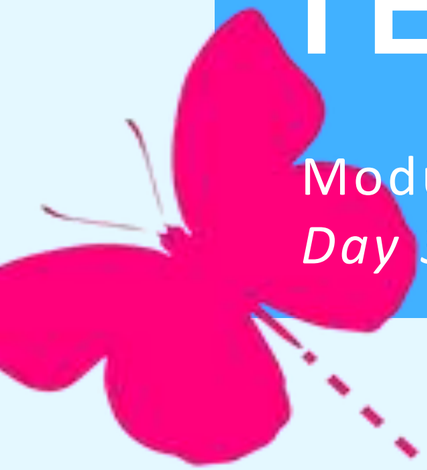
EMOTIONAL FREEDOM TECHNIQUE (EFT)

Module 3 – Practitioner Training

Day 3 Foundational Training



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SUMMARY

- Basic Recipe for breathing
- Working with physical tension
  - Basic recipe
  - Simplified EFT
  - Self-practice

NEXT STEPS

Browse the Self Practice Worksheet for Physical tension, https://portal.vitalitylivingcollege.info/trainingprogram/eft-practitioner-training/267/1.

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WORKING WITH PHYSCIAL TENSION & PAST MEMORIES

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CONTENTS

SIMPLIFIED EFT

- Identify Problem
- Scale 1 to 10
- Karate Chop (x3)
- Sequence with Reminder Phrase
- Karate Chop (x1)
- Breathe & water
- Testing

- Sequence
  - Eyebrow
  - Side of eye/temple
  - Under eye
  - Under nose
  - Chin
  - Collarbone
  - Under arm
  - Thumb
  - Index finger
  - Middle finger
  - Little finger

DEEPER EXPLORATION

- After EFT, notice what changed
  - Worse or better?
  - Changed nature or quality?
  - Changed location?
- Chasing the pain
  - As energy moves, the pain may move – *This is great!*
  - Test the original area

1. Locate the Tension

Say, *"Take a gentle breath in & out."* Pause and take a breath with them. Then say, *"Just scan your body now and ask yourself where in the body there is any tension or physical discomfort. Once you have a sense or knowing of it, focus all your energy there; and let me know the location."*

2. Measure the SUD

Repeat their words back to them, *"Thank you for sharing. The tension or discomfort is in [BODY PART]."* Now ask, *"Can you measure it on a scale of 1 to 10, where 10 is high intensity and 1 is low intensity or discomfort? Let me know the number."*

3. Describe

Explore further and ask, *"Are there any colours, shapes, sounds, textures, sensations, and feelings associated with the tension or discomfort? If yes, describe it to me."* No need to mention each one. You can pick whatever comes intuitively.

4. Listen

Carefully listen to the descriptions and make notes. It's always better to make shorter notes in order to keep your focus on the client; not on the notes. For example, *"Pain, SB, 7, Red" (where SB stands for Shoulder Blade).*

5. Start tapping

Start tapping using the client's specific words. *"Even though I have this tension, and it is in my [BODY PART], and it's a number [SUD], and it's a [COLOUR, TEXTURE, SIZE, FEELING], I love and accept myself".*

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6. Test

Pause after one round and say, *“Take a gentle breath in & out, and take a sip of water.”* Do it along with them. Ask, *“What happened?”* or *“What is the number at now?”* You can even ask, *“How does it make you feel?”*

7. Explore

Explore if the location is the same or different as before (at times the location can move, and it’s known as ‘Chasing the Pain’). Ask them, “Has the location moved?” Most of the times, the client will give you this information intuitively.

8. Continue

Continue tapping using their specific phrases; with any changes that they describe. Pause and test after each round. Keep tapping, till the SUD comes down to 3 or below. Ask again, *“How are you feeling now?”* or *“What is the intensity of the pain/discomfort/tension?”*

9. Remaining

When the SUD comes down, tap on, *“Even though I have this remaining tension, and it is at a number [SUD], this remaining number [SUD] tension, I deeply and completely love and accept myself.”*

10. Close

Say, *“Take a gentle breath in & out, and take a sip of water” Pause and do it along with them.* Then ask, *“How are you feeling?”* Let them know what they did well. Reassure, thank them, and close.

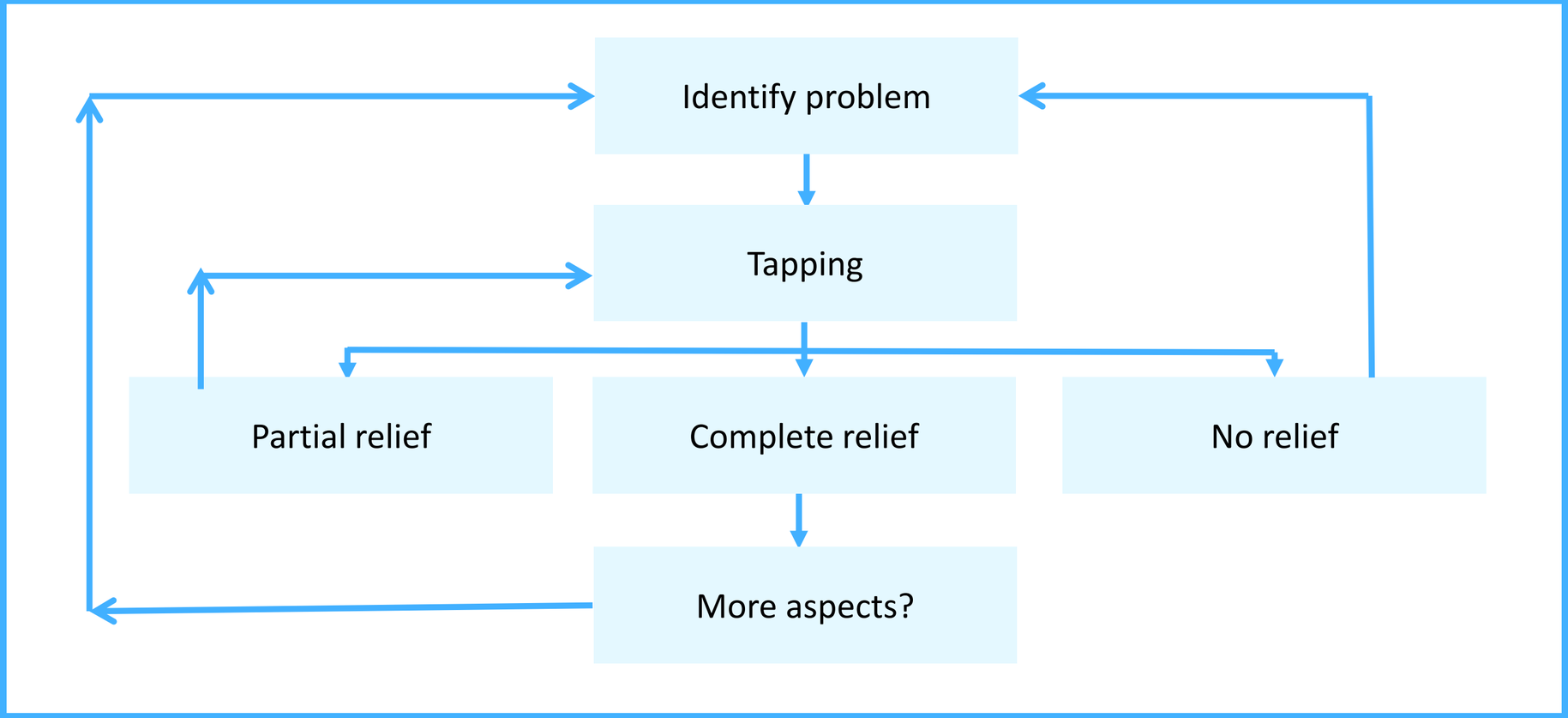
EVEN DEEPER EXPLORATIONS

- Explore the underlying contributors
  - What does the pain remind you of?
  - When have you felt the emotion associated with the pain before?
  - When have you felt this kind of pain before?
  - If the pain could speak, what would it say – how does that make you feel?
- Explore triggers
  - Who is the pain in the neck?
  - When did it start
  - When is it worse
  - When is it better?
- Be open to choosing the miracle!

PRACTICE SESSIONS

Asking questions
Use their words
Observe body language
Testing “What happened?”

BASIC EFT FORMAT



Remember the Mantra!

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For results that are TERRIFIC
It’s best to be SPECIFIC

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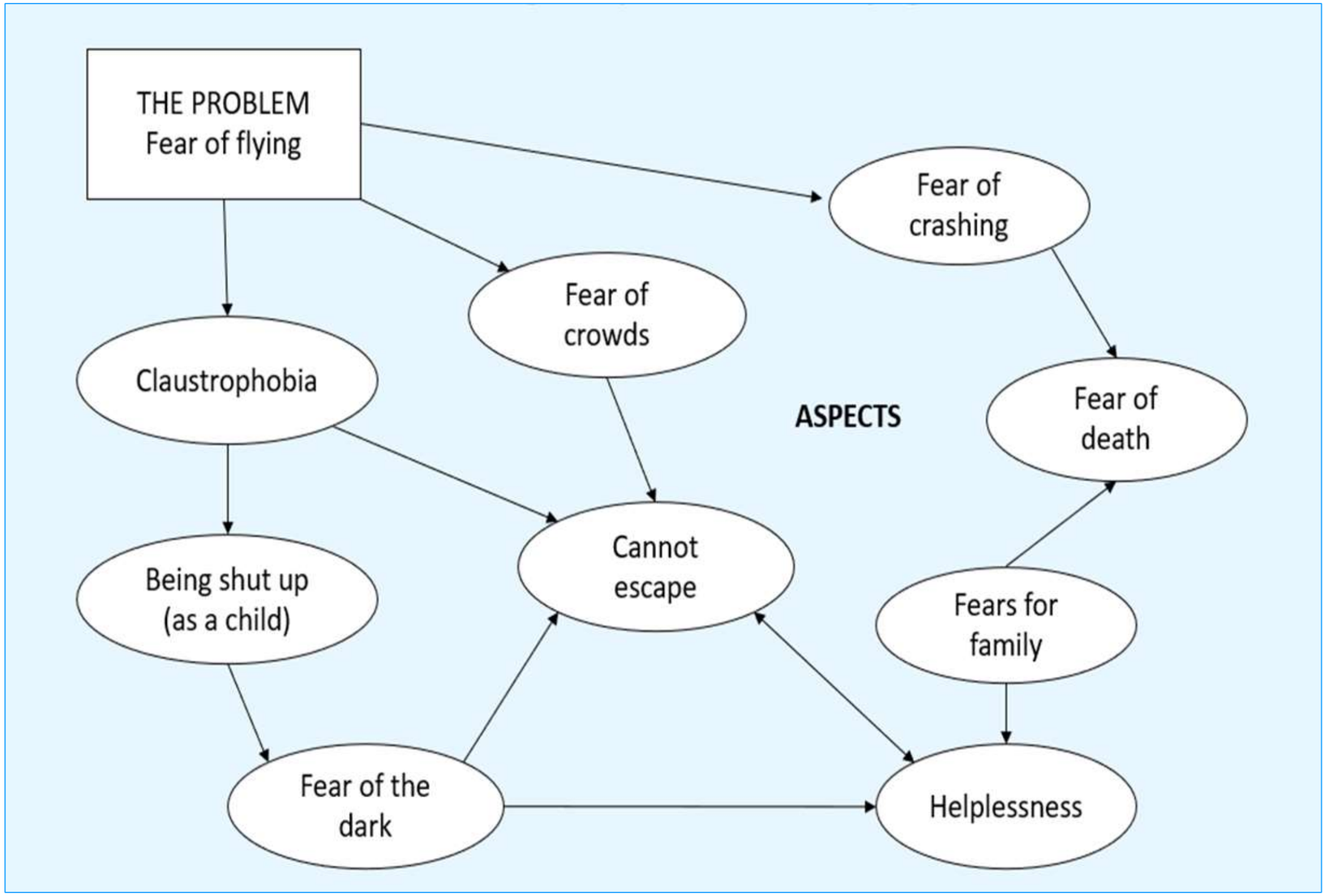
CALIBRATION

- Overall Impressions
- Posture
- Facial Expression
- Inconsistencies
- Movement
  - Head/neck
  - Torso
  - Eyes
  - Hands
  - Feet
  - Shoulders

- Skin
  - Tone
  - Color
  - Temperature
- Breathing
  - How deep?
  - Where from?
  - Regularity/Irregularities
- Voice
  - Tone
  - Pitch
  - Volume



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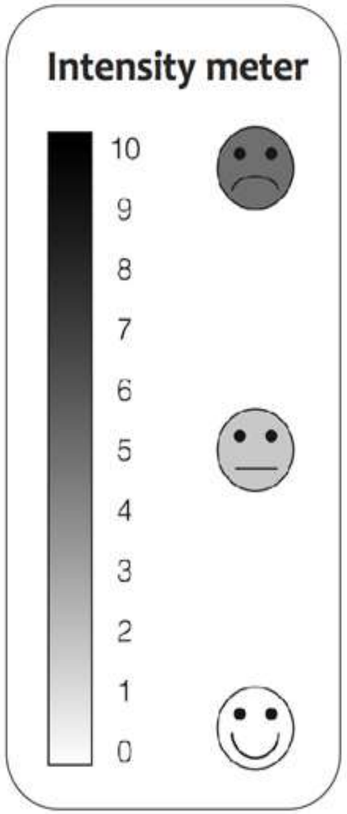
Most of our
emotional and physical problems
are caused (or contributed) by
our unresolved events.

NEGATIVE EVENTS

- Type of events
  - Negative
  - Disempowering
  - Traumatic
- Can cause
  - Limiting beliefs
  - Fears
  - Phobias
  - Addictions
  - Illness



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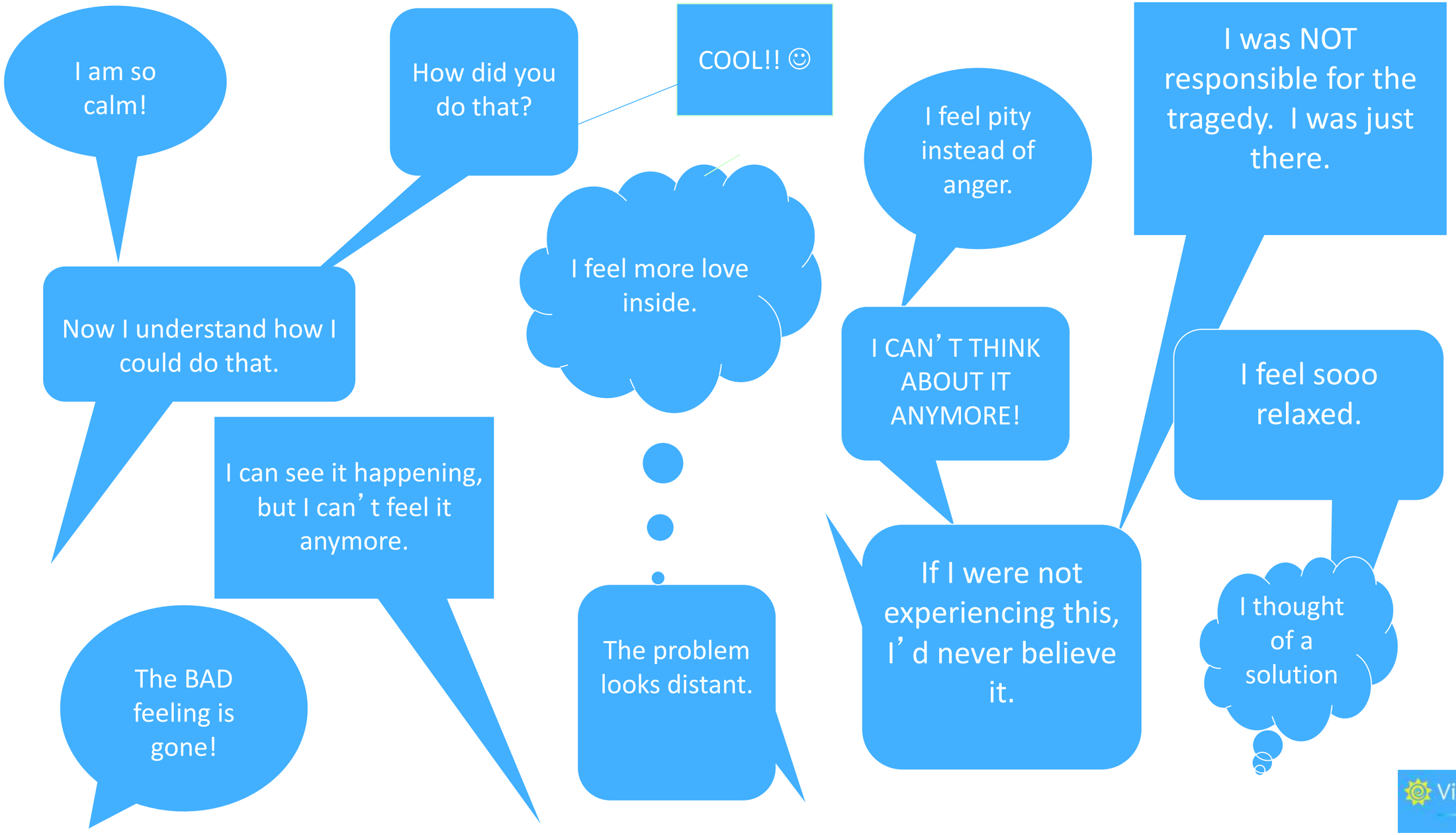
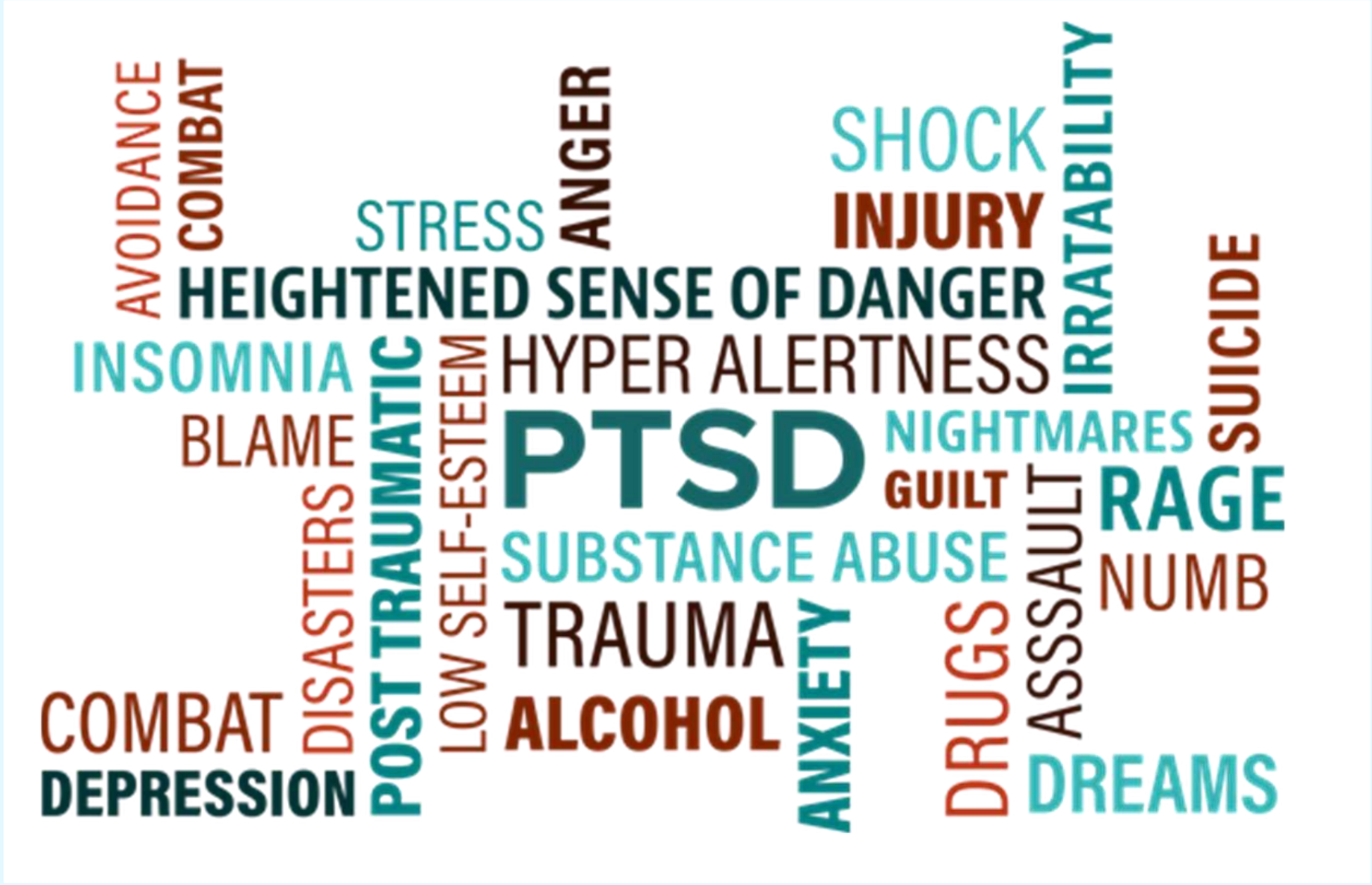
TELL THE STORY

1. Give the story a name (be specific) and measure the intensity.
2. Complete rounds of tapping using simplified EFT.
3. Bring the SUDs to manageable level.
4. Start by telling story of the event uncovering specifics.
5. As soon as any emotional disturbance is detected, stop and scale the emotion – tap using exact words. For high emotional disturbance, use the *Triple Point Calmer*.
6. Test by re-telling the previous part of the story.
7. When it feels calmer, continue to tell the rest of the story.
8. Stop and tap on each emotional disturbance.
9. Test by telling the entire story; from start to finish.
10. Stop when the story can be told fully; while remaining calm.

Practice Sessions

Be specific
Aspects
Change in thinking
Testing the story


I am so calm!
How did you do that?
COOL!! ☺
I feel more love inside.
I feel pity instead of anger.
I was NOT responsible for the tragedy. I was just there.
Now I understand how I could do that.
I can see it happening, but I can't feel it anymore.
I CAN'T THINK ABOUT IT ANYMORE!
I feel sooo relaxed.
The BAD feeling is gone!
The problem looks distant.
If I were not experiencing this, I'd never believe it.
I thought of a solution



CLINICAL EVIDENCE FOR PTSD & EFT TAPPING

1. The remediation of clinical PTSD symptom levels in between 84% and 90% of veterans.
2. Relatively short timeframes, generally ranging between 4 and 10 sessions.
3. Positive clinical outcomes in group as well as individual treatment settings.
4. Efficacy when administered by telephone or online webcams.
5. Effectiveness whether offered by life coaches or licensed mental health professionals.
6. Improvement in comorbid conditions such as anxiety and depression.
7. Reduce levels of stress hormones such as cortisol.
8. Diminish symptoms such as pain and traumatic brain injury.
9. Produce an epigenetic effect on the expression of stress genes.
10. Improve general markers of health such as resting heart rate, blood pressure, and immunoglobulin.

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TELL THE STORY

https://vitalitylivingcollege.info/wp-content/uploads/2023/01/Tell-the-Story-Worksheet-20-January-2023.pdf

PERSONAL PEACE

- Make a list of your 100 past events.
- Tap on at least one per day using Tell the Story method.
- Keep tapping on one memory a day.
- Go on to the next memory.
- In one year, you have resolved as many as 365 memory.

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NEXT STEPS

1. **Self help:** Complete 1 personal peace procedure on:
   - Physical tension, https://portal.vitalitylivingcollege.info/trainingprogram/eft-practitioner-training/267/1.
   - A past event of intensity level 7 or lower using Tell the Story technique, https://portal.vitalitylivingcollege.info/trainingprogram/eft-practitioner-training/267/1.

2. **Revise:** Browse the EFT Practitioner Training videos on the portal, https://portal.vitalitylivingcollege.info/trainingprograms/eft-practitioner-training.

3. **Ethical practice**: Browse through the code of conduct, https://vitalitylivingcollege.info/vlc-code-of-conduct/.

4. **Preparation**: Bring a cravings substance on next Friday to class.

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SUMMARY

1. Basic EFT format
2. Being specific
3. Calibration
4. Aspects
5. Past negative events
6. Tell the Story method
7. Cognitive Shift
8. Post Traumatic Stress Disorder (PTSD)
9. Next steps

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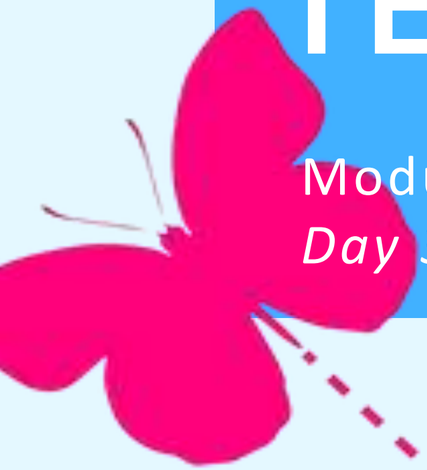

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