

EMOTIONAL FREEDOM TECHNIQUES (EFT)

Module 1 – EFT Advanced Foundational
Day 1 – EFT Advanced Practitioner

1

**RECAPPING THE BASICS,
FLEXIBLE LANGUAGE AND
ADVANCED SUB-MODALITIES**

CONTENT

1. Introductions
2. Our agreement
3. Foundational concepts
4. Our programming
5. Flexible language
6. Advanced sub-modalities
7. Reframing
8. Next steps

WHO ARE WE?

Our vision is to have

A practitioner or coach in every educated household.

Our mission is to

Transform lives through emotional well-being, personal development and spiritual growth seminars, and certification training.



43,000 people trained



625 seminars facilitated



45 countries represented

INTERNATIONAL CERTIFICATION



INTERNATIONAL CERTIFICATION



INTERNATIONAL CERTIFICATION

CERTIFICATE OF ATTENDANCE EFT ADVANCED PRACTITIONER

THIS CERTIFICATE IS PROUDLY PRESENTED TO

This could be you!

has successfully completed the Emotional Freedom Techniques (EFT) Advanced Practitioner Training by completing XXX hours of training in accordance with the code of conduct and international guidelines. This certificate does not confer Practitioner status but is a requirement for progression to the next level of training, including Supervision & Mentoring.



Dr Rangana Rupavi Choudhuri (PhD)

CEO & Founder Vitality Living College
Accredited Master Trainer of Trainers EFT International

Awarded: XX March 2026



Membership no: 1004053

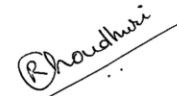
APPROVED FOR PRACTICE

APPROVED CERTIFICATE TO PRACTICE EFT ADVANCED PRACTITIONER

THIS CERTIFICATE IS PROUDLY PRESENTED TO

First Name Last Name

has successfully attended the Emotional Freedom Techniques (EFT) Advanced Practitioner Training with Supervision & Mentoring. They have also completed all the required assignments as outlined in Vitality Living College's regulations and code of conduct. This certificate is a confirmation that the student is approved to use these skills in their professional practice with clients in one to one sessions.



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INTERNATIONAL CERTIFICATION

CERTIFIED EFT ADVANCED PRACTITIONER

THIS CERTIFICATE IS PROUDLY PRESENTED TO

First Last Name

has completed all of the required assignments to achieve the status Emotional Freedom Techniques (EFT) Advanced Practitioner (Level 3) according to the approved syllabus. Ongoing professional development and mentoring, as laid down in the Vitality Living College's regulations, are required to maintain this status.



A handwritten signature in black ink, appearing to read 'R. Choudhuri'.



Dr Rangana Rupavi Choudhuri (PhD)
CEO & Founder Vitality Living College
Master Trainer of Trainers EFT International
Date Awarded: XXth July 202X



VLC Code of Conduct

1. INTRODUCING VITALITY LIVING COLLEGE (VLC)

1.1 Vitality Living College (“VLC”) is a global learning organisation with worldwide satellites conducting seminars in stress relief, emotional well-being, communication, confidence, and spiritual realisation along with creating Practitioners, Coaches, and Trainers of EFT, NLP, Hypnosis, Timeline Technology, Journey Work, Inner Child Matrix, Limitless Living, and Breakthrough Coaching.

1.2 It is the only global college of its kind dedicated to personal development, emotional wellbeing, and spiritual growth. VLC is committed to training, certifying, and supporting “helping” professionals be the best in their field by certifying Practitioners, Coaches, and healers. We find those who are dedicated to their personal and professional growth, including continued Supervision and Mentoring, provide the highest quality of care and service, and preferentially recommend those who complete these requirements.

HOUSEKEEPING



Treat it like a live in-person training



No phones / texting during training



Tissues



Good internet



Pen



Paper



Videos on



Hands washed



The training is being recorded



Mentoring – treat it like a professional session



INTRODUCTIONS

INTRODUCTIONS

- What is your name?
- What do you do?
- Share a hobby or something you enjoy doing.
- What do you want from the EFT Advanced Practitioner program?

Our agreement

Rapport and trust
Creating a safe space

NINE PARTS TO THE PROGRAM



**1. EFT ADVANCED
FOUNDATIONAL
5 days**



**2. EFT ADVANCED
PRACTITIONER
10 days**



**3. THREE ONE-TO-ONE
SESSIONS WITH A SENIOR
PRACTITIONER**

NINE PARTS TO THE PROGRAM



**4. THREE SUPERVISED CALLS
WITH A SENIOR MENTOR**




**5. EFT ADVANCED
PRACTITIONER
TRAINING PORTAL**



The image displays a grid of six course cards for EFT training. Each card features a header with a logo, a title, a subtitle, and a description. The middle card, 'EFT ADVANCED PRACTITIONER TRAINING', is circled in red. A red arrow points from the right side of the grid towards this card.

Course Title	Sections	Lectures
EFT Advanced Masterclass	23	92
EFT Advanced Practitioner Training	51	574
EFT Advanced Supervision & Mentoring	24	185
EFT Practitioner Training	41	1158
EFT Facilitator Training	44	321
EFT Practitioner Supervision & Mentoring	33	204

EFT ADVANCED PRACTITIONER PROGRAM PORTAL



EFT ADVANCED PRACTITIONER TRAINING

1. Module 1: Recapping the Basics, Flexible Language and Adva... **Description** Resources (3) QnA

This introductory session covers the following key topics:

- 1. Introduction to the course

Content

2. Module 1: Recapping the Basics, Flexibl...
0 of 18

- 01 1. Module 1: Recapping the Basics, Flexible Language and Advanced Sub-modalities (Full Video)
Video • Resources (3)
- 02 2. Introduction to the course
Video
- 03 3. Our agreement
Video
- 04 4. Eight parts to the program
Video
- 05 5. Tap along: Setting boundaries
Video
- 06 6. Foundational concepts
Video
- 07 7. Working with trauma & simplified EFT
Video
- 08 8. Course content & programming

[Talk to us](#)

EFT ADVANCED PRACTITIONER PROGRAM PORTAL

1. Module 1: Recapping the Basics, Flexible Language and Advanced Sub-modalities (Full Video)

Description

Resources (3)

QnA

This introductory session covers the following key topics:

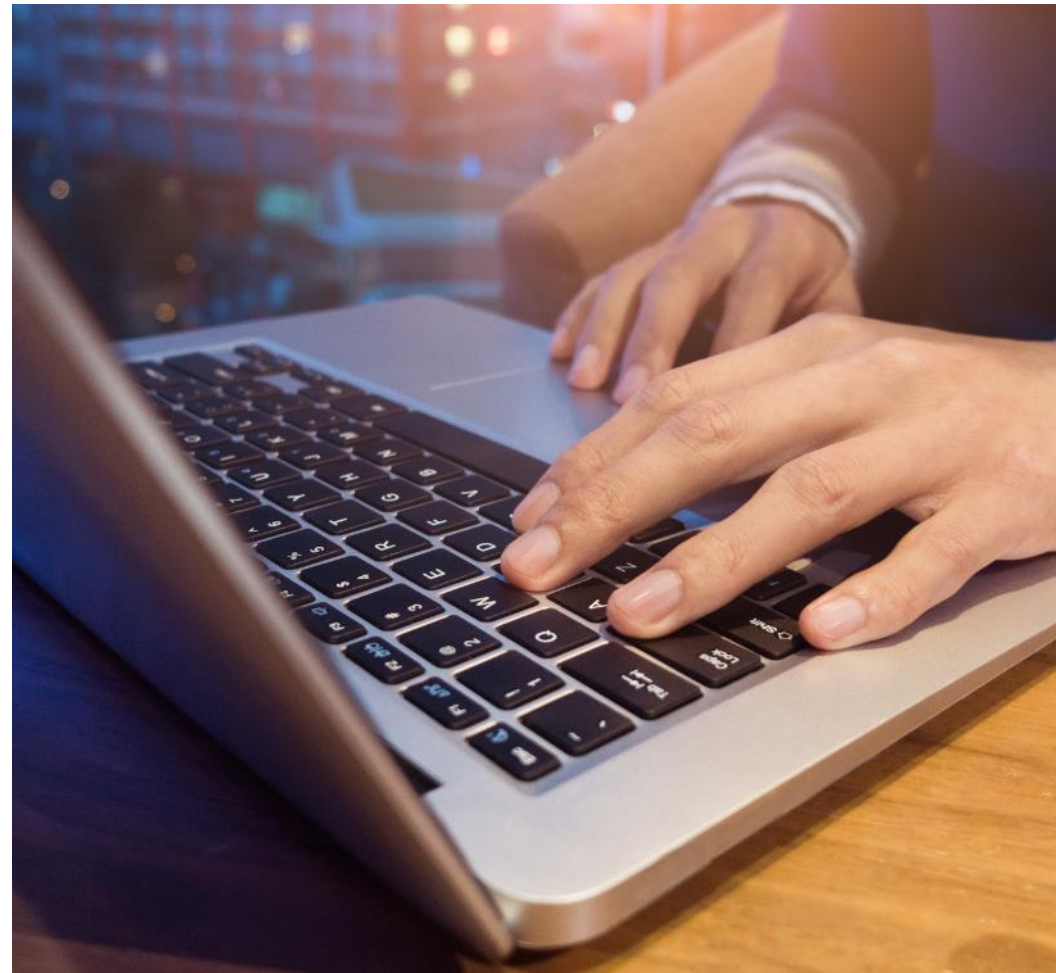
1. Introduction to the course
2. Our agreement
3. Eight parts to the program
4. Tap along: Setting boundaries
5. Foundational concepts
6. Working with trauma and Simplified EFT
7. Course content and programming
8. Flexible language with live demonstrations
9. Advanced sub-modalities
10. Reframing techniques
11. Physical tension and advanced sub-modalities demonstration

[Read less](#)

NINE PARTS TO THE PROGRAM



**4. THREE SUPERVISED CALLS
WITH A SENIOR MENTOR**




**5. EFT ADVANCED
PRACTITIONER
TRAINING PORTAL**



**6. MANUALS,
SLIDES &
WORKSHEETS**

EFT ADVANCED PRACTITIONER MANUAL


 **EFT ADVANCED PRACTITIONER TRAINING**

- 1. EFT Advanced Practitioner Manual
- 2. EFT Clinical Studies
- 3. Heal Your Emotions Booklet
- 4. All articles and blogs

Content

- 22. Module 22: EFT Advanced Practitioner ...
0 of 25
- 23. Module 23: Live Demonstrations with ...
0 of 70
- 24. Module 24: One-to-One Case Study Pr...
0 of 11
- 25. Module 25: EFT Advanced Practitioner ...
0 of 2
- 26. Module 26: All Worksheets
0 of 18
- 27. Module 27: All Manuals, Slides and Qu...
0 of 3
- 01 1. All Manuals, Clinical Studies, Free Booklet & Articles**
Article • Resources (1)
- 02 2. Slides
Article • Resources (17)
- 03 3. Questions & Answers
Article • Resources (17)
- 28. Module 28: Video & Background Readi...
0 of 9

1. All Manuals, Clinical Studies, Free Booklet & Articles

Description	Resources (1)	QnA
1. EFT Advanced Practitioner Manual.pdf		



LEVEL 3 Advanced Practitioner Course

with EFT Trainer Rangana Rupavi Choudhuri (Phd)

The first AAMET-approved EFT Trainer in India and the only Trainer of Trainers



 Vitality LIVING
— College —

Helping you to help yourself and others feel great



EFT ADVANCED PRACTITIONER SLIDES

The screenshot displays a course page for 'EFT Advanced Practitioner Training'. The page is divided into several sections:

- Header:** Includes the Vitality Living College logo and the course title 'EFT ADVANCED PRACTITIONER TRAINING'.
- Main Content Area:** A large blacked-out area covers the main content, with a text box stating: 'All the slides used during the EFT Advanced Practitioner Training, along with the Master Slides, can be found in the Resources section.'
- Table of Contents (Right Side):** A list of modules with expandable arrows:
 - 24. Module 24: One-to-One Case Study Pr... (0 of 11)
 - 25. Module 25: EFT Advanced Practitioner ... (0 of 2)
 - 26. Module 26: All Worksheets (0 of 18)
 - 27. Module 27: All Manuals, Slides and Qu... (0 of 3)
 - 01 1. All Manuals, Clinical Studies, Free Booklet & Articles (Article • Resources (1))
 - 02 2. Slides (Article • Resources (17))
 - 03 3. Questions & Answers (Article • Resources (17))
 - 28. Module 28: Video & Background Read... (0 of 9)
 - 29. Module 29: EFT Serve (0 of 1)
 - 30. Module 30: EFT Advanced Masterclass
- Resource Section (Bottom):** A tabbed interface with 'Resources (17)' selected. It shows a single resource: '1. Slides Module 1 - Recapping the Basics, Flexible Language and Advanced Sub-modalities.pdf' (PDF).
- Navigation:** A '2. Slides' tab is visible at the bottom left.

EFT ADVANCED PRACTITIONER WORKSHEETS

The screenshot shows a course page for 'EFT Advanced Practitioner Training'. The main content area contains the text: 'The worksheet for Vomiting Technique can be found in the resources section.' Below this, there is a section titled '2. Vomiting Technique'. Underneath, a resource is listed: '1. Vomiting Technique Self-Practice Worksheet.pdf' with a PDF icon and a download button. To the right, a 'Content' sidebar lists various modules and articles, including '26. Module 26: All Worksheets', '01 1. Personal Development Logs', '02 2. Vomiting Technique', '03 3. Role Play Tapping', '04 4. Secondary Gain', '05 5. Shadow Work: Judging Others', '06 6. Shadow Work: Being Judged', '07 7. Parts Integration', '08 8. Inner Conflicts', '09 9. Working with Archetypes', and '10 10. Working with an Inner Committee'. The page also features a navigation bar at the top with the Vitality Living College logo and a user profile icon.

EFT ADVANCED PRACTITIONER WORKSHEETS



[Click here for the Google Doc](#)

VOMITING TECHNIQUE – VENTING OUT TECHNIQUE WORKSHEET

Vomiting technique works best for emotional pain caused by another person.

1. Bring into your awareness one person that you have some conflict/friction with, or someone who hurt you, or someone whom you haven't said what you needed to.

2. Let any judgement out. You can share what you feel safe sharing.

3. What more do you want to share?

4. What else? (You can just vomit out all the words)

5. How else have they hurt you?

6. What else? (Put down all the words that are coming to you)

Use your intuition to decide what skills you would use. Feel the way in which you want to 'flow'. Induce a state of intuitive receptivity, enabling yourself to connect with your inner guidance. The more the intuition is used and trusted, the more it develops.

Vitality Living College™ - Transforming Lives.
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Vomiting Technique Worksheet 7th September 2023.docx

1

NINE PARTS TO THE PROGRAM



7. EFT SUPPORT – WHATSAPP & FACEBOOK

WHATSAPP SUPPORT GROUP



EFT Advanced Practitioner Support March 2026

Group · 36 members



Add



Search

Meeting link:

<https://bit.ly/EFTAdvancedPractitionerTrainingZoom>

Meeting Id: 814 6072 6833

Passcode: EFT3

Training days & dates:

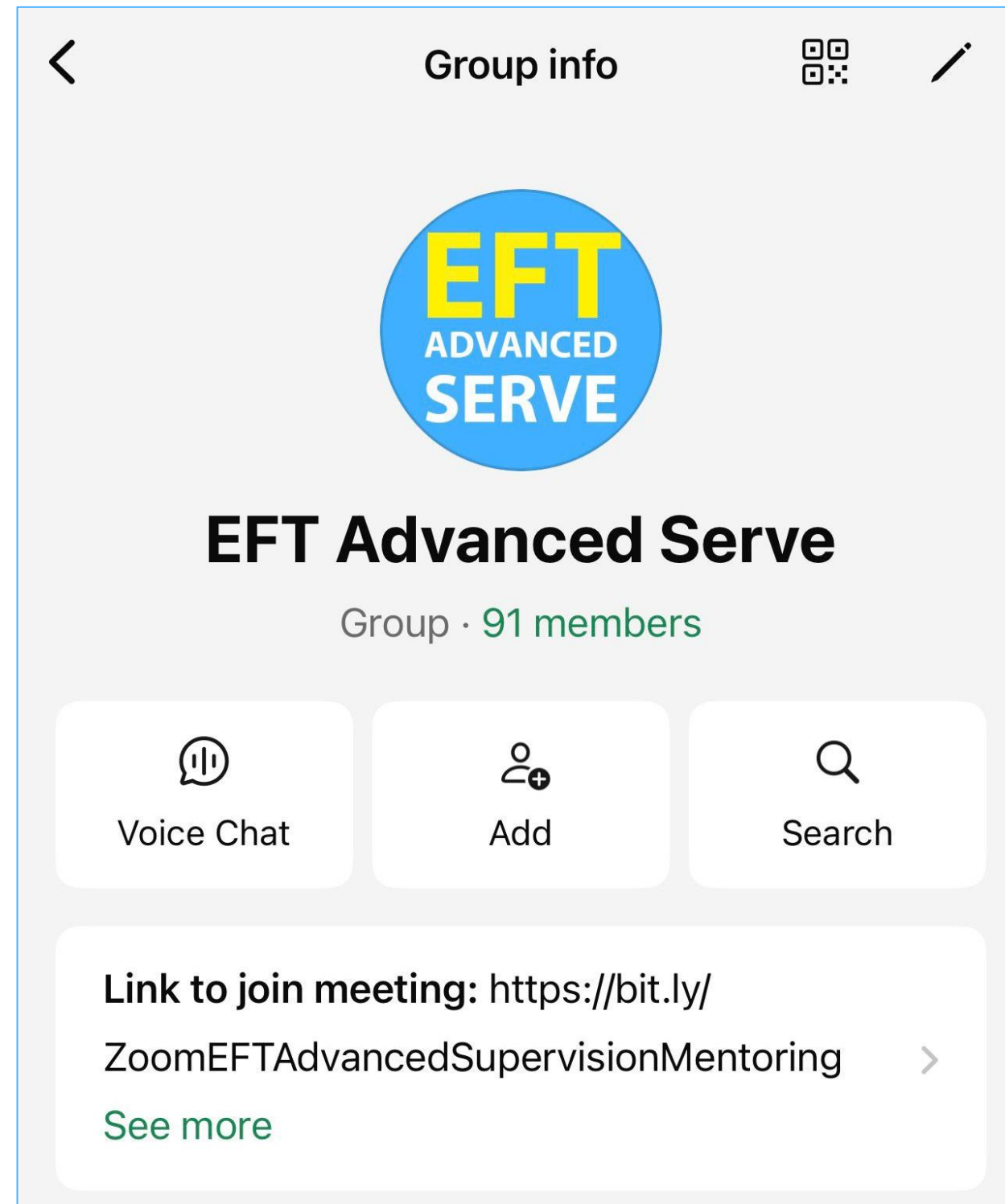
1) Week 1: 10th - 14th March 2026 (Tuesday - Saturday)

2) Week 2: 17th - 21st March 2026 (Tuesday - Saturday)

3) Week 3: 24th - 28th March 2026 (Tuesday - Saturday)

4) EFT Advanced Supervision & Mentorina: 4th.

WHATSAPP SERVE GROUP



FACEBOOK SUPPORT GROUP



Group by Vitality Living College

EFT Community - Vitality Living College

Private group · 555 members



+ Invite

Share

Discussion

Featured

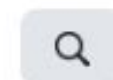
Members

Events

Media

Files

Guides



<https://www.facebook.com/groups/eftmomentumgroup>

SUPPORT GROUP DO'S & DO NOT'S



Questions



Shares



Daily activity



Community support



Forwards



Promotions



Reaching out to
members privately

NEED HELP?

Message on
the WhatsApp
Group

Message on
the Facebook
Group

In the breakout
rooms, you can
ask for help

Assist Team &
EFT Buddy

Senior
Practitioner
and mentor

Private chat
with Head Trainer or
Assist Leader

NINE PARTS TO THE PROGRAM



7. EFT SUPPORT



**8. 27 HOURS OF
SUPERVISION & MENTORING**

EFT ADVANCED SUPERVISION AND MENTORING

- **Dates:** 4th, 11th, 18th, 25th April, 2nd and 9th May 2026 (Saturdays)
- **Timings:** 9 am - 1.30 pm GMT / 10 am - 2.30 pm BST (From 4th April timing moves 1 hour forward), 5 am - 9.30 am EDT, 10 am - 2.30 pm CET / 11 am - 3.30 pm CEST (From 4th April timing moves 1 hour forward) , 4 pm - 8.30 pm ICT, 1 pm - 5.30 pm GST, 11 am - 3.30 pm EET / 12 pm - 4.30 pm EEST (From 25th April timing moves 1 hour forward), 12 pm - 4.30 pm AST, 5 pm - 9.30 pm SGT, 7 pm - 11.30 pm AEST, 2.30 - 7 pm IST

NINE PARTS TO THE PROGRAM



7. EFT SUPPORT



**8. 27 HOURS OF
SUPERVISION & MENTORING**



9. CERTIFICATION

CERTIFICATION



CERTIFICATION REQUIREMENTS

- Attendance of **EFT Advanced Foundational and EFT Advanced Practitioner** Training (including completion days);
- Pre-certification **Supervision and Mentoring (27 hours)** included);
- **6 case studies** on **3 clients**;
- **6 case study sessions** written up, as **self-help**;
- Submission of **50 practice hours** of one-to-one sessions with a minimum of 20 clients;
- An open book multiple-choice **exam**;
- **1 page write** up about your personal EFT Journey;
- Submission of **one, 1 hour, video** of giving a session with a transcript and an audit of your learnings and reflections;
- Personal **development log** of attendance of the training;
- Your **Supervision log sheet** with details of your Supervision & Mentoring hours;
- Submit the filled-in **EFT Advanced Practitioner Competency Checklist**;
- **Resitting or re-watching** EFT Advanced Practitioner Training;
- Submission of your **continuing professional development** and Supervision & Mentoring hours record log sheet;
- Commitment to **completing the annual requirement** of continuing professional development, supervision hours, and adhering to the [code of conduct](#) as part of the certification renewal process.
- Complete all one-to-one sessions prior to submitting the certification documents.

PERSONAL DEVELOPMENT LOG



What did I love about the day?	What can I do even better?
What did I learn?	How will I use what I learnt?


BONUS: EFT ADVANCED MASTERCLASS

Course Title	Section Count	Lecture Count
EFT ADVANCED MASTERCLASS	23 sections	92 lectures
EFT ADVANCED PRACTITIONER TRAINING	51 sections	574 lectures
EFT ADVANCED SUPERVISION & MENTORING	24 sections	185 lectures
EFT PRACTITIONER TRAINING	41 sections	1158 lectures
EFT FACILITATOR TRAINING	44 sections	321 lectures
EFT PRACTITIONER SUPERVISION & MENTORING	33 sections	204 lectures

<https://portalnew.vitalitylivingcollege.info/web/courses>


BONUS: EFT ADVANCED MASTERCLASS

EFT ADVANCED MASTERCLASS



Content

- Module 1 - Diabetes
0 of 4
- Module 2 - Depression
0 of 2
- Module 3 - Autoimmune
0 of 1
- Module 4 - Cancer
0 of 3
- Module 5 - PCOS & Thyroid
0 of 3
- Module 6 - Addictions
0 of 3
- Module 7 - Trauma
0 of 4
- Module 8 - Stress & PTSD
0 of 2
- Module 9 - Sleep
0 of 6





LATEST MODULE: Navigating Menopause with EFT


[Description](#) [Resources \(4\)](#) [QnA](#)

Explore the transformative journey of menopause in this EFT Advanced Masterclass Module 22. Gain practical tools and insights to navigate physical, emotional, and psychological changes during and after menopause.

Key Topics Covered:


BONUS: EFT ADVANCED MASTERCLASS

EFT ADVANCED MASTERCLASS



Content

- Module 9 - Sleep
0 of 6
- Module 10 - Advanced Relationships
0 of 2
- Module 11 - Emotional Freedom Techniqu...
0 of 1
- Module 12 - Freedom from Grief
0 of 4
- Module 13 - Metaphor Therapy
0 of 4
- Module 14: Freedom from Obsessive Com...
0 of 3
- Module 15 - Navigating through Bipolar D...
0 of 3
- Module 16 - Freedom From Narcissism
0 of 3
- Module 17 - Control & Boundary Setting
0 of 4
- Module 18 - EFT Advanced Masterclass Q...





LATEST MODULE: Navigating Menopause with EFT


Description Resources (4) QnA

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EFT ADVANCED MASTERCLASS



LATEST MODULE: Navigating Menopause with EFT

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Key Topics Covered:

Content

- Module 14: Freedom from Obsessive Com...
0 of 3
- Module 15 - Navigating through Bipolar D...
0 of 3
- Module 16 - Freedom From Narcissism
0 of 3
- Module 17 - Control & Boundary Setting
0 of 4
- Module 18 - EFT Advanced Masterclass Cl...
0 of 5
- Module 19 - Exploring Attention Deficit Hy...
0 of 1
- Module 20 - EFT for Couples Counselling
0 of 9
- Module 21 - Exploring Shame with EFT
0 of 8
- Module 22 - Navigating Menopause with ...
0 of 1

[Talk to us](#)

FOUNDATIONAL CONCEPTS



EFT PRACTITIONER: FOUNDATIONAL CONCEPTS

- Trust & rapport
- Being present
- Confidentiality
- Aspects
- Shifting aspects
- Triple Point Calmer
- Introduction to intuition
- Specific – redirecting exact words
- Chasing the pain
- Core issues
 - What does it remind you of?
 - When have you felt like that before?

- Limiting beliefs & tail-enders
- Subconscious blocks
- Tell the Story
- Movie Technique
- Keyword Approach
- Tearless Trauma
- Testing, testing, testing
- Surrogate Tapping
- Box Technique
- Fears & Phobias
- Sneaking Up
- Stepping Up

WORKING WITH TRAUMA



WORKING WITH TRAUMA

A. High-scale approaches

- Dissociation
 - Tearless Trauma / Gentle
 - Keyword Approach
 - Box / DVD
 - Inner Child Matrix
- Triple point calmer

B. Mid-scale approaches

- Movie technique
- Tell the story

C. Low-scale approaches

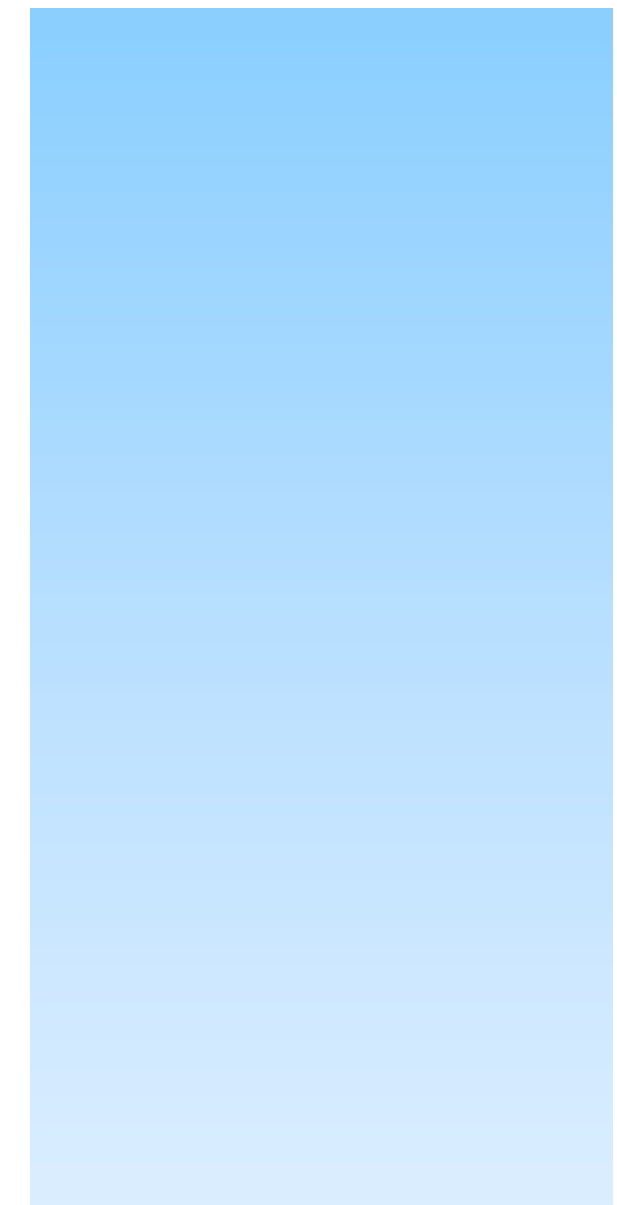
- Sub-modalities (image, sound, sensation)
- Gentle association

10 plus

10

7

3

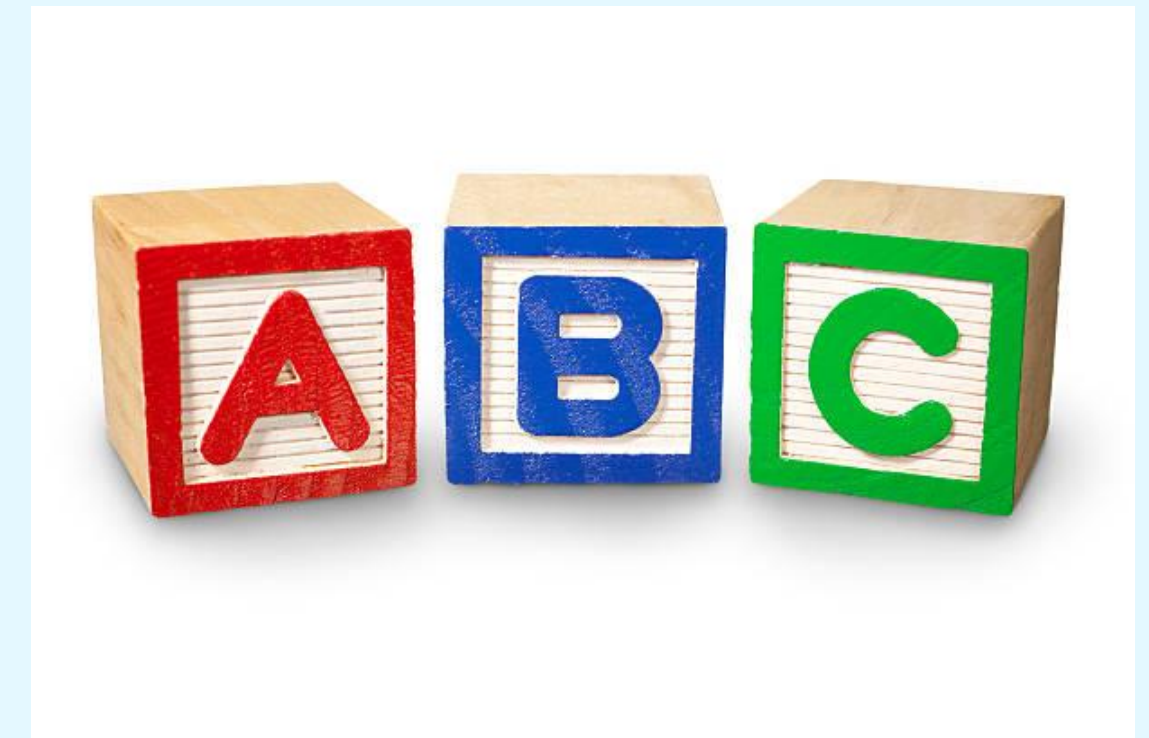




SIMPLIFIED EFT

SIMPLIFIED EFT

1. Become **aware** of the problem
 - Ask questions and get information by saying, *“Tell me more”*
 - Identify exact issue
2. Identify intensity or SUD
3. Set-up with specific words to **balance**
 - Karate Chop, Sore Spot, Upper Chest
 - Reminder Phrase to **clear**
 - Facial Points, Collarbone, Under the Arm, and Finger Points
4. Karate Chop to close sequence

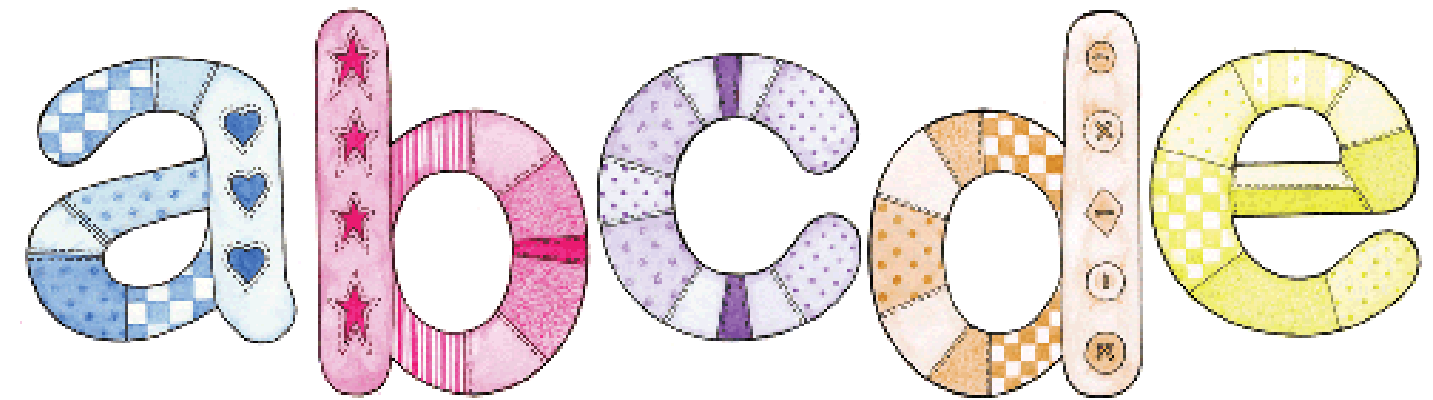


SIMPLIFIED EFT

5. Breathe, and take a sip of water
6. Testing
 - Check for intensity, observe changes, cognitive shifts, and aspects
 - What happened? What is the number at now? How do you feel about that issue now?
7. Repeat till intensity is low; and then tap to close (Reframes)
 - “Even though I have this remaining problem....I love and accept myself!”
 - “Even though this happened...THAT was THEN... THIS is NOW... I love and accept myself!”
 - “Even though this happened... I WAS DOING THE BEST I COULD... I love and accept myself!”

FROM START TO FINISH

- A, B, C of the issue
- **Development (personal)**
 - Learnings, insights and cognitive shifts
 - Forgiveness, resources and new beliefs
 - Feeling the transformed energy in your body.
- **Ecology check**
 - Testing the future
 - Associating fully with the transformed vibration
 - Acting as if it has already happened





EFT ADVANCED TRAINING PARTS

EFT ADVANCED PARTS

PART 1

- Our programming
- Foundational concepts
- Going beyond the basics including questions
- Resolving external blocks

PART 2

- Shadow work
- Sub-personalities
- Parts Integration

PART 3

- Inner Child Tapping
- Advanced skills to break the cycle of pain, illness and addictions



OUR PROGRAMMING

OUR PROGRAMMING

- Positive programming
- Negative programming
- Garbage in and garbage out
- You are what you think
- Sub-conscious programming
- Programming for success





FLEXIBLE ENDINGS

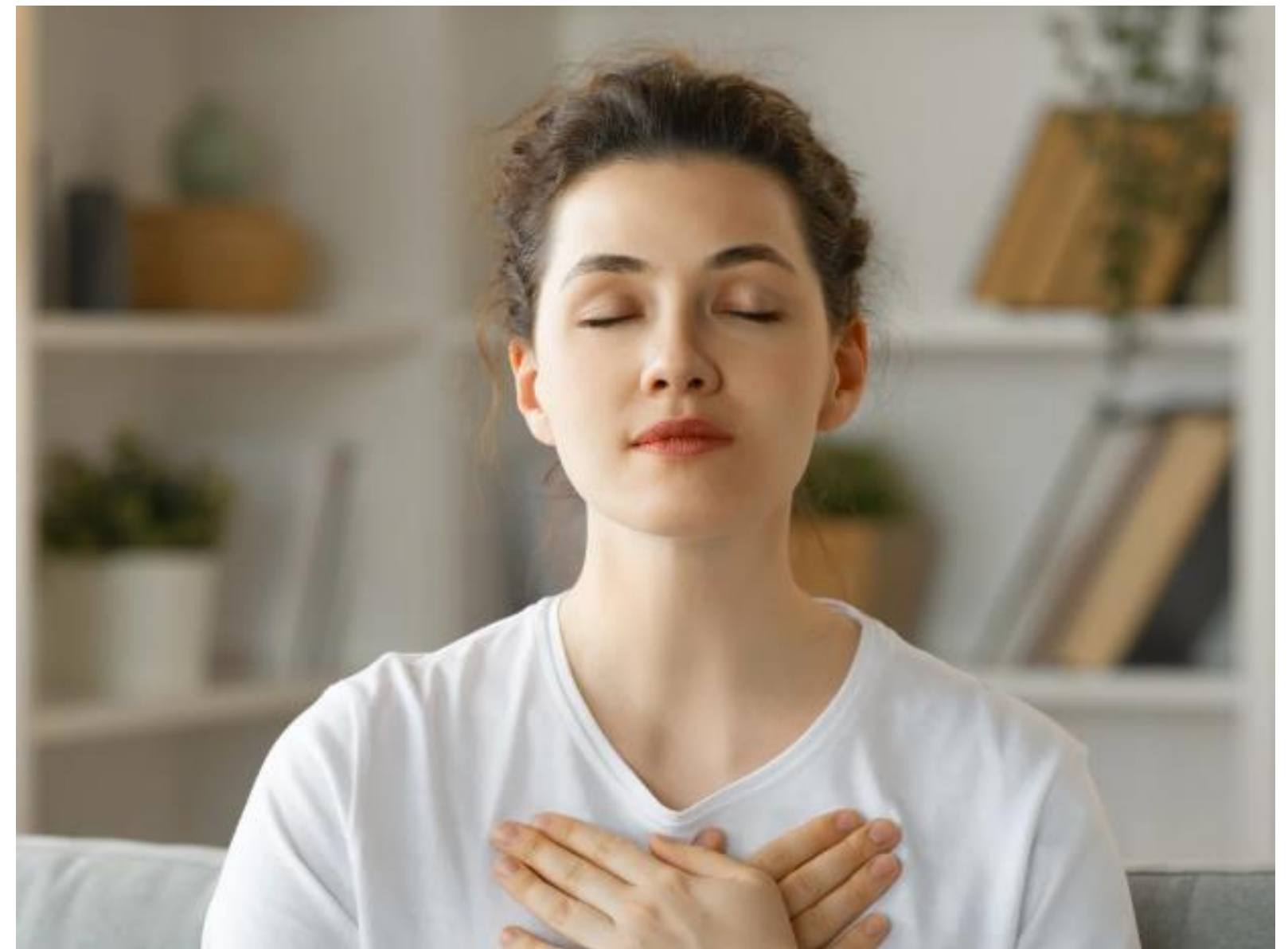
EVEN THOUGH...

- I love and accept myself
- I deeply and completely love and accept myself
- I deeply, completely and profoundly love and accept myself
- I'm alright/I'm okay
- I am a good girl
- I am a good boy



EVEN THOUGH...

- I accept where I am now
- I accept myself anyway
- I accept my emotions
- I accept my situation
- I choose
- I am open to the possibility...
- I am doing the best I can
- I was only...(4 years old..)
- I appreciate all that I have
- I am happy to be me

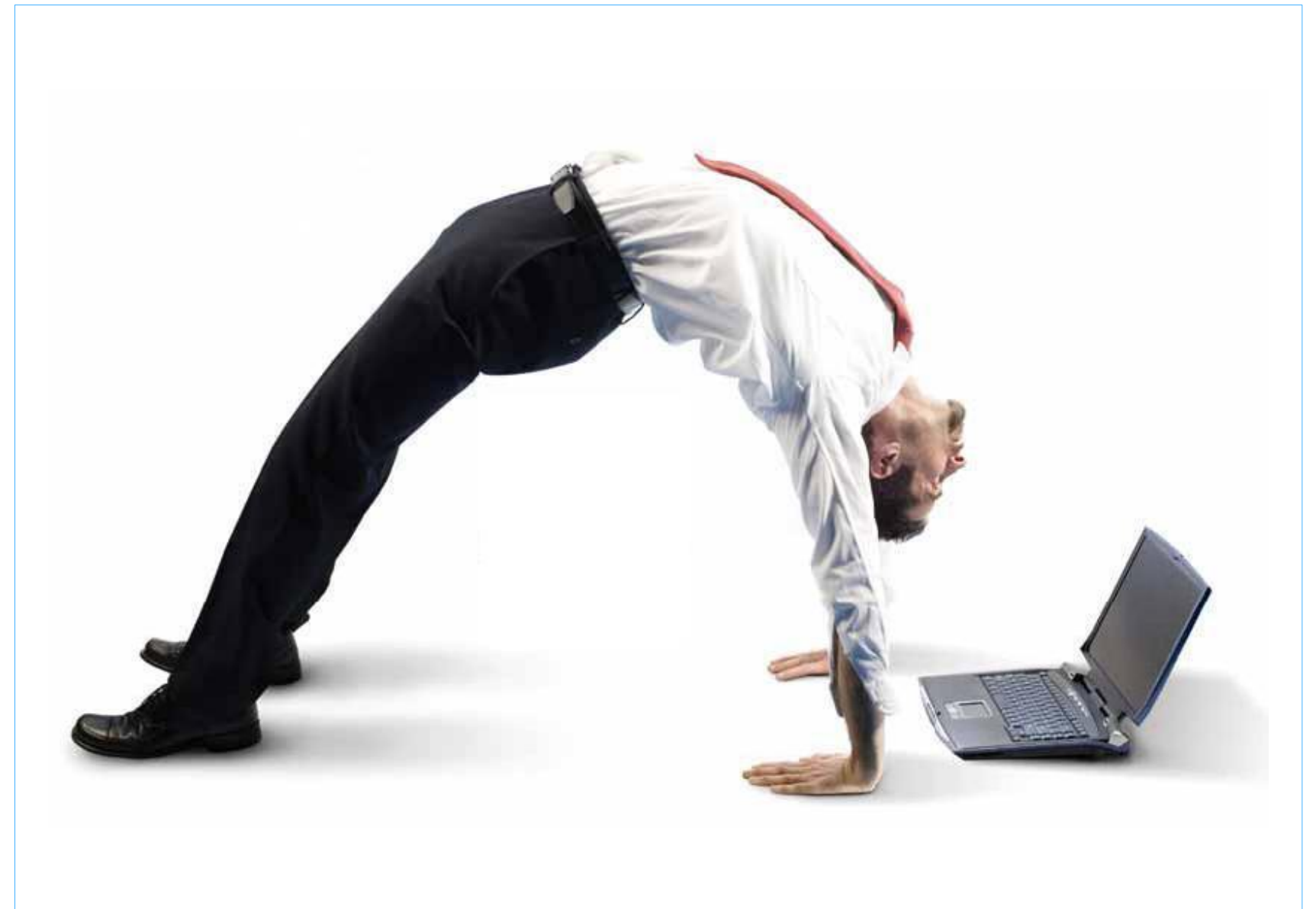




FLEXIBLE LANGUAGE

FLEXIBLE LANGUAGE

- SOMEHOW
- SUPPOSE
- THEN... NOW
- IF ONLY
- RANTS & RAVES



SUPPOSE SOMEHOW

- Antidotes to certainty of un-certainty and therefore failure and impossibility.
- Somehow I could set boundaries..
- Somehow my health could get better....
- Suppose I could accept myself...
- Suppose they messaged me ...

NOW AND THEN

- I had to keep quiet THEN when I was little NOW I'm grown up and I can speak myself.
- That was THEN and this is NOW.
- I was angry with my brother THEN, NOW I can forgive him; THEN I was hurting, NOW I am healing.
- I couldn't get a job THEN, NOW I have skills and capabilities and experience; NOW I can speak up, NOW I can get myself noticed.

RANTS

- A rant is a self-sustaining outpouring of emotionally charged drivel.
- Somewhere in the rant is an 'ought', 'should' or a 'must' or all and lots of them.



VOMITTING TECHNIQUE



VOMITING TECHNIQUE

- Vomiting technique is an expressive exercise where one person shares their feelings or frustrations, and the other person, acting as a giver, holds space for them.
- Giver repeatedly prompts the speaker with "What else?" to encourage them to keep sharing without interruption.
- Allows the speaker to express their thoughts freely and helps release pent-up emotions.
- It is conducted in a safe, non-judgmental environment, where the focus is on letting the individual express their truth fully.

VOMITING PROCESS STEPS

1. Bring into your awareness one person you have a conflict with.
2. Share how you feel about it.
3. Use the prompts:
 - Tell me more.
 - What else?
 - You can just vomit all the words out.
 - How else have they hurt you?
 - What else?



VOMITING TECHNIQUE WORKSHEET

VOMITING TECHNIQUE – VENTING OUT TECHNIQUE WORKSHEET

Vomiting technique works best for emotional pain caused by another person.

1. Bring into your awareness one person that you have some conflict/ friction with, or someone who hurt you, or someone whom you haven't said what you needed to.

2. Let any judgement out. You can share what you feel safe sharing.

3. What more do you want to share?

4. What else? (You can just vomit out all the words)

5. How else have they hurt you?

6. What else? (Put down all the words that are coming to you)

Use your intuition to decide what skills you would use. Feel the way in which you want to 'flow'. Induce a state of intuitive receptivity, enabling



RAVES

RAVES

- Over-embellishing their strengths.
- Focussing on what they have accomplished, rather than where they have failed.
- Even though you wanted to complete a 10 km walk, you still managed to complete a 5 km walk! How incredible is that? This is the most you have achieved since you started this program.
- Even though you believe you aren't good enough, that was then, and this is now. What if you were good enough anyway?
- Even though you believe you could have done better, what if, just for a millisecond, you could acknowledge yourself and recognise how far you have come?"

FLEXIBLE LANGUAGE

- AND...
- EVEN IF...
- I CHOOSE...
- IF...THEN
- BECAUSE...
- WHAT IF?



AND

- AND instead of I love and accept myself
- AND to describe parts - Part of me is really scared AND the other part knows it is OK
- My anger won't let me apologise to my husband AND my thinking knows that is the right thing to do.



IF .. THEN / EVEN IF

- IF is a word of future possibility
- Anxiety is fear of what has not happened yet.
- Even if I get made redundant I truly and deeply accept myself.
- If no client's ever call me I'll handle it.
- Even if I'm really nervous and don't pass my driving test and even if I'm too scared to try again and even if all the girls laugh at me because I can't drive and even if I never get married and I live my life alone, I'll handle it!

WHAT IF?

- Even though I had that argument with my friend, and I feel so upset... What if I could let go of the anger and find peace?
- Even though I missed that opportunity and I feel disappointed in myself... What if I could trust that another opportunity will come?"
- Even though they criticised my work and it hurt me deeply... What if I could accept their feedback without feeling unworthy?
- Even though I made that mistake at work, and I'm embarrassed... What if I could forgive myself and learn from it?
- Even though I felt rejected when they didn't include me... What if I could believe that I am worthy of connection and belonging?



ADVANCED SUB-MODALITY

ADVANCED SUB-MODALITIES

- **Sounds** – near or far, loud or soft, high or deep, direction, position, inside or outside.
- **Feeling** – heavy or light, sharp or dull, big or wide, solid or empty, position.
- **Images** – big or small, close or distant, bright or dim, clear and sharp or fuzzy and faded, size, shape.



REFRAMING

TYPES OF REFRAMES

- **Context reframe**
 - Change the frame around the picture.
- **Content reframe**
 - Change the content inside the frame, i.e. change the picture.



NEXT STEPS

1. **Update:** Your personal development log
2. **Browse:** The EFT Advanced Practitioner Portal, <https://portalnew.vitalitylivingcollege.info/web/courses/68b81ad7dc28ab08435ac64c?chapter=69a2c4bea9bd7e3489bb7901>
3. **Read:**
 - The code of conduct. <https://vitalitylivingcollege.info/vlc-code-of-conduct/>.
 - EFT Definition of terms, <https://vitalitylivingcollege.info/the-eft-definition-of-terms/>
4. **Brainstorm:** What are some examples of content reframe and context reframe in your life and bring those examples tomorrow. You can bring your props along.

SUMMARY

1. Introductions
2. Our agreement
3. Foundational concepts
4. Our programming
5. Flexible language
6. Vomiting process
7. Advanced sub-modalities
8. Reframing
9. Next steps



EMOTIONAL FREEDOM TECHNIQUES (EFT)

Module 1 – EFT Advanced Foundational
Day 1 – EFT Advanced Practitioner