

EFT ADVANCED PRACTITIONER MODULE 1 QUESTIONS & ANSWERS, **10th MARCH 2026**

MAIN TOPICS COVERED:

1. What is our agreement?

Our agreement centres on building rapport and trust with ourselves and creating a safe space for both ourselves and others. It acknowledges that what feels safe for one person may not feel safe for another, highlighting the importance of understanding individual needs and preferences in a therapeutic setting. We emphasise non-judgment, active listening, and providing space for individuals to express themselves without interruption. Each person's definition of safety and non-judgment may vary, and it's crucial to respect and remember these differences. Ultimately, while we can't meet everyone's needs perfectly, we can commit to being authentic and respectful in our interactions, allowing each person's unique qualities to guide our practice.

2. What are the essential qualities needed to create a safe space?

Creating a safe space involves several essential qualities:

- A. Non-judgmental: A place where individuals feel accepted without fear of being judged.

- B. Confidential: Assuring that personal information and discussions remain private.
- C. Privacy integrity: What happens in the program, stays in the program.
- D. Listening: Practicing attentive and empathetic listening without interrupting.
- E. Respect: Valuing each person's feelings, opinions, and experiences.
- F. Supportive: Offering encouragement and understanding, developing a sense of belonging.
- G. Compassionate: Showing kindness and empathy towards others' experiences and emotions.
- H. Inclusive: Ensuring that everyone feels welcomed and included, regardless of their background.
- I. Patient: Allowing time for each person to express themselves without rushing or pressuring them.
- J. Empowering: Helping individuals feel strong and confident to express their true selves.
- K. Trustworthy: Building trust through honesty and integrity, making sure everyone feels safe to share.

Together, these qualities help create a safe and supportive environment where individuals feel comfortable to open up, explore their experiences, and engage fully in the healing and learning process.

3. What are the different parts of the program?

The EFT Advanced Practitioner program is designed as a comprehensive learning journey, combining training, supervision, and practical experience to support your development as a confident practitioner. The program includes the following components:

- A. EFT Advanced Foundational
- B. EFT Advanced Practitioner
- C. Three one-to-one sessions with a Senior Practitioner
- D. Three supervised calls with a Senior Practitioner
- E. EFT Training Portal
- F. Manuals, Slides, and Worksheets
- G. EFT Support
- H. 27 hours of Supervision & Mentoring
- I. Certification

4. What to do when you need help during the program?

Throughout the training program, you have access to EFT support. Here are the ways you can seek assistance:

- A. Message on the WhatsApp group.
- B. Message on the Facebook group.
- C. Ask for help during the breakout room sessions.
- D. Reach out to Assist team or EFT buddy for guidance.
- E. Consult with a Senior Practitioner or mentor for additional support.

- F. If you prefer a one-on-one approach, a private chat with the head trainer directly.

Together, these elements provide the training, guidance, and practical experience needed to deepen your skills and work confidently with clients.

5. What are the dates for EFT advanced supervision and mentoring?

Here are the dates and timings for EFT advanced Supervision and Mentoring:

- A. Dates: 4th, 11th, 18th, 25th April, 2nd and 9th May 2026 (Saturdays)
- B. 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

6. What are the certification requirements?

For the certification, the following are the requirements: To achieve certification, you must complete the following:

- A. Attendance of EFT Advanced Foundational and EFT Advanced Practitioner Training (including completion days);
- B. Pre-certification Supervision and Mentoring (27 hours included);

- C. 6 case studies on 3 clients;
- D. 6 case study sessions written up, as self-help;
- E. Submission of 50 practice hours of one-to-one sessions with a minimum of 20 clients;
- F. An open book multiple-choice exam;
- G. 1 page write up about your personal EFT Journey;
- H. Submission of one, 1 hour, video of giving a session with a transcript and an audit of your learnings and reflections;
- I. Personal development log of attendance of the training;
- J. Your Supervision log sheet with details of your Supervision & Mentoring hours;
- K. Submit the filled-in EFT Advanced Practitioner Competency Checklist;
- L. Resitting or re-watching EFT Advanced Practitioner Training;
- M. Submission of your continuing professional development and Supervision& Mentoring hours record log sheet;
- N. 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.
- O. Complete all one-to-one sessions prior to submitting the certification documents.

Upon successful completion and submission of all the above requirements, you will be awarded certification as an EFT Advanced Practitioner, recognising your ability to work with greater depth, skill, and confidence in supporting clients.

7. What are the foundational concepts?

The foundational concepts are listed below:

- A. Trust and rapport
- B. Being present
- C. Confidentiality
- D. Aspects
- E. Shifting aspects
- F. Triple Point Calmer
- G. Introduction to intuition
- H. Specific – redirecting exact words
- I. Chasing the pain
- J. Core issues
 - What does it remind you of?
 - When have you felt like that before?
- K. Limiting beliefs & tail-enders
- L. Subconscious blocks
- M. Tell the Story
- N. Movie Technique
- O. Sneaking up
- P. Keyword approach
- Q. Tearless Trauma
- R. Testing, testing, testing
- S. Surrogate Tapping

- T. Box Technique
- U. Stepping up
- V. Fears and phobias

These foundational concepts form the basis of advanced EFT work, helping you build the awareness, skills, and confidence needed to work safely and effectively with clients.

8. What are the different ways to work with trauma?

When working with clients who have experienced trauma, it is important to match the approach to the level of emotional intensity present. The following three approaches help ensure the work remains safe, gentle, and effective:

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

Choosing the appropriate approach allows practitioners to support clients safely while gradually reducing intensity and creating space for healing and resolution.

9. What is the ABCDE of EFT Advanced?

The ABCDE model of EFT Advanced provides a simple framework for guiding the tapping process while supporting deeper awareness, emotional clearing, and positive change. ABCDE of EFT Advanced stands for:

- A – Awareness: Notice what bothers you; find a small chunk of the problem and describe it specifically
- B – Balancing: Tap on the side of your hand whilst you repeat three times “even though... (the words from step A) ...I accept myself anyway”.
- C – Clearing: Tap on EFT points and keep yourself tuned into the problem or feeling by repeating the descriptive phrase from step A (take off the “even though”).
- D – Development (personal)
 - Learnings, insights, and cognitive shifts
 - Forgiveness, resources, and new beliefs
 - Feeling the new vibration in the heart

E. E – Ecology check

- Testing the future
- Associating fully with the future vibration
- Acting as if it has already happened

These steps help move the process from awareness and emotional clearing toward meaningful insight, integration, and forward movement.

10. What are the three parts of the training?

The EFT Advanced Practitioner Training is structured in three parts, each designed to deepen your understanding and strengthen your ability to work with greater awareness and skill. The training includes the following areas:

A. Part 1

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

B. Part 2

- Shadow work
- Sub-personalities
- Parts Integration

C. Part 3

- Inner Child Tapping

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

These three parts help you expand your EFT skills and develop the confidence to work with deeper patterns and complex client experiences.

11. What does our programming mean?

Our programming refers to the beliefs and patterns we develop about ourselves through early childhood experiences and conditioning. These beliefs often shape how we think, feel, and respond throughout life.

Programming can take several forms, including:

- A. Positive programming
- B. Negative programming
- C. Garbage in and garbage out
- D. You are what you think
- E. Sub-conscious programming
- F. Programming for success

Becoming aware of these patterns allows us to recognise which beliefs support us and which may need to be gently changed or released.

12. What are some examples of 'Even Though' statements?

In EFT, the "Even Though" statement helps acknowledge the problem while introducing acceptance and self-compassion. There are several

variations that can be used depending on the client's language, comfort level, and the context of the session. Some examples include:

- A. Even though *"The problem or situation"*, I love and accept myself.
- B. Even though *"The problem or situation"*, I deeply and completely love and accept myself.
- C. Even though *"The problem or situation"*, I deeply, completely and profoundly love and accept myself.
- D. Even though *"The problem or situation"*, I'm alright/I'm okay.
- E. Even though *"The problem or situation"*, I am a good girl.
- F. Even though *"The problem or situation"*, I am a good boy.
- G. Even though *"The problem or situation"*, I accept where I am now.
- H. Even though *"The problem or situation"*, I accept myself anyway.
- I. Even though *"The problem or situation"*, I accept my emotions.
- J. Even though *"The problem or situation"*, I accept my situation.
- K. Even though *"The problem or situation"*, I choose.
- L. Even though *"The problem or situation"*, I am open to the possibility...
- M. Even though *"The problem or situation"*, I am doing the best I can.
- N. Even though *"The problem or situation"*, I was only... (4 years old...).
- O. Even though *"The problem or situation"*, I appreciate all that I have.
- P. Even though *"The problem or situation"*, I am happy to be me.

These variations allow the practitioner to adapt the setup statement so it resonates naturally with the client, helping them acknowledge their experience while gently opening space for acceptance and change.

13. What is flexible language? What are some examples of it?

In EFT training, we use specific words and phrases that allow us to approach our emotions and issues with an open and non-judgemental mindset. This is known as flexible language. Some of its examples include:

- A. Somehow and Suppose: Some people just have to know how they are going to accept themselves or change or how a change is going to happen. If they don't know how then it can't happen. Somehow and suppose are antidotes to certainty of un-certainty and therefore failure and impossibility. Somehow allows something to happen by luck or accident and this bypasses the resistance of tail enders. Examples:
- Somehow, I could set boundaries.
 - Somehow my health could get better....
 - Suppose I could accept myself...
 - Suppose they messaged me...
- B. Now and Then: Now and Then helps us understand the growth and the difference between our past experiences (Then) and our current abilities (Now). Examples:

- *“I had to keep quiet Then when I was little, Now I’m grown up and I can speak for 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.”*

C. AND:

- AND instead of *“I love and accept myself”* – *“Mummy loves me...”, “I am a great goal scorer...”, “I am a good mum...”, “I love me just the way I am...”*
- AND to describe parts – *“Part of me is really scared AND the other part knows it is OK.”*
- For example, *“My anger won’t let me apologise to my husband AND my thinking knows that is the right thing to do”.*

D. IF

- IF is a word of future possibility, *“Anxiety is fear of what has not happened yet.”*
- Anxiety is generated by imagining the worst future possibility and experiencing the emotions of the imagined consequences. The emotion generated prevents clear thinking and the imagined event seems real.

- We can use IF or EVEN IF to apply EFT to the future.
“Even if I get made redundant I truly and deeply accept myself.”
- *“If no client’s ever call me, I’ll handle it.”*
- Questions for the worst consequences keep asking *“and if that happens what’s the worst about that.”*
- *“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!”*

E. WHAT IF?

- For performance anxiety: Let’s say you are always anxious when you make your professional or business presentations at work, or you are an actor or musician struggling with classic anxiety and performance issues.
- *“Even though I have always felt anxious when I perform, WHAT IF I could be calm and relaxed this time?”*

Using flexible language helps soften resistance, open new perspectives, and support gentle movement toward change and self-acceptance.

14.What are rants and raves?

A rant is a self-sustaining outpouring of emotionally charged drive.

Somewhere in the rant is an ought, should or a must or all and lots of them (Gripes and moans are similar to Rants).

A rant is where you amplify the negative, and a rave is where you amplify the positive. In the case of a rant, you encourage the client to speak the truth of how they really feel and get them to express themselves fully, without any filters. They can complain, whine, moan and whine until they get it off their chest. You can encourage them and create a space where they can just vomit the whole thing out free from judgement. This process is deeply healing as there are chances, they speak how they genuinely feel what they can't really do with their loved ones. As a practitioner, you can create a space where the client feels heard.

Similarly, you can encounter a client who might be underplaying their talents, and strengths, and may not feel they are good enough. They might share they have achieved a part of their goal, but that is not good enough or they put themselves down. In this case, you use the EFT tapping process to start building their confidence. So, you can begin to rave about them in rapport. Some examples of raving with your client include:

- A. Over-embellishing their strengths
- B. Focussing on what they have accomplished, rather than where they have failed

Some clients may not be ready for "raves" so be in rapport and meet the client where they are at and then pace and lead. Examples of raves include:

- A. *“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.”*
- B. *“Even though you believe you aren't good enough, that was then, and this is now. What if you were good enough anyway?”*
- C. *“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?”*

15.What is vomiting technique?

The 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. The giver repeatedly prompts the speaker with "What else?" to encourage them to keep sharing without interruption. This technique 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.

16.What are advanced sub-modalities?

Sub-modalities are the finer details of an experience that give it its unique texture and character. Advanced sub-modalities refer to the specific and detailed elements of an emotional experience or memory that can be targeted and modified to enhance the effectiveness of the

EFT tapping process. While working with them, we focus on aspects such as:

- A. Sounds: Near or far, loud or soft, high or deep, direction, position, inside or outside.
- B. Feeling: Heavy or light, sharp or dull, big or wide, solid or empty, position.
- C. Images: Big or small, close or distant, bright or dim, clear and sharp or fuzzy and faded, size, shape.

17. What is Reframing and what are the types of reframe?

Reframing technique involves changing the way a person perceives a situation, thought, or feeling. It allows individuals to view their experiences from a different perspective, which can lead to new insights and emotional relief. There are two main types of reframing:

- A. Context reframes: This involves changing the external context of an experience, which alters how it is viewed. For example, presenting a challenging situation as an opportunity for growth. It's like changing the frame around the picture.
- B. Content reframes: This focuses on changing the internal meaning or content associated with a thought or feeling. For instance, shifting from the belief that a mistake defines one's worth to seeing it as a learning opportunity. It's like changing the content inside the frame, i.e. change the picture.

When used skilfully, reframing can help clients develop a more empowering perspective and open the door to new ways of thinking, feeling, and responding.

18. What are the next steps now?

To support your continued learning and integration after today's session, please complete the following steps before our next meeting:

A. Update: Your personal development log.

- Word format, <https://vitalitylivingcollege.info/wp-content/uploads/2024/09/Personal-Development-Log-30.09.2024.pdf>
- WhatsApp format, <https://vitalitylivingcollege.info/wp-content/uploads/2024/09/Personal-Development-Log-WhatsApp-30.09.2024.pdf>
- Excel format, <https://vitalitylivingcollege.info/wp-content/uploads/2026/03/Personal-Development-Log-EFT-Advanced-Practitioner-30.09.2024.xlsx>

B. Browse: The EFT Advanced Practitioner Portal,

<https://portalnew.vitalitylivingcollege.info/web/courses/68b81ad7dc28ab08435ac64c?chapter=69a2c4bea9bd7e3489bb7901>

C. Read:

- The code of conduct. <https://vitalitylivingcollege.info/vlc-code-of-conduct/>.

- EFT Definition of terms, <https://vitalitylivingcollege.info/the-eft-definition-of-terms/>

D. Explore: Vomiting Technique self-practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2023/10/Vomiting-Technique-Worksheet-27.09.2023.pdf>

E. Brainstorm: What are some examples of content reframing and context reframing in your life and bring those examples tomorrow. You can bring your props along.

Completing these steps will help you deepen your understanding and come prepared to engage fully in the next stage of the training.

ADDITIONAL QUESTIONS:

1. Could a client leaving a session claiming to be too sleepy also be a subconscious block?

Well, it can be either. You can have a client that's just really tired and genuinely they're sleepy, and they just need to sleep. Or you can have clients that do something known as narcotisation. Like, if the emotion comes up, they kind of put themselves to sleep. And so emotion, emotion, emotion gets to here, and they put themselves to sleep. So, for some people it can be.

2. Is gentle exposure the same as sneaking up?

Gentle exposure can be sneaking up, but gentle exposure from an EFT perspective is, for example, tell the story is gentle exposure. Movie technique is gentle exposure, where you put the past memory onto a screen and then get them to play it. Tearless trauma is gentle exposure. Inner child matrix is also gentle exposure. Because one of the ways EFT is working is through gentle exposure, where you connect with the energy and experience of that traumatic event, and then you tap it out of the system. But you need the gentle exposure to tap it out. Otherwise, you will not have a somatic experience, but you'll have a mind-based experience. You have to have a somatic experience for it to work.

PREVIOUS QUESTIONS:

1. I wanted clarity on intuition. How do you use intuition?

When working with a client, you might have an intuitive awareness, but then you decide whether to introduce it or not. And if you introduce it, you just pace it to where the client is at.

2. Is subconscious block similar to secondary gain?

In the context of EFT practitioner, when we're talking about subconscious block, we're also referring to psychological reversal. So, it could be secondary gain, it could be resistance, it could be unknown as well.

3. Can subconscious blocks be emotions, thoughts, beliefs?

On the whole, it is a belief system. It's an unconscious belief system. It can have an emotion associated with it, but it's the belief that drives the sabotage, not the emotion. So, you can have an emotion there that may not be resolved. The body will give it meaning; the meaning is the belief and the belief is what is at the unconscious level that can create sabotage, or blocks.

4. What does redirecting the client mean? Do we only use their words?

A client might come to you to work on one topic, but then start talking about other topics that are not related to what they had come to you for. They might have a lot to share. So, what you do is tell them, *"Thank you for sharing (all the other topics they've talked about)"*, so they know that they are being heard. Because sometimes, when a client is sharing that much, or is on the heavier side of the chatty scale, it might be that they haven't felt heard and acknowledged. So, you must hear and acknowledge them. You must not side-step and go into tapping. You must first acknowledge them, *"I have received the information from you of everything you wanted to share with me, and now in the context of you exploring rejection, which one do we tackle next?"*. This is redirecting the client based on the outcome they give you in the session. If they haven't shared an outcome, it might be difficult. But you can use what they want to explore in the session to redirect them too.

5. What do you do when you're working with a client on a past memory where the SUD level was very high in the past, but now in the present moment the client doesn't feel any emotion?

When working with trauma, there are high-scale approaches. This is when the client is in abreaction. Safety is the priority in this case. You can also get clients who are not feeling their trauma. They're not able to vocalise, verbalise, connect with, or feel it. You need to use low-scale approaches with them. You'll use gentle association. Gently encourage them to briefly connect with the 'them' in their past, and notice if them in the past has something to say about it now, what would they communicate. You can also use sub-modality, but only if the person cannot vocalise the emotion. You can also use gentle association, but with extreme caution, because you don't want to send the client into abreaction.

6. What's the difference between tail ender and keyword approach?

Tail ender is when someone has a belief. It can be described as a belief that lies behind certain shoulds and musts. For example, "I want to spend ten minutes on tapping every day, but I don't have the time". A keyword is a word you can use to represent a problem, either to make a decision or if you want to keep the client safe.

7. What are subconscious blocks?

Subconscious blocks are underlying beliefs or fears that unconsciously prevent a person from moving forward in their goals or desires. For

example, someone may want to go to the gym but might have an unconscious belief that going will lead them to develop a body type they associate with a negative experience, such as having parents who were bodybuilders. These blocks can create resistance to actions that would otherwise support personal growth or change.

8. What is a DVD?

In this context, "DVD" refers to a metaphor used in therapy, where memories are like separate DVDs stored in a box at the bottom of the sea. Each "DVD" represents a specific memory or experience, which can be processed one at a time. The term may be outdated for younger audiences, you can use modern equivalents like Netflix episodes or YouTube segments to convey the same idea.

9. What to do when you can't use statements like "I love myself" with a client, specifically clients from Qatar or middle east (I prefer using "I accept myself")?

In the context of the Middle East, particularly in Qatar, expressing phrases like "I love myself" can be seen as culturally inappropriate or unusual. Instead, using language such as "I'm in acceptance of my situation" or "I accept myself" is a respectful and culturally sensitive approach. It acknowledges the importance of acceptance without crossing social boundaries. It's essential to adapt the language to fit cultural norms while still promoting emotional well-being. Encouraging

clients to explore their feelings in a safe space, while being mindful of their beliefs, can facilitate deeper understanding and healing.

Overall, meeting clients where they are and respecting their cultural backgrounds is crucial in building a valuable relationship. When they're ready, you can gently guide them to explore more profound concepts of self-love and acceptance in ways that resonate with their values.

10.Can we include Rave with the Rant?

Absolutely! You can include the concept of "rave" when clients are really putting themselves down. It's important to differentiate between a "rant," which involves expressing anger, frustration, or irritation, and a "rave," which focuses on self-deprecating thoughts. When client express sadness or grief, it's crucial to hold a safe space for them without rushing to judgment or solutions. The "vomiting technique" can help them vent deeper feelings, allowing for a fuller release beyond surface-level emotions.

Encouraging clients to acknowledge the roles of others before turning inward helps prevent premature self-blame. If they don't fully process their pain first, it can resurface later in unhelpful ways. By ensuring they express everything they need to, they can then address their self-critical thoughts more effectively. Incorporating both the rant and rave in your approach allows for a holistic exploration of their feelings, ensuring they are validated and supported throughout their healing process.

11.When the Point of View (POV) changes, is it a content reframe?

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Yes, when the POV changes, it is a content reframe