

EMOTIONAL FREEDOM TECHNIQUES (EFT) MASTERCLASS WITH JESSICA TASKER QUESTIONS & ANSWERS 12TH SEPTEMBER 2026

MAIN TOPICS COVERED:

1. What is Emotional Freedom Techniques (EFT)?

Emotional Freedom Techniques (EFT) is a simple therapeutic approach that uses tapping on specific points on the body to support nervous system regulation and emotional wellbeing. It can help people feel calmer and more settled during moments of panic, overwhelm, frustration or emotional stress.

A key part of therapeutic work is helping the nervous system feel sufficiently settled so that a person can better process what they are experiencing. EFT can support this by combining tapping with focused attention, making it useful both as a therapeutic technique for emotional change and as a practical self-help tool during challenging moments.

2. Who is EFT suitable for, and who can benefit from it?

Emotional Freedom Techniques (EFT), also known as tapping, is suitable for a wide range of individuals seeking emotional healing, personal growth, stress relief, and self-development. EFT can be used both professionally and personally, making it valuable for people from many different backgrounds and stages of life.

- A. People wanting to learn an emotional wellness or therapy technique: EFT is suitable for individuals interested in learning a gentle yet powerful emotional wellness and self-regulation technique. It helps people better understand emotions, stress responses, and nervous system regulation.
- B. Those interested in self-healing, self-development, and enhancement: Many people use EFT for emotional healing, personal growth, self-awareness, mindset shifts, inner peace, and emotional balance. It can support individuals in identifying and releasing limiting emotional patterns and beliefs.
- C. People already in helping, therapy, or coaching professions: EFT can be highly beneficial for coaches, counsellors, psychologists, therapists, healers, practitioners, and mentors. It provides an additional trauma-informed and nervous-system-aware tool to support clients with emotional regulation and healing.
- D. Those wanting to help themselves and others: Many individuals learn EFT not only for personal healing, but also to support family members, friends, clients, and communities. It can be used both as a self-help tool and as a professional therapeutic approach.
- E. People seeking a new profession helping others heal and transform: EFT may also suit individuals wanting to build a meaningful career helping others through emotional healing, coaching, wellness work, trauma support, and transformation programs. Many practitioners train in EFT as part of a new professional pathway.

- F. Individuals who are curious about EFT: Some people begin simply because they are curious about tapping, interested in alternative therapies, exploring mind-body healing, or wanting to understand emotional wellness tools. EFT can offer a gentle introduction to emotional healing work.
- G. Parents and families wanting support: EFT can support children, teenagers, parents, and family relationships. It may help families with emotional regulation, stress, anxiety, confidence, communication, and emotional support at home.
- H. People wanting to identify and release emotional patterns: EFT helps individuals become more aware of emotional triggers, limiting beliefs, stress patterns, nervous system responses, and self-sabotaging behaviours. This can support greater emotional freedom and resilience.
- I. Individuals wanting better health and well-being: Many people use EFT to support stress reduction, emotional eating, weight management, nervous system regulation, emotional wellbeing, and overall health. EFT is often used alongside broader wellbeing and lifestyle support.
- J. Those wanting to build confidence and self-esteem: EFT can help people work through self-doubt, fear of failure, limiting beliefs, social anxiety, and low self-worth. This can support increased confidence, self-esteem, and emotional empowerment.
- K. People wanting career growth and emotional balance: EFT may help with work stress, burnout, performance anxiety, emotional

overwhelm, confidence in career settings, and work-life balance. It supports emotional regulation and resilience in professional life.

- L. Those seeking revision mode and deeper understanding: Some people use EFT to deepen their personal development work and gain a greater understanding of themselves. EFT can help individuals revisit emotional themes that continue to affect their thoughts, behaviours, confidence, or relationships while reinforcing learning from therapy, coaching, or life experiences. It also supports stronger self-awareness, emotional insight, and ongoing healing journeys, making it a valuable tool for long-term emotional wellness and reflective personal growth.

EFT is suitable for a wide variety of people, including those seeking emotional healing, self-development, stress relief, professional skills, family support, confidence building, and personal transformation.

Whether someone is curious about emotional wellness, wanting to help others, or looking for tools for their own healing journey, EFT offers a gentle, flexible, and accessible approach to emotional regulation and growth.

3. What can you expect during our time together in an EFT session?

During our time together, we explore how emotions, stress, and unresolved experiences can affect both emotional and physical well-being. Many people are surprised to learn that ongoing stress, anxiety, fear, overwhelm, or emotional suppression can contribute to symptoms

such as fatigue, tension, pain, sleep issues, emotional reactivity, and nervous system dysregulation. We gently explore:

- A. How do our emotions and stress contribute to ill-health?
- B. How can you reverse the negative effects of stress and create health?
- C. What are Emotional Freedom Techniques (EFT)? How does it provide results quickly?
- D. How can you help others heal and make it a profession?

Our time together is designed to create a safe, compassionate, and supportive space for healing, growth, and emotional well-being.

Whether you are seeking personal healing, stress relief, emotional balance, or professional development, EFT offers a gentle yet powerful approach to understanding emotions, calming the nervous system, and creating lasting positive change.

4. What are the house rules and guidelines for the masterclass?

It's important to understand the intention and structure of the EFT Masterclass. This training is designed to be educational:

- A. This is NOT a coaching and therapy session but a training
- B. This is NOT a "Do nothing and feel calm and at peace" session
- C. This is NOT about "How to take a magic pill and feel ok"
- D. You must be able to learn and put the work in to get results

The masterclass is intended to provide a safe, supportive, and educational space to learn EFT and emotional wellness tools. The goal is to empower you with practical techniques, deeper understanding, and

greater self-awareness so you can begin creating lasting emotional balance, healing, and growth through your own active participation and practice.

5. Who am I?

My name is Jessica Tasker, and my journey with emotional healing began through my own experiences of low self-esteem and questioning my worth. I began exploring the experiences and beliefs beneath these feelings, using EFT on myself as well as receiving my own therapeutic sessions. As I gradually unravelled the story I had carried for many years, something shifted. Instead of looking outside myself for other people to confirm my worth, I began developing self-acceptance. This meant accepting the parts of myself I had judged or hidden away, as well as the parts I felt proud of — learning to accept all of me.

That inner change transformed how I showed up in my personal relationships and with my clients. I learnt to be more present, to trust the therapeutic process and to give others the space to discover their own way forward. I bring nearly 20 years of therapeutic experience, including 15 years within the UK National Health Service (NHS) and 10 years using EFT, and I am a Certified Advanced EFT Practitioner & Facilitator with Vitality Living College. Today, I am passionate about helping others work through stress and trauma, develop greater self-esteem and confidence, strengthen their relationships and reconnect with themselves.

6. How does chronic stress affect the body?

It is estimated that around 85% of illness is stress-related, based on figures attributed to the Centers for Disease Control and Prevention and the American Medical Association. Stress is the body's natural response to a perceived threat. When the nervous system senses danger, it moves into fight-or-flight mode, directing energy towards survival. The heart beats faster, the airways widen, while functions such as digestion and immune activity can be temporarily deprioritised. In a genuine emergency, this response is protective.

The difficulty arises when “the bear comes home” — when stress becomes ongoing through relationships, finances, work, family responsibilities or constant digital stimulation. The body may remain repeatedly activated without enough opportunity to return to rest and repair. Over time, chronic stress can contribute to muscle tension, headaches and digestive difficulties, as well as affecting attention and emotional wellbeing. When the nervous system remains focused on potential threats, it can also contribute to overthinking and anxiety.

7. How can chronic stress and unresolved trauma affect behaviour, relationships and health?

Chronic stress can keep the nervous system in a state of ongoing activation, with adrenaline and other stress responses repeatedly switched on. It has been stated that around 90% of doctor's visits are linked to stress, and prolonged stress has also been associated with difficulties such as weight gain, obesity, addictive behaviours and

relationship breakdown. When we are highly stressed, attention can become focused on threat. Rather than operating mainly from the frontal cortex, which supports reflection and communication, we may respond more from the emotional and survival parts of the brain. This can make us more reactive, more likely to misinterpret what others are saying and more easily triggered, which can affect relationships and communication.

Stress can also influence the ways we try to regulate how we feel. This may show up through eating, coffee, alcohol, shopping, social media or other behaviours used to change an uncomfortable emotional state.

Unresolved trauma can keep this pattern going. Trauma is not only about what happened, but also the impact it had on the person and the nervous system. If the stress response was never fully able to settle, the body and mind may continue scanning for potential threats and responding to present situations through the lens of what happened in the past. This can leave the person feeling as though the original danger is still active, even when the current situation is different.

8. What are the clinical benefits of EFT?

Clinical research suggests that Emotional Freedom Techniques (EFT) may support a range of emotional and physical health concerns, particularly where chronic stress and nervous system activation are involved.

The stress response is protective in the short term. However, when it remains activated repeatedly, it can become maladaptive. Ongoing

stress can affect immune function, hormonal balance and digestive health, which is why reducing prolonged stress may have wider benefits for overall wellbeing. Research on EFT has highlighted benefits across areas including PTSD, chronic pain, cravings and weight management, autoimmune conditions and cardiovascular health. Findings have included:

- A. Around 90% of participants with PTSD no longer meeting diagnostic criteria after six EFT sessions.
- B. Reduced pain severity and improved mobility in people experiencing chronic pain.
- C. A 74% reduction in cravings, supporting longer-term weight management.
- D. Support for stress-related immune regulation in autoimmune conditions.
- E. Lower blood pressure and reduced cardiovascular risk factors

These findings suggest that EFT may support both emotional wellbeing and physical health, particularly by helping reduce the effects of prolonged stress on the body.

9. What are Adverse Childhood Experiences (ACEs)?

Adverse Childhood Experience (ACEs) are the experiences that occur in your life when you were a child which can have a tremendous impact on future violence victimisation and perpetration, and lifelong health and opportunity.

As a child, you might have witnessed a variety of events that have taken a toll on your health. You may not remember all of them correctly but unconsciously, these events and experiences become the reason behind your illness and diseases.

Here are the three components of ACEs:

- A. Abuse: Abuse includes all three forms of abuse: physical, mental and sexual.
- B. Neglect: Neglect and abandonment in both physical and mental form.
- C. Household dysfunction: Household dysfunction includes the following:
 - Mental illness
 - Incarcerated relative (Imprisonment or confinement of a family member or relative)
 - Mother treated violently (by in-laws, spouse etc)
 - Substance abuse (cocaine and drugs)
 - Divorce

Understanding ACEs can help us recognise that experiences from childhood may continue to influence our emotional wellbeing, relationships, behaviours and physical health later in life. By becoming aware of experiences of abuse, neglect or household dysfunction, we can begin to explore the emotional impact they may have had, rather than simply focusing on what is showing up in the present. This awareness can help create a fuller picture of what may be sitting

underneath present-day difficulties and can support a more compassionate, informed approach to healing and wellbeing.

10. What is an ACE score, and how can it affect long-term?

An ACE score can also provide a useful way of identifying how many different types of adverse experiences a person may have been exposed to during childhood. A higher score does not determine what will happen to someone, but it can indicate a greater likelihood of challenges with stress, emotional regulation, relationships, coping behaviours and long-term health.

- A. ACE score 0: ACE score 0 implies low likelihood of facing adverse health conditions in adulthood. It also means that you have low chances of taking up smoking, attempting suicide, experiencing depression and participating in substance abuse.
- B. ACE score 1-3: ACE score 1-3 implies that the use of illicit drugs increases from 11.3% to 21.5%. The association with alcoholism, depression and suicidal tendencies also go up correspondingly. Social, emotional, and cognitive impairment is familiar with such individuals, as is the possibility of disrupted neurodevelopment.
- C. ACE score 4+: The possibility of disease, disability, and social problems also substantially increases, and early death is also a likelihood.

Becoming an alcoholic increases fourfold, while the possibility of suffering from chronic depression triples. The chance of heart disease

and stroke doubles, while the likelihood of severe financial issues and problems while working will triple.

Therefore, if you have a disease, say diabetes or an autoimmune which is not shaking, you might have some Adverse Childhood Experiences standing in your way.

11.What is the connection between childhood trauma and illness?

The relationship between childhood trauma and later health outcomes has been thoroughly documented, particularly through the Adverse Childhood Experiences (ACEs) study, which establishes a clear link between early traumatic events and a range of chronic conditions. The study found that experiences such as abuse, neglect, or household dysfunction during childhood significantly increase the risk of developing chronic diseases like diabetes, heart disease, and cancer due to the physiological stress they impose, and these traumas also heighten the likelihood of mental health issues, including depression and addiction, as well as autoimmune disorders, which are often stress-related, and are associated with a higher risk of early mortality, with the key points being an increased risk of chronic diseases like diabetes, heart disease, and cancer, higher incidence of depression, addiction, and autoimmune disorders, and potential for early mortality, which EFT can help mitigate by addressing these stored emotional traumas and reducing their physiological impact. Approaches such as EFT may help by supporting people to work with unresolved emotional experiences,

regulate the stress response and reduce the ongoing impact that past trauma may have on the body and nervous system.

12. How can Adverse Childhood Experiences (ACEs) affect behaviour, mental health and physical health later in life?

Adverse Childhood Experiences can have effects that extend well beyond childhood. Higher exposure to ACEs has been associated with changes in behaviour, emotional wellbeing and physical health later in life. Behaviourally, this may show up as physical inactivity, smoking, alcohol misuse, drug use or difficulties with work. ACEs have also been linked with mental and physical health challenges such as depression, suicide attempts, severe obesity, diabetes and sexually transmitted infections.

Longer-term health risks associated with ACEs can also include heart disease, cancer, stroke, COPD and broken bones. This does not mean that someone who has experienced ACEs will automatically develop these difficulties. Rather, ACEs can increase vulnerability by shaping the way a person responds to stress, copes emotionally and relates to their own health over time.

13. What types of emotional and physical challenges can EFT help with?

EFT can be used to support a wide range of psychological and physical concerns, including trauma and PTSD, anxiety, depression, stress, chronic pain and addictions. EFT combines tapping on specific

acupressure points with focused attention on thoughts, emotions and distressing experiences. This can help reduce emotional intensity, support nervous system regulation and improve overall wellbeing across a range of challenges.

14.What simple techniques can help regulate the nervous system and release stress from the body?

Simple body-based exercises can be used to help the nervous system move out of stress and back towards rest, repair and relaxation. One technique is the Tantrum Release, which is used specifically for releasing anger. Drinking water afterwards can also be encouraged as part of the exercise.

Another technique is the Stanley Rosenberg exercise, which works with the vagus nerve. The vagus nerve is the longest nerve in the body and plays an important role in helping the nervous system shift from fight or flight back into rest and repair. This ability to move between activation and relaxation is often referred to as vagal tone. To practise the exercise, interlace the fingers and place the hands behind the head while keeping the head facing forwards. Move the eyes as far as comfortable to one side and breathe, waiting for a yawn, sigh or sense of release. Then return the eyes to the centre and repeat on the other side. These responses can be signs that the nervous system is beginning to settle.

Stress can also show up as tension in the shoulders. A simple practice is to hold the little finger and breathe. In the framework being taught, the

little finger is linked with the small intestine meridian and with the energy of “trying too hard”. Holding it gently while breathing can invite the shoulders to soften and help release the sense of carrying too much. A further simple practice is to breathe in and let the out-breath become a sigh. This can help release tension and give the body permission to soften. Yawning, sighing or feeling sleepy can all be signs that the nervous system is beginning to rebalance.

15.How can EFT be used for both everyday wellbeing and deeper emotional healing?

EFT can be used at different levels. On the surface, it can become part of a daily routine to support stress reduction, emotional regulation, health and wellbeing. It can also be used more deeply to explore the root causes of emotional difficulties, including past trauma, limiting beliefs and unresolved experiences.

EFT can support areas such as stress, pain, phobias, cravings, burnout, anxiety, depression, emotional stuckness and recovery from past trauma or accidents. Professional EFT goes beyond simply following tapping videos. It involves learning a structured, clinically evidenced protocol so practitioners understand what to do, how to do it safely and how to help clients move from feeling stuck towards meaningful and lasting change.

16.What is professional EFT?

Professional EFT is the skilled use of EFT in a therapeutic or helping context, with the aim of supporting clients to achieve fast, effective and meaningful results. It involves more than knowing the tapping points. A professional practitioner needs to be able to listen deeply, ask powerful questions and help the client move beyond surface symptoms to explore the deeper root cause of what they are experiencing.

It also requires confidence in the technique itself: knowing how and when to use EFT, how to guide the process safely, and how to adapt the work to the individual client. This combination of therapeutic skill and technical competence helps the practitioner support clients with greater clarity, depth and confidence. The growing body of clinical research on EFT can also give practitioners greater confidence that they are using an approach with an increasing evidence base.

17.How does EFT work scientifically?

The scientific foundation of Emotional Freedom Techniques (EFT) lies in its ability to influence both the body's energy systems and brain function, delivering measurable benefits for mental and physical health. EFT works by stimulating specific meridian points—energy pathways in the body—while the individual focuses on and verbalises emotional distress, creating a dual approach that produces significant physiological changes, with the key scientific effects being a 43% reduction in cortisol levels, significant lowering of anxiety and depression, and deactivation of the amygdala, reducing fear and PTSD symptoms, as well as

improvements in immune function, gene expression, and overall mental health. Research has demonstrated that this process can reduce cortisol levels by 43%, directly lowering stress, and significantly decrease anxiety and depression by calming the nervous system, while also deactivating the amygdala, the brain's fear and pain centre, which helps reduce hypervigilance and symptoms of post-traumatic stress disorder (PTSD), underscoring its efficacy as a scientifically supported therapeutic tool.

18.What is Tantrum Release Tapping?

Tantrum Release Tapping is a specialised technique within Emotional Freedom Techniques (EFT) designed to safely discharge suppressed emotions such as anger, frustration, or stress, preventing their accumulation and potential long-term health consequences. This method involves firmly tapping on the collarbone point, a key meridian location, while taking deep breaths and exhaling with a loud "Ah!" sound to facilitate the release of pent-up emotions, and optionally, individuals may stamp their feet if it is physically safe, further aiding in the discharge process, with the key features being tapping on the collarbone point to release suppressed emotions, use of deep breathing and vocalisation to facilitate emotional discharge, and prevention of chronic health issues caused by unaddressed stress. By allowing these emotions to surface and dissipate in a controlled manner, this technique helps prevent the buildup of stress and anger, which, if

unaddressed, can contribute to chronic health issues like hypertension or anxiety disorders.

19. How can EFT help with physical pain?

EFT can be used as a non-invasive approach to support pain management, particularly where stress, anxiety and emotional distress may be contributing to the experience of pain. Research has shown reductions in several pain-related and emotional measures following EFT. Findings have included:

- A. 21% reduction in pain severity
- B. 26% reduction in pain interference
- C. 37.1% reduction in anxiety
- D. 28% reduction in somatic symptoms
- E. 13.5% reduction in depression

At the same time, participants reported improvements in:

- A. Quality of life by 7%
- B. Life satisfaction by 8.8%
- C. Happiness by 17%

Other research has reported reductions in pain of up to 57%, alongside improvements in anxiety, depression, cortisol and other markers of wellbeing. EFT may help by calming the stress response and reducing emotional activation that can intensify the experience of pain. This can

support greater comfort, improved functioning and a better overall quality of life, while being used alongside appropriate medical and conventional pain-management approaches.

20. How can EFT support the immune system and the body's natural defences?

Emotional Freedom Techniques (EFT) can enhance the body's immune system, offering a natural and effective way to improve health and resilience against illness. This is achieved by tapping on the thymus point, located at the centre of the chest, while humming, which stimulates the production of white blood cells crucial for immune defence, and research has shown that this practice can increase immune markers by 113%, enhance the body's antiviral response, and speed up recovery from illnesses, with the key immune benefits being a 113% increase in immune markers, enhanced antiviral response, and faster recovery from illnesses. The immune-boosting effect is largely due to EFT's ability to reduce stress, which otherwise suppresses immune function, making it a valuable tool for maintaining overall health.

21. What does the research suggest about the effects of EFT on different markers of health and wellbeing?

Research presented on EFT shows positive changes across a range of emotional and physical health markers. The findings shown here include reductions in pain by 57%, anxiety by 40%, depression by 35%,

cortisol by 37%, PTSD symptoms by 32%, food cravings by 74%, and blood pressure by 8%. At the same time, the research shows increases in immune system markers by 113% and happiness by 31%.

These findings suggest that EFT may support both emotional wellbeing and physiological regulation, with effects seen across stress, mood, cravings, pain, trauma-related symptoms and markers linked with overall health.

22.What are the 7 steps of EFT?

The 7 steps of EFT are as follows:

A. Identify the issue or goal: The first step is to identify the issue or goal. In order to identify your goals, ask yourself the following questions:

- What do you want?
- What issue do you want to solve?
- How does it make you feel?

For stress, autoimmune and depression, I recommend you take sessions from a certified practitioner.

B. Get a measure for it: On a scale of 1 to 10, what number would you give it, where 10 is uncomfortable or 1 is not uncomfortable at all. The reason you give it a number is because you want to measure the progress later.

C. Start EFT Tapping on the side of the hand: In order to tap on the side of the hand, you will repeat this statement 3 times:

- *“Even though I have this problem, I deeply and completely love and accept myself.”*

D. Tap on the upper body points: After tapping 3 times on the Karate Chop, the next step is to tap on the facial and upper body points with the reminder phrase. The reminder phrase is a short phrase that reminds you or your client of the problem, so that it can be cleared. The example of EFT Tapping statements are below:

- Karate Chop: Even though I have this stress, I deeply and completely love and accept myself (3 times).
- Eyebrow: This stress
- Temple/ Side of the eye: So much stress
- Under the eye: This stress
- Under the nose: Stress
- Chin: Stress
- Collar bone: This stress
- Under the arm: This stress
- Thumb: This stress
- Index finger: This stress
- Middle finger: Stress

- Little finger: Stress
- Karate Chop: *"Even though I feel stressed, I deeply and completely love and accept myself."*

E. Close sequence: Come back to the side of the hand also known as the Karate Chop point and say the starting phrase out loud again.

- *"Even though I have this problem, I deeply and completely love and accept myself."*

F. Relax: Take a breath in and out. Take a sip of water and reflect how you feel.

G. Testing: Finally, ask yourself:

- How are you feeling?
- What happened?

Lastly, ask yourself, *"Do you feel the same, better or worse?"* Be honest with the response. By following these seven steps, you can complete a full round of EFT and then pause, reflect and test what has changed. Comparing the intensity before and after tapping helps you notice any shifts and decide whether further tapping or deeper support may be helpful.

23. How does EFT help move from surface symptoms to the deeper root cause?

EFT can be used not only to work with what is happening on the surface, but also to explore the deeper emotional experiences, beliefs and associations that may be contributing to those symptoms.

Surface symptoms are what a person notices immediately, such as stress, overwhelm, depression, pain, heart palpitations or physical discomfort. Beneath these may sit deeper patterns such as “my emotions are not okay”, “it is selfish to think of my own needs” or “I am not enough”. These beliefs can contribute to avoidance and keep the same emotional cycle going.

For example, someone with migraines may experience pain, throbbing and vomiting on the surface, while deeper exploration may uncover difficulty saying no or a strong need for external approval.

Similarly, a fear of balloons may appear to be a simple phobia. Through EFT, it may become clear that the sound of balloons popping has become associated with an earlier frightening experience, such as gunfire or violence. By working with both the present symptom and the underlying emotional association, EFT can help address what is happening now while also exploring what may be driving it underneath.

24. What are the possible next steps?

There are different pathways depending on whether you want to deepen your own healing, learn EFT for personal use, or become professionally certified.

A. Inner Transformation: EFT with Inner Child Matrix

This is the most comprehensive pathway and includes 14 days of EFT training, 8 days of ICM Foundational Training, 8 days of ICM Practitioner Training, 4 days of ICM Practitioner Completion, 12 days of EFT and ICM supervision and mentoring, nine one-to-one EFT and ICM sessions including re-birthing, six sessions with a Senior Mentor, access to the ICM and EFT Practitioner Training portal, online community support, manuals and worksheets, certification and a full review.

B. EFT Certified: Training, Personal Sessions, Supervision and Certification

This pathway is for those working towards professional EFT certification. It includes 14 EFT training modules with Jessica Tasker, six one-to-one sessions with a Senior EFT Practitioner, supervision and mentoring with Dr Rangana Rupavi Choudhuri, certification requirements completed within one year of supervision, access to the online learning portal, ongoing online support, and all manuals and worksheets.

C. EFT Personal: EFT Training and Sessions with a Senior Practitioner

This pathway is focused on personal healing and self-development. It includes EFT training across areas such as physical tension, cravings, limiting beliefs, trauma, fears and phobias, children and teenagers, surrogate tapping, EFT Timeline and personal peace, alongside sessions with a Senior Practitioner.

The best next step depends on whether your focus is personal development, deeper transformation, or professional practitioner certification.

ADDITIONAL QUESTIONS:

1. How is EFT used professionally in a client session?

Professional EFT involves much more than simply tapping for a few minutes. A practitioner first takes time to understand the client, what they are experiencing and what they want to change. This may include an intake form, relevant history and, where appropriate, a trauma history. From there, a treatment plan can be developed and discussed with the client, including which EFT techniques may be appropriate. During the tapping itself, the practitioner generally uses the client's own words rather than interpreting or changing their experience. For example, if a client describes something as "really difficult", those are the words used in the tapping. This reduces assumptions and helps the client feel heard and understood.

The practitioner also follows what emerges rather than moving too quickly towards a positive statement. If anger, distress or another emotion is still present, the tapping stays with what is actually there. More positive language, such as calmness, can be introduced when the client naturally begins to experience a shift. Throughout the process, the work remains collaborative. The client's priorities, consent and



readiness help guide what is explored, how it is approached and where the session goes next.