

SOLISTHERAPIES

gentle healing for mind, body and spirit

Training

EFT Courses

Accredited by AAMET (the Association for the Advancement of Meridian Therapies).



EFT Level 1 - a one day course

Level One is the first step on a fascinating and self-powering journey towards freedom from physical and emotional issues. This is foundation level for those who aspire to become an EFT practitioner. It is also suitable for people who wish to learn a powerful and valuable self-help healing tool which can be used for working on themselves, their friends or family, and for mind / body therapists who wish to incorporate EFT into their practise. You will have time on the course to work with others on real issues during the day.

You will learn:

- History of Meridian Energy Therapies
- The background of EFT
- Links to other holistic therapies such as Kinesiology, Acupuncture and Acupressure
- The Discovery Statement
- EFT and how to use it - the full basic EFT recipe
- Testing
- Calibration
- Contacting the problem
- Dealing with different aspects of a problem
- Abreactions and how to avoid abreactions
- The Story protocol - Movie Technique
- The Keyword protocol
- Psychological Reversal
- What to do when no progress is being made
- How to detach from negative memories
- Working with physiological issues - the medical protocol
- Working with Phobias - the Phobia protocol
- Working with addictive cravings - addictions protocol - anti addiction algorithm
- Quick anxiety stopper
- Homework protocol

EFT Level 2 - a two day course

Level Two is practitioner level and people who have attended a Level 1 workshop run by an approved AAMET trainer are eligible to do a Level 2 workshop. This level 2 course includes all of Gary Craig's required elements for EFT practitioner status and is certified by the AAMET, the world's leading EFT organisation (with sister organisations in many countries).

You will learn about:

- The Writing on our Walls - the limiting beliefs we acquire in life, where they come from, and how we are governed by them.
- Tailenders - which often mirror our unrecognised inner beliefs and sabotage affirmations and positive change.
- Additional Tapping Points

Gentle approaches of working with EFT

- The Tearless Trauma Technique
- Chasing the pain
- Sneaking up on the problem.
- Ways to find core issues: how to work gently as a detective looking for clues which will uncover core issues.
- How to tackle physical issue: emotional issues can manifest physically in the form of pain and physical discomfort.
- Testing Results
- Working by telephone
- Using EFT in groups
- Introduction to muscle testing

EFT Level 3 - a two day Advanced Practitioner course

This level is fun and you will start to tap in to your creative self as you unfold

- In this workshop, you will building upon your existing skills and learn to get creative with the language of EFT
- Developing intuition
- Finding your own unique style
- Learn to use continuous tapping
- Intuitive rambling
- Reframes and how to create them
- The Power of Intention
- Pat Carrington's Choices
- Testing results with muscle testing – introduction to Kinesiology
- Other self-empowering energy techniques

It is now an AAMET requirement that Level 3 Practitioners having completed a two day Training Course have Supervision either for two days (12 hours) or a one to one session (6 hours). EFT Level 3 Practitioners are also required to gain 30 hours of Continued Professional Development (CPD) within the year and years to follow to maintain their Level 3 status. You can go to AAMET (at www.aamet.org) for further information on the regulation requirements.

Supervising and Mentoring

Supervision is a must if we wish to continue to develop in our work with EFT. On these days we are able to discuss any concerns we may have in our professional EFT practise. These days help us learn new ways of doing EFT from other people and keep pace with this fast moving cutting edge energy psychology therapy.