

## EFT Training Modular Structure Level 1 and 2 Notes for Trainers

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### EFT Training

- Modular structure for Levels One and Two
- Based on Gary's original guidelines
- 16 modules or lessons of 75 minutes
- Usually delivered as two, two day workshops.

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### Gwyneth Moss – my experience

- I have been developing, teaching, refining and testing this training structure since 2003
- 800 students the majority go onto L2
- I have always taught a two day L1 and Something 'cooks' overnight
- More than two days at one go and retained learning decreases
- A break between L1 and L2 and they come back with great questions based on experience

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## Common Structure

- Common Structure: individual delivery
- Each trainer fits their own explanations, stories, materials, demos, exercises and teaching style to the structure.
- This format includes exercises in pairs or triads, group tappings and live demos.
- The teaching is highly interactive.

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## Delivery Options

- Level One: two days up to module 8
- Level Two: two days for modules 9 to 16
- A week between L1, L2 is good, some people want or need longer
- Or delivery may be
  - Four single day sessions of 4 modules
  - Weekly half day sessions two modules at a time over 8 weeks,
  - Or single module evening sessions over 16 weeks.
- Students benefit greatly by repeating

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## Sixteen Modules

1. Introduction and Principles;
2. Basic Recipe tapping and exercise
3. EFT teaching and live demonstration
4. Annoyance exercise in pairs;
5. Traumatic experience and the Movie Technique;
6. Movie Technique Exercise in pairs
7. Addictive cravings
8. Physical symptoms .
9. Review of L1 and introduce L2
10. The Gentle Techniques
11. The Palace of Possibilities and Writing on the Walls,
12. Core Issues,
13. Telephone work, exercise
14. Intention and Affirmation
15. Borrowing Benefits and group work
16. EFT for Children, and specialist topics

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## Level One Modules

<i>Day One</i> Introductions, History Concepts	<i>Day Two</i> Traumatic Experience and The Movie Technique
The EFT Basic Recipe Group Tapping Fiction Exercise	Movie Technique Exercise and Feedback
<i>Lunch</i>	
EFT Principles ABC model Demonstration	EFT for Physical Issues Detective work Demonstration
Everyday Annoyance Exercise and Feedback	EFT for Addictive Cravings Group Tapping Borrowing Benefits

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## Level Two Modules

<i>Day One</i> Introductions Review of Fundamentals Questions	<i>Day Two</i> Delivery Channels EFT by Phone Exercise
The Gentle Techniques Demonstration Exercise	Intention and Affirmation Choices technique Demonstration
<i>Lunch</i>	
Limiting Beliefs The Palace of Possibilities Demonstration	EFT for Groups BB Instructions BB group work
Core Issues Limiting Beliefs Exercise	EFT for Children Q&A Assessment Process

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## Module 1: Introductions

- Your personal EFT story and examples of EFT from your practice
- Group Introductions
- Building bridges and acknowledging scepticism
- History and personalities of EFT
- The Discovery Statement and what it means
- 'Try it on Everything' and 'Don't go where you don't belong'
- Optional intro from PoP (Gary's old video)

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## Module 2: The Basic Recipe

- Group tapping to learn points and form of words
- Constricted breathing or toe touching
- Answer their Questions
- Triads exercise on fictional movie scene
  - Fiction, keep out of their personal stuff
  - Facts not feelings
- Feedback

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## Module 3. Foundational Concepts

- Teaching module to introduce:
  - Simple questions
  - Measuring intensity
  - Finding the words
  - Aspects
  - Balancing statements
  - Shortcuts and using the points
- Demonstration to show above

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## Module 4. Annoyance Exercise

- Triads for current issue
- What pushes your buttons
- Tapping for aspects, being specific

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## Module 5. Intense Events

- Explanation of how intense events imprint
- Characteristics of intense events
- The Movie Technique, explain the process
- Case examples and stories
- Demonstration of the Movie Technique
- or show The Kid from 6 days at the VA

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## Module 6. Movie Technique Exercise

- In pairs Movie technique for a painful or embarrassing memory
- Suggest they start at the 'shallow end' and avoid the 'deep end'

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## Module 7. Addictive Cravings

- Explain your understanding of addictive behaviour and how EFT helps
- This is a good place to talk about Psychological Reversal
- Group cravings demo with chocolate
- Audience tapping along as intro experience to borrowing benefits
- Explain use of EFT for triggers and intense events in context of addictive behaviour

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## Module 8. Physical Symptoms

- Explain stress as root of illness
- EFT approaches for aches and pains
- Demo with several audience members
- Answer questions
- If time, exercise in pairs

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## Level Two Modules

*Day One*

Introductions  
Review of Fundamentals  
Questions

*Day Two*

Delivery Channels  
EFT by Phone Exercise

The Gentle Techniques  
Demonstration  
Exercise

Intention and Affirmation  
Choices technique  
Demonstration

*Lunch*

Limiting Beliefs  
The Palace of Possibilities  
Demonstration

EFT for Groups  
BB Instructions  
BB group work

Core Issues  
Limiting Beliefs Exercise

EFT for Children  
Q&A  
Assessment Process

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## Module 9. Review and Preview

- Introductions
- Review of L1 concepts
- Overview of L2 course
- Questions and Answers from students experience since L1

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## Module 10. The Gentle Techniques

- Gentle Techniques
  - Sneaking up
  - Tearless Trauma Technique (Guessing)
  - Chasing the Pain (Body feelings)
- Leading onto clearing techniques
  - Tell the Story
  - Movie Technique
  - And private version of Movie Technique
- Do a demo and have them do an exercise

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## Module 11. Writings on the Walls

- Gary Craig's Palace of Possibilities and the concept of Writing on the Walls
- Have people identify their writings
- Do a demonstration

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## Module 12. Finding Core Issues

- Concept of core issues
- Finding core issues
  - Questions
- Have them do an exercise

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## Module 13. Telephone Tapping

- Discuss how EFT extends our concept beyond the '50min sit down therapy hour'
- Advantages and disadvantages of telephone tapping
- Share your process
- Demonstrate back to back
- Have them do and exercise back to back

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## Module 14. Introducing Intention

- Affirmations and tail enders
- 'I choose' softens resistance
- Teach the skill of developing a good choice
- Give a warning about 'leading'
- Give a warning about bringing in positives too soon
- Emphasise need to clear negative

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## Module 15. Group Work

- EFT benefits of group work
- How to run a newcomers intro group
- How to give Borrowing Benefits instructions
- Demonstrate group work with the whole group

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## Module 16. Specialist topics

- A flexible module that the trainer can use for a variety of topics to fit the needs of the group:
  - EFT for Children, stories and principles
  - Being an EFT Practitioner, in your legal, cultural and social context.
  - Marketing EFT in your market or specialism
  - Specific interest topic
- Course review and question session

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## This is a flexible structure

- Add your own stories, explanations and teaching tools
- You might change the order of modules – physical issues before addictive behaviour
- The exercises (not included in this presentation) are closely defined and are designed to build one upon the other
- Please attend the trainings to get the exercises

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