Emotional Freedom Technique Level 1: Techniques for Addressing Stress and Psychological Disorders

Friday, November 30, 2018
9:00 a.m. - 5:00 p.m.
Frank G. Pogue Student Center, MPR Room-A

6 CEUs

Course costs $95 | $75 early bird registration by November 20th
Ask about student discount

EFT, commonly referred to as “Tapping” has its roots in both modern psychology as well as acupuncture. It combines tapping on acupuncture points (called acupressure) with exposure of events/symptoms to correct energy imbalances in the treatment of psychological disorders. Sometimes called “Emotional acupuncture”, EFT is considered an “energy psychology” technique, and is a refinement of Clinical Psychologist Roger Callahan’s (2000) original Thought Field Therapy (TFT) in which he demonstrated effective treatment of phobias and other psychological issues with tapping. Since 2003, it has been highly researched (see EFTUniverse.com) and demonstrated to be effective for depression, anxiety, phobias, PTSD as well as cravings and addictions.

The overall goal of the class is for students to have an introduction to EFT – what it is, how it works, as well as learn some basic skills in tapping on self and with clients.

Learning Objectives
Students will demonstrate understanding and use of the following:

- What is EFT - how it affects stress, the nervous system and the brain.
- EFT Basic Recipe – tapping points and how to use tapping.
- Tapping to reduce symptoms of anxiety, depression, PTSD.
- Gentle techniques for treatment of trauma.
- Using EFT to reduce pain and physical symptoms.

Edinboro University provides CEUs for Social Workers, Marriage and Family Therapists, and Professional Counselors.

Registration and payment can be made online at:
www.edinboro.edu/ContinuingEducationStore

Peg Crawford, LMHC
REIKI Master Teacher,
Certified EFT Practitioner,
Certified Sound Healer.

About the Instructor
Peg has a private practice in the Buffalo area in counseling, EFT, Reiki and Sound Healing.

Course Outline and Schedule

9:00 - 9:45
Intro to EFT – what it is and how it works

9:45 - 10:15
Basic Recipe for EFT – tapping points and formula. 9-Gamut technique. Importance of SUDS scores

10:15 - 10:45
Identifying Aspects of client story – Practice Exercise

10:45 - 11:00 – Break

11:00 - 12:00

12:00 - 12:30
Trauma and the trauma capsule – approaching with Gentle Techniques.

12:30 - 1:30
Lunch on your own

1:30 - 3:00
Make a Movie/Tell a Story Techniques – demonstration and practice

3:00 - 3:15 – Break

3:15 - 4:00
Tapping on Pain and other physical sensations

4:00 - 4:30
Sneaking up, Sneaking Away – managing excessive emotional intensity… Discussion and Demonstration

4:30 - 4:45
What to try if EFT is not working…

4:45 - 5:00 – Questions/Evaluation

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Space is limited. To reserve your spot, contact Jordan Gass at jgass@edinboro.edu or 814-732-1250.