



*Emotional Freedom Technique: Professional Training  
with Dawson Church*

## DAY 1

### Module 1:

- History and Development of EFT
- Stress: How it Affects the Body
- Building Bridges from Existing Beliefs to EFT
- The Physiological Mechanisms Underlying Rapid Healing
- The Science Behind EFT
- The Discovery Statement

### Module 2:

- EFTs Full Basic Recipe
- SUD or Subjective Units of Distress
- Taking Shortcuts: Short Form of The Basic Recipe
- Making Adjustments in Subsequent Rounds of EFT
- Why EFT Doesn't Focus on the Positive First

### Module 3:

- Measuring Progress
- Aspects
- Daisy Chains of Issues
- The Importance of Being Specific
- Psychological Reversal & Secondary Gain
- Cognitive Shifts & Exposure
- Testing for Completeness
- How Traumatic Events Imprint on the Brain

### Module 4:

- The Generalization Effect
- Handling Excessive Intensity
- Disproportionate Responses to Emotional Stimuli
- Finding the Words to Use

## DAY 2

### Module 5:

- Cognitive Belief Shifts

- The Role of Insight in Personal Growth
- Characteristics of Traumatizing Events
- How Trauma is Reinforced in the Brain
- Testing

#### Module 6:

- EFT for Traumatic Memories
- Taking the Edge Off Excessive Intensity
- The Movie Technique
- Emotional Crescendos Within Remembered Events

#### Module 7:

- EFT for Aches and Pains
- Working with Physical Symptoms
- Collaborating with a Physician or Mental Health Professional
- What To Do When Self-Acceptance Is the Problem

#### Module 8:

- What To Do When EFT Doesn't Work
- EFT for Addictive Cravings
- Aspects of Addictions
- Borrowing Benefits
- The Personal Peace Procedure

## DAY 3

#### Module 9:

- Participant Objectives for Level 2
- Review of Foundational Concepts

#### Module 10:

- Introduction to the Gentle Techniques for Intense Issues
- Tearless Trauma
- Chasing the Pain
- Sneaking Up on the Problem
- Sneaking Away from the Problem

#### Module 11:

- Your Palace of Possibilities
- Internalized Critics
- The Writings on Our Walls
- Cliches
- Clearing Limiting Beliefs

#### Module 12:

- Tables and Legs
- Questions for Uncovering Core Issues
- Testing with Questions and In Vivo Re-enacting
- Core Issues and Physical Symptoms

## DAY 4

### Module 13:

- Methods for Delivering EFT
- Working over the Telephone or Skype

### Module 14:

- Tail Enders and Affirmations
- Assessing Beliefs with the Validity of Cognition Scale
- How To Uncover Tappable Issues in Tail Enders

### Module 15:

- EFT in Groups
- Giving Borrowing Benefits Instructions to a Group
- Additional Tapping Points
- Psychological Trauma

### Module 16:

- Using EFT with Children
- Age-appropriate Techniques
- Surrogate Tapping
- Scope of Practice
- Informed Consent
- The EFT Ethics Code