

<b>Objectives</b>	<b>Content (Topics)</b>	<b>Time Frame</b>
List all behavioral objectives	Provide an outline of the content of each objective	State the timeframes for each objective
Module 1: 1. Name the primary stress hormone. 2. Characterize the three major parts of the brain. 3. List two or more of the psychological methods on which EFT is based.	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	Day One 8:30am - 10:00am  Break 10-10:30am
Module 2: 4. Demonstrate EFTs core technique, the Basic Recipe. 5. Describe the meaning of secondary gain.	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 Download Module 2 Training Video	Day One 10:30am - 12:00pm  Lunch 12 – 1:30pm
Module 3: 6. Identify at least two different aspects of an event. 7. Name one method of testing the results of EFT. 8. State what the acronym SUD stands for.	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 Download Module 3 Training Video	Day One 1:30pm - 3:00pm  Break 3 – 3:30pm
Module 4: 9. Define the generalization effect.	The Generalization Effect Handling Excessive Intensity Disproportionate Responses to Emotional Stimuli Finding the Words to Use Download Module 4 Training Video	Day One 3:30pm - 5:00pm
Module 5: 10. Name at least two possible signs of a cognitive shift. 11. Identify at least two characteristics of a traumatizing event.	Cognitive Belief Shifts The Role of Insight in Personal Growth Characteristics of Traumatizing Events How Trauma is Reinforced in the Brain Testing Download Module 5 Training Video	Day Two 8:30am - 10:00am  Break 10 – 10:30am
Module 6: 12. Describe at least three of the steps of EFTs “Movie Technique”.	EFT for Traumatic Memories Taking the Edge Off Excessive Intensity The Movie Technique Emotional Crescendos Within Remembered Events Download Module 6 Training Video	Day Two 10:30am - 12:00pm  Lunch 12 – 1:30pm
Module 7: 13. List at least two questions to ask a client to identify	EFT for Aches and Pains Working with Physical Symptoms	Day Two 1:30pm - 3:00pm

emotional correlates of physical pain.	Collaborating with a Physician or Mental Health Professional What To Do When Self-Acceptance Is the Problem Download Module 7 Training Video	Break 3 – 3:30pm
Module 8: 14. Cite examples of cognitive statements to use with a client presenting with the problem of self-acceptance. 15. Distinguish between cravings and addiction.	What To Do When EFT Doesn't Work EFT for Addictive Cravings Aspects of Addictions Borrowing Benefits The Personal Peace Procedure Download Module 8 Training Video	Day Two 3:30pm - 5:00pm
Module 9: 16. Identify at least two of the frameworks within which EFT can be introduced to others.	Participant Objectives for Level 2 Review of Foundational Concepts Download Module 9 Training Video	Day Three 8:30am - 10:00am  Break 10 – 10:30am
Module 10: 17. Name at least one of EFTs “Gentle Techniques”. 18. Identify at least one clinical situation in which the Gentle Technique of Sneaking Up on the Problem is appropriate.	Introduction to the Gentle Techniques for Intense Issues Tearless Trauma Chasing the Pain Sneaking Up on the Problem Sneaking Away from the Problem Download Module 10 Training Video	Day Three 10:30am - 12:00pm  Lunch 12 – 1:30pm
Module 11: 19. List at least 5 cliches found in dysfunctional self-talk.	Your Palace of Possibilities Internalized Critics The Writings on Our Walls Cliches Clearing Limiting Beliefs Download Module 11 Training Video	Day Three 1:30pm - 3:00pm  Break 3 – 3:30pm
Module 12: 20. Distinguish between a general issue and a specific event. 21. Identify at least one method of testing results other than providing Subjective Units of Distress.	Tables and Legs Questions for Uncovering Core Issues Testing with Questions and In Vivo Re-enacting Core Issues and Physical Symptoms Download Module 12 Training Video	Day Three 3:30pm - 5:00pm
Module 13: 22. List at least 2 advantages of telephone or online sessions. 23. Identify at least 2 essential prerequisites for such sessions.	Methods for Delivering EFT Working over the Telephone or Skype Download Module 13 Training Video	Day Four 8:30am - 10:00am  Break 10 – 10:30am
Module 14: 24. Describe what is meant by the term Validity of Cognition. 25. Describe how EFTs Tail Enders method can identify a client's hidden objections to success.	Tail Enders and Affirmations Assessing Beliefs with the Validity of Cognition Scale How To Uncover Tappable Issues in Tail Enders Download Module 14 Training Video	Day Four 10:30am - 12:00pm  Lunch 12 – 1:30pm
Module 15: 26. Define what EFT means by the term Borrowing Benefits in group sessions. 27. Name at least one optional tapping acupoint.	EFT in Groups Giving Borrowing Benefits Instructions to a Group Additional Tapping Points Download Module 15 Training	Day Four 1:30pm - 3:00pm  Break 3 – 3:30pm

	Video	
<p>Module 16:  28. Describe one recommended change to EFTs Basic Recipe when working with pre-teen children.  29. Define Transference.</p>	<p>Using EFT with Children  Age-appropriate Techniques  Surrogate Tapping  Scope of Practice  Informed Consent  The EFT Ethics Code  Download Module 16 Training  Video</p>	<p>Day Four  3:30pm - 5:00pm</p>