

Emotional Freedom Techniques (EFT): Tapping Skills for Professionals

Dawson Church

Course # 3805-901

August 11-16, 2019

Hello and thank you for signing up for Dawson Church's Clinical EFT workshops.

Following is information that will help you understand and make the most of your workshop experience.

Prior to the Workshop

IMPORTANT: The EFT Seminar is a prerequisite for your upcoming workshop. You can take this online course now! [Click here to sign up.](#)

- Complete The EFT Seminar free online course and pass the quiz
- Print your completion certificate and send a copy to Omega

Please write down troubling emotional events and bring a list of these to the class to work on together. You are asked to pick minor ones. The reason for this is that these are interactive group workshops not individual therapy sessions. We want you to learn EFT thoroughly, so that it becomes a lifelong tool; if you are dealing with an issue that brings out an extreme emotional reaction you may wish to see a certified EFT Practitioner for a few sessions prior to the workshops.

During the Workshop

Overview

- Please arrive at least 30 minutes before the start of the workshop to register and get settled. We start each session exactly on time and ask that you be in your seat a couple of minutes early.
- We have Emotional Assistants (EAs) for each workshop that perform a variety of duties to make the workshop run smoothly and ensure all participants are attended to as needed.
- Check in with the EAs and pick up and complete the Liability release and the Videotape Release forms.

Note: Usually the only part of the workshop that is videotaped are the tapping demonstrations up front. If you don't want to be videotaped, please do not volunteer for one. It is not necessary to work with the Trainer up front; you will find that just being in the audience and tapping along will give you the relief of borrowed benefits.

- Be sure to complete and return the two release forms to the EAs then pick up your name tag and Workshop Notebook. In the back of the workbook, you will find the Session Notes forms. You will start to record your sessions on the second day of the workshop.
- Please drink plenty of water during the workshops, especially during the sessions to avoid dehydration.
- There are three breaks: 15 minutes mid-morning, a 2 ½ hour break for lunch, and another 15 minute break mid-afternoon. Get outside during the breaks, use them to relax and recharge.

- The workshops are presented as 4 modules each day, 2 in the morning and 2 in the afternoon (no afternoon session on Wednesday). A breakdown of what is taught in each module can be found on the [EFT Class Outline](#) page.
- The lecture part of each module is kept to a minimum, because we include at least 6 hours of practical experience in each level: demonstrations, practice sessions and feedback.

Workshop Participation and Interaction

Emotional Assistants (EAs) - are there to answer most logistical questions or issues (where are the bathrooms, the room is too cold, we need more water, etc.) and to provide assistance to those who may have a profound emotional reaction during a practice session.

We try to keep practice issues minor; however, emotions are messy and don't always stay minor. They can get in the way of your learning during the workshops and tapping can bring up new issues as it peels away the layers. The EAs will walk around observing and interacting with you during the sessions and exercises.

If you are feeling emotionally overwhelmed, please do not hesitate to ask an EA to work with you. They may take you out of the room, but will focus on getting you stabilized and back into the room to continue learning as quickly as possible.

- Confidentiality. We ask that you not describe anyone's session to anyone else outside this room in such a way that might identify them personally.
- If you have a question during a lecture, make a note and ask it afterwards, since your question might be answered later in the lecture.
- If you have a question about the instructions for any exercise, make sure you ask it before we start the exercise. The exercise instructions for each exercise are also in your workbook.
- During the practice sessions, you will alternate playing the role of coach and client. Dawson will ring bell when it is time to switch roles. Please pick a new partner for each exercise, so you get experience working with different people. As he, walks around and listens to your sessions, simply ignore him. When you are the coach, please do not turn your attention away from the client. It's vitally important to give the client your full attention during the exercise, just as you would in a live session.

Thank you and enjoy the workshop!

EFT Universe Support Team