

Review of EFT Level 1 & 2 Material for AAMET Certification

EFT CORE SKILLS AND CONCEPTS

Discovery Statement

How To Do EFT

Set-Up and Tapping Sequence - How to
formulate the Set-Up Phrase and the

Reminder Phrase

Purpose of the above

Current Shorter Basic Recipe (know)

Historic Longer Basic Recipe with finger
points and 9-gamut (recognize)

Sore Spot (alternative to KC)

The Tapping Points (meridian end-pts)

Psychological Reversal (historical)

Intensity Ratings (SUDS scale)

Being Specific

Aspects & Shifting Aspects

Testing

Importance of Testing as you go

Persistence

Introduction to Trauma

Abreactions (intense emotional reactions)

The Movie Technique & Tell-the-Story

Sneaking Up

Tearless Trauma Technique (involves
Guessing)

(what is the difference in the above two?)

Testing in the Movie Technique

Noticing Change

Chasing the Pain phenomenon

Rapport and Calibration

The Generalization Effect

Don't Go Where You Don't Belong

Basics of working with Pain and physical
issues - Being a Detective

Core Issues - probing questions

Tabletop and Legs metaphor

The Apex Effect

Palace of Possibilities

Writing on our Walls

Limiting Beliefs

Tail-Enders

Choices

Intuition

Group Work and Borrowing Benefits

Phone & Skype Work

Intro. to work with Children

Intro. to work with Animals

Surrogate Tapping

Additional Tapping Points

Tapping Variations

Troubleshooting - what to do when EFT
doesn't seem to work?

PRACTICE ISSUES

Doing Your Own Work

Personal Peace Procedure

Ethics - Confidentiality & Boundaries

Disclaimers and Informed Consent

Keeping the Client Safe (applying the above)

Keeping Yourself Safe (self-responsibility and
self-care)

Complex Relationships (awareness of dual
relationships, for instance working with
friends and family)

Professionalism