

The Bubble: Week-to-Week Topics

Week 1.

- The origins and background of EFT
- The Science & research behind EFT
- The efficacy of Clinical EFT and how it works.
- Starting with regulation.

Week 2.

- Trauma, Capacity, Regulation of the nervous system.
- How to titrate the EFT process.
- The Gentle techniques.
- When to zoom in and get specific versus when to zoom out and be more global.

Week 3.

- Using EFT for physical issues, chronic pain.
- Chasing the Pain / sensation technique.
- Secondary gains.

Week 4.

- Using EFT with children, teenagers, families.
- Surrogate Tapping.

Week 5.

- Using EFT for fears and phobias.
- Exposure therapy. All about Aspects, the generalisation effect.

Week 6.

- Using EFT for addictions, cravings, weight loss.
- More on the clinical trials and research.
- Tapping on cravings and “triggers”.
- Goal setting.

Week 7.

- The trauma techniques. Tell the story, silent movie.
- Neuroplasticity, memory reconsolidation, Poly Vagal Theory.

- How to work with specific traumatic memories.

Week 8.

- Tapping with groups.
- Things to consider when providing education on EFT.
- Certification and other ways to keep in touch.