

## **EFT Level 2 Intermediate mandatory syllabus – EFT and Mindfulness Centre**

**To include min of 3 exercises and three demonstrations**

**Additional tapping points**

**Creativity with Set up Phrases**

**Psychological resistance; negative/Limiting beliefs**

**Table Top Metaphor (or similar)**

**Questions to ask to get to core issue**

**Switching/Shifting Aspects**

**More ways to test**

**Cognitive Shifts**

**Recognising possible signs of PTSD**

**How to use EFT for anxiety**

**How to keep self and client safe when working with Trauma**

**EFT Techniques for Trauma**

**How to use EFT on a Physical Symptom**

**Using EFT on children**

**Using EFT on animals**

**The law when working with animals and children**

**How to conduct and prepare for an online appointment**

**Conducting a Borrowing Benefits Workshop**

**Introducing EFT into your practice**

**Professional Ethics**

**The Therapeutic Alliance**

**How to gain your Practitioner Certificate**