Agenda

Emotional Freedom Technique: Core Skills for Clinical Use

Saturday, March 20 – Day 1 (6 CE Hours)

9:30am – 4:30pm EST

9:30 – 9:45 AM Welcome, Introductions, Course Overview, and Learning Objectives

9:45 – 10:45 AM Module 1: Foundations of Emotional Freedom Technique (EFT)

- History and development of EFT
- Evidence base and theoretical foundations
- Chinese medicine concepts, exposure, memory reconsolidation, cognitive reframing, and polyvagal-informed regulation
- Clinical rationale for integrating EFT into psychotherapy

10:45 – 11:00 AM Break (15 minutes)

11:00 AM – 12:30 PM Module 2: The Core EFT Protocol

- Tapping points and sequence
- The Basic Recipe
- SUDS ratings and setup statements
- Demonstration and guided practice
- Adapting the protocol to individual client needs

12:30 – 1:00 PM Lunch (30 minutes)

1:00 – 2:30 PM Module 3: Emotional Regulation and Nervous System Stabilization

- EFT for anxiety, stress reduction, and emotional overwhelm
- Cognitive insight versus nervous system regulation
- Guided experiential practice
- Introducing EFT to skeptical or hesitant clients

2:30 – 2:45 PM Break (15 minutes)

2:45 – 4:15 PM Module 4: Integrating EFT into Clinical Practice

- Clinical applications and case examples
- Treatment planning considerations
- Ethical integration into psychotherapy
- Reflective exercises and clinician self-awareness

4:15 – 4:30 PM Questions, Discussion, Reflective Exercise, and Daily Wrap-Up

Instructional Time: 6 CE Hours

Sunday, March 21 – Day 2 (6 CE Hours)

9:30am – 4:30pm EST

9:30 – 10:45 AM Module 5: Trauma-Informed EFT

- Trauma-sensitive adaptations
- Window of tolerance
- Titration, pacing, and client safety
- Informed consent throughout the intervention process

10:45 – 11:00 AM Break (15 minutes)

11:00 AM – 12:30 PM Module 6: Addressing Common Clinical Challenges

- Psychological reversal
- Secondary gain
- Dissociation
- Client ambivalence and limiting beliefs
- Working with emotional blocks while maintaining safety

12:30 – 1:00 PM Lunch (30 minutes)

1:00 – 2:30 PM Module 7: Clinical Applications Across Presenting Problems

- Anxiety
- Trauma-related distress
- Grief and loss
- Shame and self-criticism
- Pain management
- Addiction and compulsive behaviors
- Emotional overwhelm and stress

2:30 – 2:45 PM Break (15 minutes)

2:45 – 4:15 PM Module 8: Ethics, Documentation, and Clinical Integration

- Scope of practice
- Informed consent
- Cultural responsiveness
- Contraindications and appropriate client selection
- Documentation and treatment planning
- Integrating EFT alongside evidence-based psychotherapy approaches

4:15 – 4:30 PM Reflective Exercise, Course Evaluation, Questions, and Closing Remarks

Instructional Time: 6 CE Hours