

**EMOTIONAL FREEDOM  
TECHNIQUES  
EFTI LEVELS 1 & 2**

**EFT**  **DAY 3**  
International

Nancy Grecco, M.Ed. - L.P.C.  
EFT Master - ACEP Diplomat  
EFTI Trainers of Trainers  
www.nancygrecco.com

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**GOALS AND OBJECTIVES FOR  
DAY 3**



**REFRAMING**  
EFT AND THE LAW OF ATTRACTION  
WORKING BY PHONE, SKYPE, OR ZOOM

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**THE GOAL OF  
PSYCHOTHERAPY  
IS TO FACILITATE  
COGNITIVE SHIFTS**

- If we can get clients to change their consistent thoughts the quality of their lives will improve.
- Their perceived reality will shift for the better.
- We want them to think differently about their traumas, fears, losses, and goals.
- With these things "in perspective" clients can live more positive lives

**The only problem is that talk therapy alone often doesn't work**

Level 2, p. 62

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### With EFT You Can Expect Cognitive Shifts

You know you have been successful when there is a change in perspective.



- > It wasn't my fault.
- > It's over and I'm safe.
- > I was only 4 years old.
- > I learned from it.
- > He was doing the best he could at the time.

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### REFRAMES

Reframes are a creative refinement to the EFT Setup language that encourage cognitive shifts. They are generally used at the end of the Setup phrase instead of "I deeply and completely accept myself".

Reframing is based on the concept that your original perception of an event serves as a frame as it is with a piece of art.

Level 2, p. 88 - 92

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### Reframes



In general, reframes will use language that you suggest, rather than something the client has already said.

The goal is to trigger an "aha" moment for them as they recognize a healthier understanding of the event.

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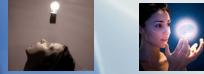
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**WORDS TO USE IN REFRAMING**

**Even though I felt belittled by my Aunt Edna...**

- ...I might be able to forgive her someday.
- ...I'd like to be able to see it differently now.
- ...I wonder if she was just doing her best at the time.
- ...I realize that what she said was more about her than it was about me.
- ...Maybe I could let it go.
- ...I can see now that she was coming from her own place of trauma, and limitation.



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**We all live in a PALACE OF POSSIBILITIES**



**Why do we do this?**

- All the rooms in the palace are open to all of us.
- Most of us only visit a few of them.
- We choose to dwell only in those rooms within which we are comfortable.
- We stay within the familiar (our comfort zones) and don't venture beyond the walls (limits) of the rooms we have chosen..

Level 2, Chapters 5, 6, 7. Palace Tutorial - Gary Craig.

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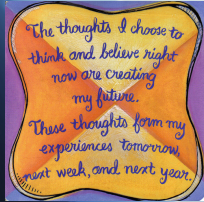
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**WHAT IS "THE WRITING ON OUR WALLS"?**



The **"Writing on our Walls"** is an EFT metaphor for the limiting beliefs and learned limitations that show up in our self-talk.

**What we focus on we get more of.**

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These beliefs and limitations are not even yours. **Who wrote on your walls?**



- Parents
- Teachers
- Coaches
- Peers
- Religion
- The media
- Other authorities in your life

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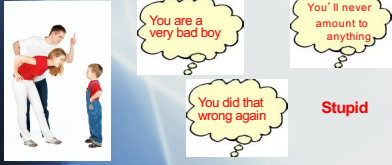
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We are limited by the **"Writing on our Walls"**, things that represent all the negative self-talk, the attitudes, beliefs, prejudices, learned limitations and judgments that we have accumulated throughout our lives.

They have been written on our walls by others, and we have been dutifully obeying them as truth ever since.



You are a very bad boy

You'll never amount to anything

You did that wrong again

Stupid

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**THE GUIDELINES THAT WE HAVE ADOPTED AS "TRUTH" ARE MOSTLY FICTION**



Why even bother to try?

They must not love me

I must be stupid

We made decisions about ourselves and about the world that are not true, but they have been the driving forces in our lives, and we have been acting "as if"...

12

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Much of the **WRITING ON OUR WALLS** are beliefs we have adopted as a result of early childhood trauma.

*We consult this writing all day long.*



The world is not safe

I have to hide

Men are evil

I can't be who I really am

13

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**Take 5 minutes to write down some of the "writing on your walls"**

Give each one a separate page

**Common ones:**

- I'm not good enough.
- I have to be perfect.
- I am unlovable.
- There will never be enough...
- I am unworthy, I don't deserve...
- I will never be able to...
- I'm too (fat, thin, stupid...)



Level 2, p. 59 - 61 Limiting Beliefs Activity

14

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**LIMITING BELIEF EXERCISE**

- Identify a limiting belief
  - I'll never be as successful as my brother.
- Find core issue or event that contributed to it
  - The time my teacher told me I wasn't as clever as my brother.
- Create a setup statement around the specific event
  - "Even though my teacher said I wasn't as clever as my brother... I was doing the best I could."
- Rate the SUDS
- Tap and then recheck the SUDS

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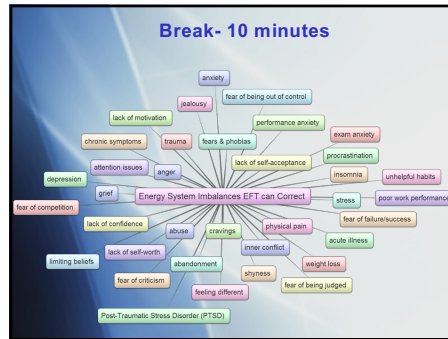
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### ERASE AND REPLACE

- With the skillful use of EFT, blocks to personal performance can be eliminated, thereby providing a clean wall on which to write our new consistent thoughts.
- Until now **EFT has been a stand-alone eraser** without any means to install dreams.
- Until now **affirmations have been a stand-alone tool for installing dreams** but without an eraser for the competing **tail-enders**.
- Now we can **blend both tools together** and eliminate the blocks to creating our dreams.

17

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### TAIL-ENDERS

- The internal objections ("Yeah, but") comments that follow a positive affirmation or statement of a goal.
- What we say we want to be true is not always our deepest truth.
- Our deepest truth is what will always manifest.

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You won't be able to take the action needed to lose weight if you constantly focus on feeling fat.



Healthy eating

Exercise

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### CREATE AN AFFIRMATION

#### What is an affirmation?

Affirmations are declarations of intention, or goals, stated in the positive, in first person, in the present tense.



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### Guidelines for constructing affirmations

- You must affirm a "want", not a "should".
- You must affirm your "wants" not your "don't wants".
- You must believe your goal is realistically possible.
  - It has to be a "stretch" in order to be exciting.
- Always state goal in first person, present tense.
  - Augment with daydreams in present tense.
  - Never try to affirm the actions of another.

21

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You can't attract financial abundance if you are constantly focused on scarcity.

A man in a dark suit is running quickly, looking back over his shoulder. He is carrying a briefcase. The background is a bright blue sky with white clouds, and several hundred-dollar bills are falling or floating around him, suggesting a lack of financial stability or a desperate search for money.

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I want a lot of money

A group of four people (two men and two women) are standing on a glowing, blue, spherical globe. The globe is surrounded by falling money, and the scene is set against a dark background with light rays emanating from behind the globe, creating a sense of global financial abundance.

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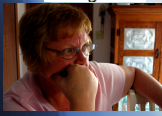
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Notice what comes to mind...

A woman with glasses is shown in profile, looking thoughtful with her hand to her chin. Surrounding her are four thought bubbles containing negative beliefs about wealthy people.

Rich people aren't spiritual

Rich people are greedy

If it was good enough for your mother it's good enough for you

I'm not smart enough, confident enough

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### PRACTICE IN DIADS



Client chooses an affirmation or a negative core belief.

Practitioner helps identify the "tail enders" and uses EFT to clear one or more.

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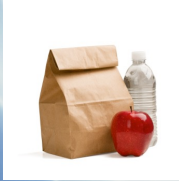
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### LUNCH



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### DOING EFT BY PHONE, SKYPE OR ZOOM CLIENT PREPARATION



It is important that the client is in a safe and secure environment, and that the practitioner not be disturbed (by kids or dogs, etc.)

Have an emergency contact number and advise client that you will call it if the client hangs up suddenly.

Have client Google EFT Tapping Points or send directions with pictures of tapping points before 1<sup>st</sup> session - usually with an intake form.

27

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**DOING EFT BY PHONE OR ZOOM  
BENEFITS TO PRACTITIONERS**




- Scope of practice becomes worldwide
- Can work with people who are housebound, in hospital, or in real-time stressful situations
- Can work from home, or from anywhere
- Flexible schedule
- Avoid overhead costs of keeping an office

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**DOING EFT BY PHONE OR SKYPE  
IS HIGHLY EFFICIENT IN MOST CASES  
BENEFITS TO CLIENTS**



- Client doesn't have to leave home
- Cheaper – no babysitter, no driving
- Can treat and/or test phobias in a real situation
- It may be easier for some clients to talk about difficult topics on the phone than in person

P. 145

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**DOING EFT BY PHONE OR SKYPE  
POSSIBLE DISADVANTAGES**



Building rapport is often easier in person

Face to face, client and practitioner therapeutic relationship is preferable to some people, and gives the practitioner the opportunity to see the client's body language

Client may need "back up" if s/he is deeply disturbed, has a meltdown, or abreaction

Boundaries: if you allow people to call whenever they are distressed you may want to be able to screen calls.

Level 2, p. 145

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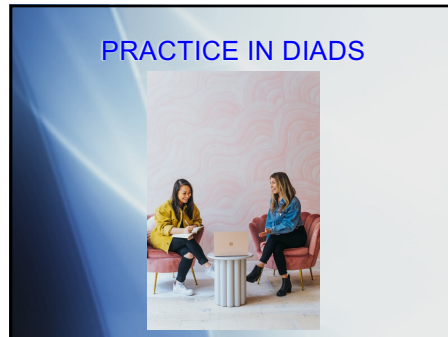
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**The evidence base for energy psychology continues to grow in quantity and quality (methodological rigor)\***

As of August 2023

- 88+ randomized control trials
- 88 pre-post outcome studies
- 6 meta-analyses and 10 systematic reviews have been published on EP methods in English-speaking, peer-reviewed journals.
- Over 100 research studies have been published in non-English journals.
- These modalities have been researched by more than 200 investigators in over 12 countries.

<https://www.energypsych.org/researchdb8c71b7>  
<https://eftinternational.org/discover-eft-tapping/eft-science-research/>

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**CONGRATULATIONS!**  
You are now an EFTi "Practitioner Candidate"



**For Practitioner Status EFTi REQUIRES:**

- Must join EFTi & agree to Code of Ethics
- Pass the online Practitioner Exam via EFTi website
- Receive 6 hours group or individual mentoring
- Minimum of 4 case studies (3 individual clients and 1 personal)
- An in-person or virtual video demonstration of an EFT session
- A minimum of 50 sessions with no fewer than 20 clients

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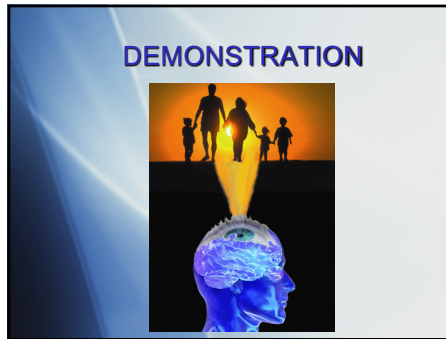
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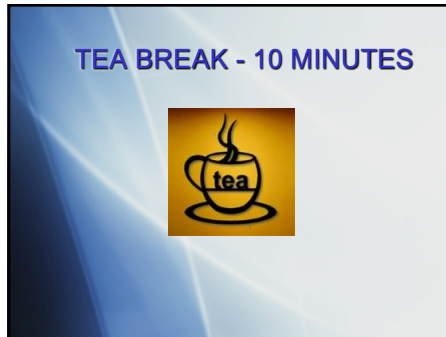
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