



Take your EFT skills to a new level of *Depth, Effectiveness, Precision and Thoroughness*



The advanced Level 3 EFT Workshop

The world of EFT is continually growing, developing and evolving and new developments and discoveries are readily shared around the globe. EFT has developed and advanced a great deal over the last decade and especially over the last five years.

Some new developments enhance EFT's capability to facilitate healing more deeply and thoroughly. Some of these advances help us make real progress with even the most challenging or resistant issues. This evolution also shows that EFT is not just a tool for phobias or emotional issues but is also a powerful tool for personal and spiritual growth.

The three-day advanced Level 3 EFT course is *the next major step* after the current [Level 2 EFT Workshop](#) **or** the earlier two-day (or four-evening) [Foundational EFT Workshop \(2002 - 2006\)](#), which both covered the *EFT techniques and skills* that together form *the foundation* for advanced EFT skills. A [Level 3 Certificate](#) is awarded.

Purpose

The purpose of this advanced EFT workshop is to be able to heal emotional and related issues *with greater Depth, Effectiveness, Precision and Thoroughness*.

Even though this workshop is designed for *practitioners* (both non-professional and professional), it is also for *anyone* who is *serious* about his/her *own personal growth* or who has a strong desire to *help others to grow and expand*. It is also suitable for those who are already experienced EFT'ers and were fully or partly self-taught. It is a major stepping-stone on the path to becoming *masterful* in using EFT.

The techniques taught on this workshop have many applications. You learn a powerful set of *emotional clearing techniques*, which (when skillfully applied) have the potential to systematically dissolve almost any upset, problem or painful experience.

What will you get from this workshop?

- You will expand your knowledge of EFT to include *the essential EFT techniques, skills and strategies that every serious EFT practitioner should know*.
- You will be much better equipped to *more efficiently* dissolve negative feelings and emotions and make real progress even with highly resistant emotional issues.
- You will learn some effective approaches to locate *core limiting beliefs* and then dissolve *attachments* to them and replace them with positive (i.e. useful) beliefs.
- You will be able to heal emotional problems *more deeply* by being able to locate their *underlying issues or traumas* with *much greater precision*.
- You will learn advanced methods for resolving *the negative and long-lasting after-effects of* certain traumatic experiences (where that is the case).
- You will have *a richer set of tools to choose from* and be better able to select the right tool for the right job at the right time.

Therapists, counsellors, coaches and healers will find this EFT course to be outstandingly useful. EFT blends well with many other techniques, approaches and modalities.

Notice: This workshop is primarily an educational and training activity. Even though we will work with real feelings and actual experiences, it is not intended as a therapy or as a substitute for the recommendations of health-care providers. Level 3 teaches the core EFT skills, strategies and techniques that every serious EFT practitioner needs to know and which are consistent and closely aligned with Gary Craig's EFT trainings.

Overview

The following provides an outline of the workshop. For a *more detailed description* of the contents of this workshop, visit my [web site www.integrative-clearing.com.au](http://www.integrative-clearing.com.au)

- It will start off with a *review and refresh* of the *most important foundational skills* that all the advanced EFT skills are built and depend on.
- Primarily, you will learn, discuss and explore: Advanced ways to get to *core issues* and "zero in" on *underlying issues*; overcoming *self-sabotaging thoughts and behaviours*; healing a *wounded inner child* with EFT; the role and use of *intuition* when doing EFT; the use of *reframing* in a session; the use of *exaggeration and humour* in sessions; when to do *continuous tapping*; using *imaginary incidents* to bring up aspects; the ways of *thoroughly testing* our work; the use of *mental imagery* when doing EFT; resolving *highly resistant issues* and getting to the bottom of *polarity reversal*; resolving the *lasting effects* of major traumatic events; how to improve *performance* in life, relationships and work; what to do *when progress is slow*; EFT and *the law of attraction*; using EFT with *the power of now*; and *more!* And, you will also be introduced to: *two other simple energy techniques* that *complement* EFT; how to dissolve attachments to *destructive or limiting beliefs*; and, a brief but important discussion on *basic counselling skills*.

Note: The content of this course is regularly reviewed and may be slightly refined.

Practitioner Skills

This workshop is essentially a *practitioner level workshop* that can lead to becoming a *lay practitioner* (competent but non-professional) *or* a *professional EFT facilitator or coach*. *However*, it is also suitable for *anyone* who wishes to learn these advanced skills for use with themselves or others. After all, if you use EFT with yourself, you are *your own practitioner* and you'll want to have *the best practitioner you can get!*

Healing Relationships

Unresolved upsets, experiences and issues can prevent those involved from *being present (in the now) with each other* and may lead to conflict or polarization. These skills and tools can be used to effectively heal *earlier emotional wounds* (including from *earlier* relationships or childhood) that may be interfering in current relationships.

DATES

The Level 3 EFT Course is scheduled to be held again in **October**, but the exact dates are to be confirmed. It is normally held *over three consecutive days* (such as Friday to Sunday).

Venue: To be advised.

Registration: Call Peter on (08) 9487 8363 or email him at pgraham@tap4peace.com.au

Course fee: \$675 with [discounts](#) for pensioners, financial hardship or similar.
Payment arrangements available, if needed.

Peter Graham, certified EFT Master and EFT Cert Honors (by Gary Craig)



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