



## 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 15 years and especially over the last five years.

New developments enhance EFT's capability to facilitate healing more deeply and thoroughly and 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.

Pre-requisite: This advanced Level 3 EFT course is *the next major step after the Level 2 EFT Workshop* **or** the earlier two-day (or four-evening) Foundational EFT Workshop, both of which covered the essential *EFT techniques and skills* that together form *the foundation for all the advanced EFT skills*.

Note: The opportunity to become a **Certified EFT Practitioner** is **now available in Australia!** A **Level 3 Certificate of Attendance** is awarded after this workshop, which can then *optionally* be followed by the **EFT Advanced Practitioner certification program**. *The contents of this workshop meet the requirements of the international AAMET association* (Association for the Advancement of Meridian Energy Techniques - see [www.aamet.org](http://www.aamet.org)). The program includes mentoring, case studies and a demonstration of competence supervised by an approved AAMET trainer. I am an AAMET certified EFT Trainer and Trainer of Trainers.

### Purpose

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

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 a major stepping-stone on the path to becoming *masterful* in using EFT.

### What will you get from this workshop?

- You will expand your knowledge of EFT to include *some additional 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* major 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. And, see the **free gifts for all attendees below**.

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

## Overview

The following provides an outline of the workshop. **The contents of this workshop have been adjusted to synchronize with the AAMET content requirements.**

- It will start off with a brief *review* and *refresh* of *the most important foundational skills* that all the advanced EFT skills are built and depend on.
- You will learn, discuss and/or explore: Advanced ways to get to *core issues* and "zero in" on *underlying issues*; overcoming *self-sabotaging thoughts*; resolution of *inner conflict*; healing a *wounded inner child* with EFT; the role and use of *intuition* when doing EFT; the use of *reframing and preframing* in a session; the use of *exaggeration and humour* in sessions; when and how to do *continuous tapping*; using *imaginary incidents* to bring up aspects; the many ways of *thoroughly testing* our work; making use of *mental imagery* when doing EFT; resolving *highly resistant issues* and more on *polarity reversal*; resolving the *lasting effects* of major traumatic events; how to improve *performance* in life, relationships and work; more on what to do *when progress is slow*; emotional issues relating to *physical diseases*; and using EFT with *the power of the now*. And, you will also be introduced to: *two other simple energy techniques* that *complement* EFT; how to dissolve attachments to *destructive or limiting beliefs*; doing *surrogate EFT*; tapping on *metaphors*; continuing to develop your advanced *EFT skills*; and an important section on *basic counselling skills* including establishing *rapport* and important practitioner *observation skills*.

## Practitioner Skills

**This workshop is essentially a practitioner level workshop** that can lead to becoming a *certified professional EFT practitioner, facilitator or coach* **or** a *lay practitioner* (non-professional but competent). **However**, it may also be suitable for individuals who wish 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 will be held over *three consecutive days or an equivalent thereof* as determined by *consultation with the applicants*. In other words, the *dates and times* are flexible, especially when there is a small group (such as 4 to 6 applicants).

**Venue:** To be advised after enrolment.

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

**Course fee:** \$495 or \$100 if re-doing it.

**IF** you have [already done an earlier version of this workshop](#), the cost is **\$100** to re-do it to consolidate and enhance your advanced EFT skills, **or only \$75** if you have already attended *both* [Level 3 plus](#) the [Personal Empowerment workshop](#) (previously called Level 4) **or just \$75** if you have done Level 3 twice or more.

**AND** – there is **free loan access to the first three FULL sets of EFT DVDs** by Gary Craig (if you don't already have them). These are [essential viewing for serious EFT'ers](#).

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

8<sup>th</sup> of January 2012



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