

Course Curriculum



Premier Online EFT
Certification Training Courses

Center for EFT Studies
onlineeftcertification.com

About Deborah

Hi. I'm Deborah Lindsey and it's nice to meet you. I teach this tapping course because I LOVE EFT Tapping. It changed my life and now I want it to change yours.

I have poured my heart and soul into this training. As your teacher, my goal is to teach you everything that you need to know to be among the best EFT Tapping practitioners in the world.



Deborah Lindsey

- I came to EFT because I struggled with debilitating anxiety. EFT changed my life and now I devote my life to helping others have the same transformative effect.
- I have been in the trenches with clients for more than 2 decades, longer than just about any other tapping instructor in the world today.
- I have trained more than 5,000 EFT Tapping practitioners around the world.
- I am the founder of several new techniques in the EFT Tapping space, which you will learn in the training, and am currently beta testing an entirely new brand of EFT called Instructional EFT (IEFT).
- I was a guest speaker on the Tapping World Summit in 2020, which went out to more than a million people around the world.
- I was the founder of The International Metaphysical University (IMU).



About **The Center for EFT Studies**

Founded in 2001, The Center for EFT Studies was created with the mission of bringing The Emotional Freedom Techniques, often referred to as EFT Tapping, to the masses. Our goal is to teach comprehensive, cutting-edge, and transformative training that constantly pushes the boundaries to get maximum results for our students and clients while moving EFT Tapping into the future.



Why Get Certified?

Becoming a certified professional EFT practitioner is not just another class. It is a transformative experience that changes who you are from the inside out. It is an opportunity to heal from all that has held you back, and an opportunity to do what you were born to do.

Being an EFT practitioner is a calling. It is for those who want to make a difference in the world and tap into their authentic purpose in life. It is waking up in the morning knowing that your life means something. It is that feeling you get when you know that you just changed someone's life for the better. It is that knowing that you are doing what you were born to do.

The Premier Online EFT Certification training is a pathway to doing and being all that you were meant to be and do in this lifetime.



What You Get In Levels 1 & 2

In Levels 1 and 2, you get comprehensive training that goes beyond the ordinary. The average completion time is 3 to 6 months.

- 14 Lessons
- 50 hours of training
- Downloadable manual
- Oversight and guidance from me and my team
- 4 1-Hour Skills Coaching Sessions
- Twice-monthly live-on-Zoom calls with me
- Demonstration videos
- Approximately 50 hours of tapping practice
- Work at your own pace
- Direct access to me throughout
- Private Facebook group
- Lifetime access



What You Get In Level 3

In the Online EFT Certification Master's Training, Level 3, you learn how to work with "Life Clients." Life Clients are complex and complicated clients that require consistent and ongoing sessions to reach their optimal potential. The average completion time is 3 to 6 months.

- More than 50 hours of training
- 2 hour-long Skills Coaching calls
- Two one-one Mentoring Sessions with me
- Demonstration videos
- Tapping practice with other students
- Direct access to me throughout
- Private Whatsapp group
- Lifetime access



What You Learn In Level 1

Lesson 1 – Total Teaching Time – 2 hours, 30 minutes

Download the Free Manual

About Me

Understanding Class Requirements ·

Demonstration Video

Meet the participants

Introduction to the course and how it works

Homework

Tell Me About Yourself

Observations on Demonstration Video

Creating Your Personal Peace Procedure List



Lesson 2- Total Teaching Time – 2 hours and 30 minutes

History of EFT Tapping

What is EFT?

Understanding Core Tapping Concepts

Learn to Tap

Learn the Basic Recipe

SUDS

Understanding and Addressing the Apex Problem

Understanding Emotions

How EFT Works

Overview of the Energy Body

The Relationship Between Emotions and the Energy System of the Body

Homework: No Homework



Lesson 3 – Total Teaching Time – 1 hour and 45 minutes

Q&A & Review

Continued Teaching on How to Tap

Psychological Reversal

Demonstration and Practice of the Tapping Process

Subsequent Round Adjustments

Homework:

Begin the Personal Peace Procedure and Report Results



Lesson 4 – Total Teaching Time –2 hours and 30 minutes

Review & Frequently Asked Questions

What EFT Can Be Used For

How To Apply EFT

Understanding Cognitive Shifts

Your EFT Super Power

Testing Your Results

Learning the Shortcut, Alternate Points, and New Tapping Points

Understanding Aspects and Core Issues

Reading Metaphors To Uncover Core Issues

Creating Effective Setup Statements

Multi-layered and Combined Setup Statements

Learn the Talk and Tap Technique

Introduction to Controlling a Session

Learn the Tap and Rant Technique

Generalization Effect

Chasing the Emotions

Introduction to the Role of Power in Illness and Healing

Homework: Personal Peace Procedure · Practice the Talk and Tap Technique · Practice the Tap and Rant Technique



Lesson 5 – Total Teaching Time –3 hours and 45 minutes

Q&A and Review

Demonstrations of Talk and Tap and Tap and Rant

Advanced Teaching on the 9-Gamut and the Eye Roll

Percussing the Points

Why and When to Use the Finger Points

Recognizing an Integration

Ways to Tap including Alternatives to Tapping

Touch and Breathe Technique

Silent Tapping Technique

Imagine Tapping Technique

Surrogate Tapping for Children or Animals

Ethics of Surrogate Tapping

Surrogate Tapping

Borrowing Benefits

Demonstration on Husband's Suicide

Homework: Observations on Demonstration Video · Personal Peace Procedure · Tap Using Touch and Breathe · Tap with Imagine Tapping · Tap Using Silent Tapping · Tap Using Surrogate Tapping



Lesson 6 – Total Teaching Time –3 hours and 30 minutes

Q&A and Review

Demonstration of Tap and Breathe

Demonstration Surrogate Tapping

Learn the Tell the Story Technique

Self-Protection Techniques

Why We Tap On “The Negative”

Understanding the Value of the Negative in Soul-Level Healing

Discernment vs. Judgement

When to “Tap In” the Positive

What is Reframing including When and how to Reframe

How to Control a Session

The Art of Listening

Understanding Issue-Based Clients vs. Life Clients

Learn the Box Technique

Sneaking Up on the Problem

Building Rapport and Trust with the Client

Introduction to Secondary Gains · Demonstration Video

Homework: Personal Peace Procedure · Tap with a Student in the Class
on the Tell the Story Technique



Lesson 7 - Total Teaching Time –4 hours

Q&A and Review

Learn the Constricted Breathing Technique with Demonstration

Demonstration of the Tell the Story Technique

Choosing the Issue

Advanced Teaching on Creating Successful Setup Statements

Creating Successful Reminder Phrases

Alternate Reminder Phrasing

Tapping Into Your Intuition

Creating Multi-layered Setup Statements

Correcting Irreconcilable Internal Conflicts

Using Hyperbole and Humor

Using Colorful Words to Evoke Emotion

Experimenting with Timeframes

What to do if EFT Isn't Working

Blocks to Success

Understanding Core Aspects Including Secondary Gains

Switching Aspects

Able, Willing, and Worthy Technique

Tapping for Fears and Phobias



Lesson 7 – Part 2

Advanced Teaching on Aspects

Understanding Improper References

The Three Core Fears

Diving into WHY

Bonus Audio Teaching on Death, Dying, and the Afterlife

Homework: Personal Peace Procedure List

Tap on a Fear or Phobia

Level 1 Certification Test (50 Questions)

Level 1 Certificate is Automatically Generated upon the Successful Completion of All Assignments.



What You Learn In Level 2

Lesson 8 – Total Teaching Time – 3 hours and 50 minutes

Q&A and Review

Demonstration Tap and Rant

Demonstration of Surrogate Tapping

Tapping for Physical Pain

Acute vs. Chronic Pain

Biology Becomes Biology

Questions to Find Core Issues

The Role of Thought in Trauma

Two Ways to Address Physical Pain

Using Color in Pain Elimination

Using Texture in Pain Elimination

Learn the Chasing the Pain Technique

Underlying Patterns as Core Issues to Pain



Lesson 8 – Part 2

What is Chronic Retraumatization?
Getting Permanent Relief from Pain
Becoming an Emotional Investigator
Digging Deep to Find Core Issues and Core Aspects
Role of Shame in Illness
How to Question Your Client
Powerful Questions
Teasing Out the Core
Using Throwaways in Finding Core Issues
The Role of Power in Healing
Working with “Victims and Liars”
Collapsing Secondary Gains
Demonstration Video on Physical Pain
Forgiveness in Healing (with Bonus Audio Teaching and Meditation)

Homework: Tapping on a Physical Issue · Trade Sessions with a Fellow Student on Physical Pain · Tap with a Fellow Student on Any Issue



Lesson 9 – Total Teaching Time – 3 hours and 30 minutes

Q&A and Review

Understanding “The Writing On Our Walls

Understanding Limiting Beliefs

Origin of Limiting Beliefs

Understanding Tail-Enders

Learn the Choices Technique

Why Inspiration is Not Healing

When to Use the Choices Technique and When NOT to use it

Demonstration Video on Limiting Beliefs

Tapping for Personal Performance

Learning “Pay Per Result”

Transmuting Negative Self-Talk

Anatomy of an EFT Session

Downloadable Intake Form

Pre-Session Preparation

Health Insurance Recommendations

Building a Bridge with the Client

Effective Introduction Phase Practices

Best Practices for Closing a Session

Client Follow-up and Homework



Lesson 9 – Part 2

Homework:

Tap on a Limiting Belief

Trade Sessions with a Fellow Student on Limiting Beliefs

Trade Sessions with a Fellow Student on Any Topic



Lesson 10 – Total Teaching Time – 4 hours and 30 minutes

Q&A and Review

Demonstration on a Limiting Belief

Understanding Limiting Beliefs vs. Improper References

Learn the Movie Technique

What is Trauma?

What is Trauma from an EFT Perspective?

Trauma and the Role of Soul-Level Processing

Understanding the Three Kinds of Trauma

The Role of Thoughts in Trauma

The Physiology of Trauma

Understanding the Autonomic Nervous System

Understanding the Sympathetic and Parasympathetic Nervous Systems

Fight, Flight, or Freeze and Its Affect on Trauma

Understanding Disassociation

The Relationship Between the Autonomic Nervous System and the Energy System

What is Retraumatization?

How to Recognize if Someone is Retraumatizing



Lesson 10 – Part 2

The Blueberry Pancakes Technique

Learn the Tearless Trauma Technique

Forgiveness and Trauma

A Framework for Working with Sexual Trauma

8 Parts to Healing from Sexual Trauma

The 4 Kinds of Sexual Trauma

The Role of Social Distortion in Sexual Trauma

Distorted Relationships from Sexual Trauma

Being the Objective, All-Loving Observer

Shame, Embarrassment, and Humiliation in Sexual Trauma

Tapping on Incest

Tapping on the Victim Mindset

Finding Power as a Means to Healing

Overcoming Core Aspects in Sexual Trauma

Impromptu Discussion with Practitioners Regarding Sexual Trauma

Homework: Tap on Yourself for a Bothersome Memory or Trauma·
Trade 2 Sessions with Fellow Students



Lesson 11 – Total Teaching Time – 3 hours

Q&A and Review

When to Use Which Technique

Working with Cravings and Addictions

The Difference Between Cravings, Habits, and Addictions

Addiction as a Solution to a Problem

Powerlessness in Addictions

Connection as a Core Issue

Demonstration on Cravings and Addictions

Resolving Internal Conflicts with Parts Work

15 Steps to Parts Work

Homework: Tap on Yourself for a Craving or Addiction · Trade Sessions with a Fellow Student to Practice Cravings or Addictions · Trade Sessions with a Fellow Student to Practice Resolving Inner Conflict Using Parts Work · Trade Sessions with Fellow Student on Any Topic, Reporting Your Results as Both the Practitioner and as the Client



Lesson 12 – Total Teaching Time – 2 hours and 50 minutes

Q&A and Review

What is a Chakra?

Learn the 7 Main Chakras

How Illness is Created (from an Energetic Perspective)

Learn the Associated Colors and Frequencies of Each Chakra

Learn the Associated Meridians and Organs

Learn the Primary Role of Each Chakra and How It Relates to Health

7 Steps to Creation (Including the Creation of Illness)

Understanding the Tapping Points

The Associated Meridians of Each Tapping Point

How to Read Right Side/Left Side Clues

Read Clues in the Eyes and Mouth

Reading Clues to Find Core Issues

Tapping for Suicidal Ideations and the Death Wish

Understanding the Silver Cord

Muscle Testing Basics

Tapping for Autoimmune Disorders

What is an Autoimmune Disorder?

Autoimmune and the Fight or Flight Process



Lesson 12 – Part 2

Trauma in Autoimmune Disorders
Chronic Negative Thoughts
Role of Punishment and Guidance
Autoimmune and the ANS
Cancel/Cancel Technique

Homework: Trade 3 Sessions with Fellow Students



Lesson 13 – Demonstrations

Demonstration 1: Unable to move on after divorce

Demonstration 2: Overcoming the Suicide of Her Husband

Demonstration 3: Overcoming Childhood Trauma from Growing Up in Post-War Ukraine

Demonstration 4: Overcoming the Possible Murder of a Family Member

Demonstration 5: Overcoming Stuttering from Adoption and Extensive Childhood Trauma

Also includes Demonstrations from EFT Founder Gary Craig.



Lesson 14 - Total Teaching Time — 2 hours

Group Tapping Tap-Along
Tapping on Fear of Being a Practitioner
Understanding Improper References
Tapping in Group Therapy
Building Your Business

Homework: Upload final tapping session for review · Final Exam ·
Receive Your Certificate!



What You Learn In Level 3

Overall Content – Part 1

Differentiating Between Issue-Based Clients and Life Clients
Working with Complex, Chronic Clients
Thinking like an EFT Master
The Interview Intake Process
Long-Term Client Management
Powerful Questions for Finding Core Issues
Creating Strategy for Advanced Issues
Planning/Note Taking
Creating a Client Map
Template for Healing
Biochemistry of EFT
Understanding the Manifestation of Illness



Overall Content – Part 2

Correct Use of Affirmations in Tapping
Advanced Reframing
Moving Clients Up the Emotional Guidance Scale
Forgiveness vs. Non-Judgment
The Role of Power Management in Illness
Tracing Power to Find Leaks
Vows, False Beliefs, Improper References
Global vs. Personal Beliefs
Self-Care for Practitioners
Past Lives
Generational Data
Genetic Cellular Memory
Working with Victims and Saboteurs
Inner Child Work
The Box Technique
Heart Tapping
Ball of Light Technique



Homework and Requirements

View all videos in the program

Complete 6 Tapping Trades with a Tapping Partner in the class

Complete and upload 20 sessions completed with a maximum of 3 real-life clients

Upload one final video for review

Review tapping sessions of your tapping partner and give feedback

Complete the online exam