

EFT / TFT Practitioner Certification

Workbook
Section One

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EFT / TFT Practitioner Certification Workbook - Section One

Hi there and welcome to this EFT / TFT Tapping Practitioner Certification Course Workbook!

You'll find each section of the course has its own section of the workbook for you to print off, should you wish to, and make notes on as you follow the course through.

If you are just starting out on the course and haven't met me yet, hello! My name is Graham Nicholls, I'm a Strategic Coach, Trainer and Author from the UK and I have been following, learning about and growing in the world of EFT and TFT for many years now. I'd love to share with you what I have

EFT / TFT Practitioner Certification

Workbook - Section One

about this powerful therapy so that you can go on and use it for yourself and hopefully if you choose to, go on and use it to help others.

I'm truly grateful that you have chosen me and my course as your guide, coach, mentor and trainer in this fascinating subject of Emotional Freedom Technique and Thought Field Therapy.

As you head into the course I wish you all the very best and I hope that someday you'll drop me a line telling about the successes you've had with EFT & TFT.

So here we go.....

EFT / TFT Practitioner Certification Workbook - Section One

The Best Way to Experience This Course

With all my courses I do not rely solely on the 'watch and learn' style of teaching, I believe that we, as human beings, learn more when we experience things.

Therefore, this course is built around using the techniques and gaining experience. You will find video's that are specifically experienced based as well as videos in which I ask you to follow along, particularly when it comes to the tapping routines.

I highly recommend that you join in with everything, get the experience, play along

EFT / TFT Practitioner Certification

Workbook - Section One

and follow along as this will increase both your knowledge of what is being taught and also your enjoyment of the course.

My goal for this course is to give you the best experience possible and that can only happen when you join in, yes you have a responsibility to learn as well as me to teach!

So, ladies and gentleman, please get involved and follow through with everything I ask you to.

EFT / TFT Practitioner Certification

Workbook - Section One

The Learning Circle

As mentioned above we, as human beings, learn best when we are experiencing what we are trying to learn..... but..... we only ever retain knowledge and become competent by practising what we have learned.

The hardest part of practising is when we get it wrong and when we make mistakes. It is at those points that most people give up and exclaim something along the lines of "it's just not for me"

Those that truly want to learn and grow take those mistakes and evaluate them, therefore learning and growing from their mistakes.

EFT / TFT Practitioner Certification

Workbook - Section One

Those people who truly want to learn and grow then go on to practice some more and therefore make fewer mistakes.

As we follow that cycle through we eventually create confidence and therefore competence in what we are choosing to learn.

The following diagram explains this a bit clearer.....

EFT / TFT Practitioner Certification

Workbook - Section One



EFT / TFT Practitioner Certification

Workbook - Section One

This learning circle is a continuous flow but be warned, most people quit at the first set of mistakes and don't take the time to evaluate.

Remember, when you reach the top of the circle life will be sure to offer you a new experience so that you can grow again.

The next page is intentionally left blank for notes, following that is a rough transcript of the Heart Activation Breathing experience so that you can use it to put it in your own words should you wish to.

Notes

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EFT / TFT Practitioner Certification

Workbook - Section One

Heart Activation Breathing

"Find a comfortable place to sit, somewhere with your back supported that you can just relax and listen to my voice. You can have your feet up or down, that doesn't really matter, make sure your hands are free and resting comfortably to start with.

As you listen to my voice and start to relax, close your eyes and just concentrate on relaxing. As you do so I want you to take your right-hand and place it on your chest, just to the left of centre so that it covers your heart.

As you do so I want you to start focussing on your breathing, concentrate on breathing in a nice deep and comfortable rhythm, not

EFT / TFT Practitioner Certification

Workbook - Section One

"forcing your breath, just a comfortably deep breathing rhythm. As you do this you will find yourself relaxing more and more with each breath.

Now, with each breath in I want you to feel that breath go through your heart, physically feel each breath in pass through your heart. And with each breath out I want you to feel that breath pass through your heart, again, physically passing through your heart as you breathe out.

Breathing in through your heart (breath in with them)

Breathing out through your heart (breath out with them)

(Repeat breathing in and out with them 3 times!)

EFT / TFT Practitioner Certification

Workbook - Section One

With each breath in you are breathing in calm, relaxed feelings and with each breath out you are breathing out all the stresses of your world and letting them disappear out into the atmosphere.

With each breath in you are breathing in calm, relaxed feelings and with each breath out you are breathing out all the stresses of your world and letting them disappear out into the atmosphere.

With every breath you relax more and the more you relax the better you feel, and the better you feel the more relaxed you feel, and the more relaxed you feel the better you feel, and the better you feel the more relaxed you feel.

EFT / TFT Practitioner Certification

Workbook - Section One

Now as you start to relax let me explain how this works. It is possible to measure the electrical pulses from both the heart and brain and this can be viewed on monitors showing peaks and troughs of these pulses.

When we are in a place that is not calm, a place of anxiety, anger, frustration, depression or stress, those monitors will show lines of peaks and troughs that are completely out of sync with each other, that does not match in any way.

When we concentrate on breathing through our hearts for as little as two to three minutes we start to bring those peaks and troughs into alignment, until they match exactly. At this point, we can think clearly from both heart and head.

EFT / TFT Practitioner Certification

Workbook - Section One

Our head, on its own, will always lie to us as it is designed to protect us in any form. Our heart, on the other hand, tells us the truth, the truth from the core of who we are. When we put both in alignment we are able to see any situation clearly.

Now, as you remain in this relaxed state and breathing in and out through your heart I want you to think about two or three things in your life that, if you could, you would be grateful for right now. They don't have to be big things, they could be as simple as being grateful for waking up this morning as many around the world didn't. Or it could be feeling grateful for your family, your home, the food you have to eat and the water you have to drink, what 2 areas could you be grateful for right now? (Pause to allow them to think)

EFT / TFT Practitioner Certification

Workbook - Section One

Now, you can slowly start to return to the room. Take your time to open your eyes and allow them to re-focus and, if your hand is still on your heart, you can allow it to drop to a comfortable position.

Take a look around the room and notice two things that you either haven't noticed for a while or you have never noticed before. What is the first thing? And what is the second thing that you have either not noticed for a while or you have never noticed before?

Now that you have returned to the room and you are back here with me, how do you feel?"

EFT / TFT Practitioner Certification Workbook - Section One

End of Section One

That brings us to the end of Section One of the course. I've added a couple of pages for notes below and then we'll get straight on with Section Two.

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