



*unlock your future*

## Using EFT just for yourself



What if I just want to use EFT for myself? Would I be welcome on a course?

Yes, you would be very welcome on a course. EFT trainings are for everyone - those who want to improve their skills, so that they become more effective using EFT for themselves, those who want to use EFT as part of an existing therapy practice and those who want to start a practice themselves. There

is always a good mix of people on the courses and you will learn a lot and be supported in using EFT in new and even more effective ways for yourself. You'll find yourself part of a supportive group, where people can ask questions freely.

So what are the benefit of coming to a Practitioner Training if you just want to use EFT for yourself?

Some of the benefits of coming on a course are:

1. If you want to use EFT more effectively, at deeper levels, for yourself, it's good to know ways to use EFT that can customize it for that particular time and event or aspect that you want to work on. There are many ways of using EFT, some more effective for certain situations than others. It's good to have the complete toolbox, it will stand you in good stead for the rest of your life.
2. It can be easy to think that you know what to work on to clear an issue with EFT, and very often the roots of the issue are much further back in time than you realize and it is useful to know how to get there and clear it without re-traumatizing yourself.
3. Sometimes you can find yourself stuck when you are working on yourself and you will learn why that can happen and how to unstick yourself , on an EFT course.
4. It's good to have an experience of someone using EFT with you, so you really get to feel the changes that take place and see how EFT can be delivered differently depending on who's using it and still work. You can pick up some great ideas on how to use it from working with people during the course.
5. It's also good see what a difference you can make to someone else by using EFT with them. Sometimes it can be the confirmation that you need, that EFT really does work, when you see the difference you've made for someone else.
6. If, as I think, you get really enthusiastic about using EFT, you won't be able to keep it to yourself! You'll want to offer to tap with family and friends and probably the girl with hay fever in the local shop! It would be good to know how to do that safely and appropriately.