



BACK 2 HEALTH  
TRAINING



# EFT PRACTITIONER COURSE

EMOTIONAL FREEDOM THERAPY

[www.back2healthtraining.com](http://www.back2healthtraining.com)



# COURSE OVERVIEW

## DURATION: 8 HOURS

Welcome to the "EFT Practitioner" course, a comprehensive and advanced program following the "EFT Beginner" course. Designed for individuals seeking expert-level proficiency in Emotional Freedom Therapy (EFT), this certification equips you with invaluable skills to address and work on emotional issues effectively. In the current climate of uncertainty, prioritising mental health is paramount, and EFT serves as a powerful tool to engage with the body's emotional energy, fostering improved well-being and enhancing the synergy between body and mind. EFT Tapping has rapidly gained popularity as a highly effective complementary therapy within the helping industry, and this course elevates your learning to the next level. Whether your goal is self-improvement or assisting others, the EFT Tapping Practitioner Certification provides comprehensive knowledge, tools, and strategies to empower you in achieving these objectives.

# COURSE CURRICULUM

MODULE 1 - Understanding EFT and its link to emotions and the Chinese Meridians

**DURATION:** 1 Hour

**ASSESSMENT:** 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

**MODE OF DELIVERY:** Online Self-paced

MODULE 2 - The EFT technique and the bodies system

**DURATION:** 2 Hour

**ASSESSMENT:** 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

**MODE OF DELIVERY:** Online Self-paced

MODULE 3 - Understanding the emotional system and kinesiology testing techniques

**DURATION:** 3 Hour

**ASSESSMENT:** 10 Question Multiple Choice Quiz / 4 Workbook Essay Questions

**MODE OF DELIVERY:** Online Self-paced

MODULE 4 - Supporting a client's treatment plan, case histories and conclusion

**DURATION:** 2 Hour

**ASSESSMENT:** 10 Question Multiple Choice Quiz / 5 Workbook Essay Questions

**MODE OF DELIVERY:** Online Self-paced

“EFT is the single most effective tool I've learned in 40 years of being a therapist”  
– Dr. Curtis A Steele  
(Psychiatrist)

“EFT is at the forefront of the new healing movement”  
– Dr. Candace Pert (she scientifically discovered and proved the Mind/Body connection)

“We can't solve problems using the same kind of thinking we used when creating them”  
– Albert Einstein



"Awesome course, am learning so much. Thanks"  
-SW



"Friendly, professional and engaging content. Very informative and presented in a manner that makes both understanding and learning simple."  
-ND



"It's great! I have more knowledge of emotional testing and the kinesiology helps to embed that knowledge. Easy to follow too."  
-MJ

# COURSE OUTCOMES

## WHAT YOU'LL LEARN

This course aims to equip participants with the skills to effectively address and overcome negative emotional states using Emotional Freedom Techniques (EFT). It delves into the profound levels of assistance that EFT can offer, providing insights into advanced EFT patterns to facilitate positive transformations. Additionally, participants will learn the art of integrating EFT with other helping disciplines, ensuring a comprehensive approach to becoming a highly proficient and impactful practitioner. The curriculum emphasises both self-help techniques and the ability to extend support to others, fostering a well-rounded and versatile skill set in the practice of EFT.



## COURSE REQUIREMENTS

- A foundational understanding of EFT is recommended, given the advanced nature of this course.
- An open mind and a keen willingness to learn are essential prerequisites.
- A genuine desire to assist both yourself and others through the application of EFT is required for active participation.

# WHO IS THIS COURSE FOR?

This course is designed for a diverse range of professionals seeking to enhance their skills and effectiveness in helping others through Emotional Freedom Techniques (EFT). Whether you are a sports performance trainer, an educator aiming to boost students' learning abilities, a psychotherapist, counsellor, or any therapist looking for a valuable add-on, this training is tailored to you. Work-based coaches and staff support trainers can also benefit significantly from integrating EFT into their practices.

EFT proves instrumental in addressing relationship issues, managing anger, and alleviating frustration. By undergoing EFT training, you will be equipped to assist your clients in overcoming weaknesses, amplifying strengths, and navigating challenges such as worry, unresolved issues, and habitual patterns or addictions. If you aspire to explore advanced levels of supporting individuals through EFT and tapping into its applicability for a wide array of both physical and emotional concerns, this course is a valuable resource.

Explore frequently asked questions about EFT to deepen your understanding and application of this transformative tool.



**FULLY  
ACCREDITED**

This EFT Practitioner Course is Fully Accredited with the IICT (International Institute for Complementary Therapists) and Back 2 Health Training is Fully Accredited as a Quality Distance Learning Provider.



**PREMIER  
TRAINING PROVIDER**  
INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS

# YOUR COACH

## AMANDA WHITE

Back 2 Health Training Founder

With over three decades of experience in the healthcare industry, Amanda is a seasoned Health Consultant who has utilised EFT as a powerful and expedient method for addressing issues and concerns in both herself and her patients. Recognising its remarkable efficacy,

Amanda has honed her skills in various healing modalities after initially qualifying as a Registered General Nurse. Her extensive training includes becoming a Licensed Acupuncturist with training in both London and China, an Advanced Kinesiologist, REIKI Master Practitioner, NLP (Neuro Linguist Programming) Master Practitioner, and an EFT (Emotional Freedom Therapist).

Additionally, Amanda is a qualified Teacher (CERT Ed), Author, and Freelance Writer. Having managed a busy NHS chronic pain clinic for over 18 years, she now operates privately, firmly believing in the importance of possessing a diverse set of tools and strategies to maximise effectiveness as a practitioner.



Amanda is the visionary behind Back 2 Health Training, a dynamic educational platform dedicated to fostering learning and success in the Helping Industry. Central to Amanda's mission is breaking down barriers to entry in the Helping Industry by offering high-quality, accredited courses at affordable prices. As Back 2 Health Training continues to evolve, it has emerged as the preferred destination for individuals aspiring to enter the Helping Industry, fostering a supportive community for everyone involved.

With over 30 years of experience, Amanda has honed her expertise in emotional, physical, and environmental pain management, establishing herself as a leader in strategic health management. Through her teaching, Amanda empowers individuals to realise their aspirations of contributing to the remarkable Helping Industry, extending her guidance to clients worldwide. Back 2 Health Training stands as a beacon, not only for acquiring essential skills but also for building a collaborative community dedicated to mutual support and growth.



"Several years ago, I attended one of Amanda's workshops on EFT (tapping) and it has become an integral and important part of my therapeutic work. I have been delighted to see clients able to re-engage in activities that were previously fraught with anxiety. I have specifically found children to be more "open" to the technique, enjoying the ease at which a simple and beneficial process is learnt. Subsequently sharing their newfound coping skill with their friends and family. EFT gave these children a sense of strength as it was something they could do themselves. It allowed them to self-management and there were no tools needed."

- Shannon Woolf-Psychotherapist

# FREQUENTLY ASKED QUESTIONS

## What Is EFT Tapping?

EFT is a form of “psychological acupuncture” that uses light tapping with your fingertips (instead of inserting needles) to stimulate traditional Chinese acupuncture points. Tapping on these designated points on the face and body is combined with verbalising the identified problem (or “target”) followed by a general affirmation phrase.

## What is EFT effective for?

- Emotional Trauma
- PTSD
- Anxiety
- Panic Disorders
- Phobias
- Stress Relief
- Insomnia
- Weight loss

## Has research been done on EFT?

Yes, there are hundreds of studies on the efficacy of EFT for numerous emotional challenges, most notably, anxiety, stress, cravings, and PTSD.

## Is EFT Tapping safe for everyone? Are there any contraindications?

EFT is safe, easy to apply, and is non-invasive. There are no known negative side effects. Unlike pills, surgery or difficult medical procedures, EFT is very easy to learn and is non-invasive. Most importantly, it can be self-applied. Many have reported an immediate feeling of relief, a sense of feeling lighter and uplifted as blocked energy releases.

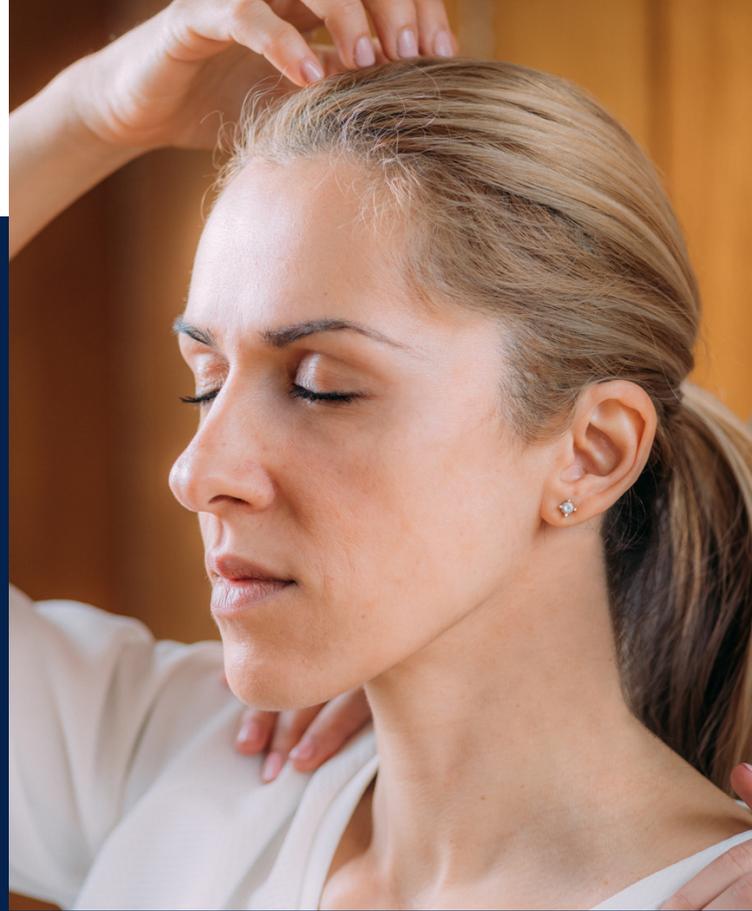
The research so far has indicated there are no contraindications to using EFT Tapping. To date, minimal side effects have been reported other than occasional temporary fatigue after big releases of energy. However, this does not mean that you will not experience adverse side effects. If you do, please consult a professional EFT practitioner for professional application of these techniques. In the case of severe diagnosed mental illness, we recommend consulting a skilled EFT Practitioner.

## Is EFT like meditation?

EFT is not meditation. EFT requires that you actively engage in the protocol, using your fingertips and choosing the right wording for you. You may, however, enjoy imagining yourself using EFT Tapping while in a meditative state.

## Can EFT be used to treat myself?

Absolutely! If you choose a clear target and follow the basic protocol, you are likely to get satisfying and long-lasting results. Many people also find it beneficial to consult EFT practitioners for the objectivity and experience that will likely ensure successful treatment.



## Can EFT Tapping be used for children?

Yes, practitioners are using EFT Tapping for school-aged children all over the world. The language, however, needs to be tailored to the child’s age.

## Can I use EFT Tapping for symptom relief of an illness that has lasted decades or is an inherited condition?

If you have a medical condition, please consult a physician. As an adjunct treatment, applying EFT and variations of Meridian Tapping have been used successfully to alleviate symptoms regardless of duration or family history. We recommend that you target the pent-up emotional conflicts that you suspect might be contributing to your condition and record any results you have.

## How long will it take to be successful?

Some symptoms, like certain phobias or issues connected to single events, have been shown to clear in one round of EFT. However, complex issues can consist of several smaller interrelated problems that must first be treated before healing can occur. Be persistent and patient. EFT practitioners should be consulted for complicated issues such as PTSD and your physician should be a part of any treatment that involves medical-related issues. It’s always hard to predict how many sessions you will need to clear an emotional challenge that is driving your anxiety. We intend to make the length of treatment as short as possible, yet as long as necessary. Practitioners aim for lasting results.

## What language is the course in?

Please note that, at present, the course is offered exclusively in English. As we grow, we aspire to expand our offerings to include additional language formats.



# SIGN UP NOW AND GET STARTED

WE LOOK FORWARD TO SEEING YOU INSIDE THE COURSE



[www.back2healthtraining.com](http://www.back2healthtraining.com)



[info@back2healthtraining.com](mailto:info@back2healthtraining.com)

## 30-DAY MONEY-BACK GUARANTEE

If, for any reason, this course does not meet your expectations, we stand behind our commitment to your satisfaction by offering a 30-day money-back guarantee. Your investment in learning and growth is risk-free, ensuring that you can explore the course with confidence and peace of mind.