

# EFT/Tapping First Aid Training for Rapid Trauma Relief & Resiliency (Emotional Freedom Techniques)

A customised one-day online training designed specifically for allied health professionals and educators working with complex traumatised clients in indigenous and refugee communities. It is imperative that professionals are supported to manage their own and their clients overwhelm, to ensure continuum of care.

Based on our in-the-field training experience since 2018, we realised that a large proportion of work involves crisis intervention as opposed to 'in session' work with clients. With this in mind, and in an effort to bring our trainings to more people, we developed a special one-day online training focused on essential practices that can be immediately implemented.

During this intimate, highly experiential and skills based EFT/Tapping First Aid training participants will:

- Understand how EFT works on a neurophysiological level and re-regulates the brain dis-regulation, brought on by stress and trauma
- Learn 3 EFT protocols they can implement immediately
- Develop personal competencies in self-regulation
- Access personal resiliency capacities including increased problem solving, creativity, self-care, compassion, wisdom, productivity and inner safety.
- Work in small groups to ensure an in-depth, focussed and practical session.

***"I can feel the immediate benefits of this technique on my anxiety, professionally and personally."***

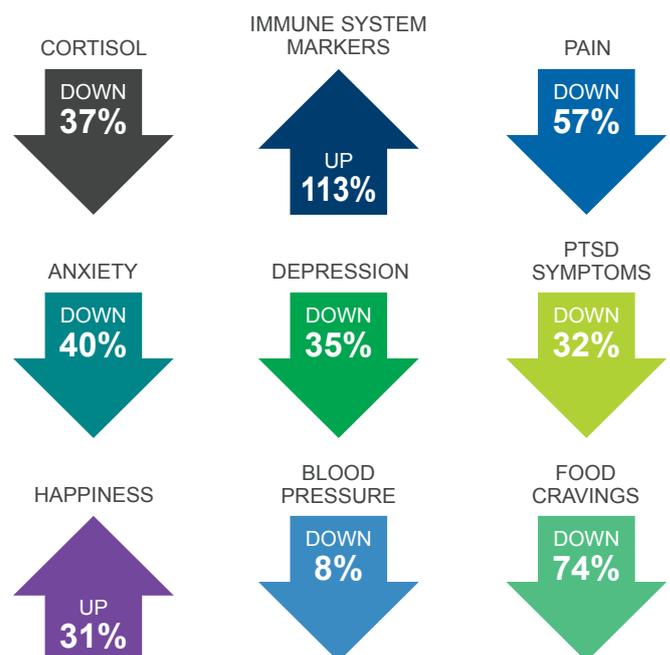
**SD – Social Worker**

## WHAT IS EFT/TAPPING?

EFT or Tapping is a stress reduction technique. A tapping process with our fingers stimulates acupuncture points on the face and body. The technique has been around for more than 40 years and researched now for more than 20 years. The 250+ published journal articles show it affects a range of biochemistry in the body (e.g., blood pressure, brain activity, cortisol and DNA expression).

EFT has been formally recognised by a number of bodies worldwide including Veterans Affairs (USA), The Canadian Psychotherapy Association, and The National Institute for Health and Care Excellence (UK). Closer to home, the NDIS approved EFT under self-managed plans for patients to access and Blue Knot Foundation includes EFT in PTSD clinical guidelines.

## Clinical EFT Improves Multiple Physiological Markers of Health



Our training facilitators have extensive field experience and have been mentored by Dr Lori Leyden, world leading trauma healing specialist and Associate Professor Dr Peta Stapleton from Bond University, who is a highly respected researcher and trainer in EFT.

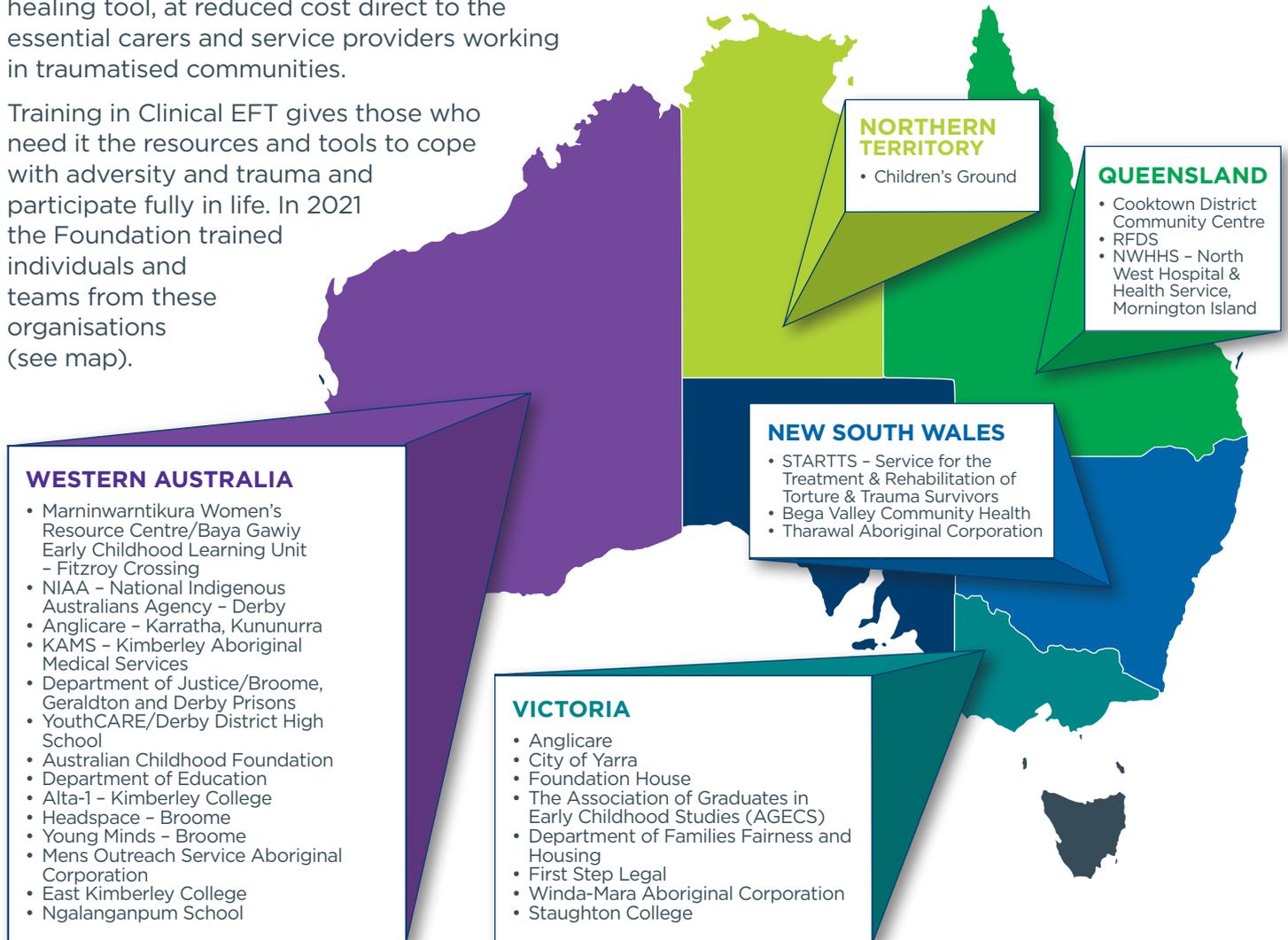
In addition, training participants are supported with regular online mentoring sessions.

The Foundation is the only organisation in Australia to offer education, training and ongoing mentoring in Clinical EFT (Emotional Freedom Techniques), a powerful, cost effective and proven trauma-healing tool, at reduced cost direct to the essential carers and service providers working in traumatised communities.

Training in Clinical EFT gives those who need it the resources and tools to cope with adversity and trauma and participate fully in life. In 2021 the Foundation trained individuals and teams from these organisations (see map).

***“I am now able to easily see five or six clients a day during periods of heavy demand and crisis in the community. Previously I did not have the resilience to see traumatised person after traumatised person during the week.”***

**BK – Counsellor**



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