



# HH 501 - EMOTIONAL FREEDOM TECHNIQUES CERTIFICATION TRAINING (LEVEL 1)

## Instructor: Catherine W Dunne

RGMT, WMA, RMP, RHP, Chakra Master, EFT Practitioner

Emotional Freedom Technique (EFT), which is often referred to as “energy tapping,” is a safe and popular energetic healing technique that stimulates acupressure points on the body to eliminate blockages that are causing or contributing to mental, emotional, or physical pain. By consciously tuning into a problem while tapping on specific acupressure points, the energetic blockage is corrected, allowing the body to heal.

This technique espouses that all pain is based on “a disruption in the body’s energy system.” When you eliminate that disruption, the body returns to normal and the symptoms go away, often on the spot. This technique, which was founded by Gary Craig, is being used by literally tens of thousands of people (including healers, counsellors, life coaches, and laypersons) throughout the world. It is highly successful in healing anxiety, depression, phobias, low self-esteem, nail biting, PTSD, headaches, back pain, physical pain, addictions, and much more. It is also highly beneficial as a tool for performance enhancement and for eliminating blockages to creating happy, successful lives.

Properly applied, more than 80% achieve notice improvement in a single session. Often works where nothing else will.

Results are rapid, painless, and often permanent  
No drugs or equipment involved

Can be easily learned by anyone  
Can be self-applied

Has no known negative side effects

Permanently eliminates the core issues related to the overall problem



## **What you will learn in this course:**

In this course, you will learn how to use EFT for personal use (level 1 training).

## **Text Book:**

No text is required for this course

## **Course Objectives:**

Students will learn how to use EFT for both personal and professional uses Students will learn various techniques for applying this process Students will learn to integrate these techniques through use on both self and others.

## **Assessments:**

Students will take an exam

Students will apply EFT on clients and relay results on to your Instructor.

## **Grading Scale:**

Class is as follows, based on percentages:

90-100 = A, 80-89 = B, 70-79 = C, 60-69 = D, 0-59 = F

## **Timeline:**

Students have twelve weeks to complete this course.

## **Enrol and purchase:**

Course includes certification payment via PayPal and the Home Study link will be emailed to you. Please ensure you give your corresponding email address, if different from PayPal Account.

To Enrol and Purchase this Home Study Course return to: [Aumvedas Academy](#)