



## **Complete Personal and Professional Development Course in Energy Psychology Training Syllabus 2010 – 2011**

The course is designed to be Experiential, meaning that you “learn by doing”. There are many exercises, discussions and feedback sessions throughout. Manuals and Books are included in every section to help support your home learning. You are also encouraged to contact your tutor and colleagues in between course dates to discuss your progress and share your experiences. The terminology used will soon become second nature through practical application. As the course progresses you will grow in confidence as you learn and develop your skills.

### **Day 1**

**Introduction to the whole course including Aims, Objectives and Learning Outcomes.**

**Meridian Energy Therapy Self Help Workshop:**

- The Emotional Freedom Technique (EFT) and How to Use It
- Contacting the Problem
- The Set Up
- The Round
- The 9 Gamut
- Testing Your Changes
- Subsequent Treatment Rounds
- EFT – The Whole Treatment at a Glance
- Frequently Asked Questions
- Everyday Application
- EFT on The World Wide Web
- Books, DVD’s and articles on EFT
- Recommended Home Study

**“Setting Up in Business” Day – This is Optional for Practitioners and Mandatory for Non-Practitioners. This day is an additional £100 and must be taken prior to the Practitioner Training if not already in Practice or with no prior knowledge of working with Clients in the Complementary or Mainstream Health Sectors.**

**The Day Includes:**

- Listening Skills
- Body Language
- Taking a Client’s Case History and Keeping Client Records
- How and Where to Work
- Marketing Research
- Preparing a Business Plan
- Advertising
- Business Stationery
- Giving a Talk, Workshop or Healing Circle
- Personal Presentation, Health and Hygiene
- Insurance
- Legal Implications such as Health and Safety and Data Protection
- Your Session Room

- First Aid
- Bookkeeping and Accounts

### **Days 2 and 3**

#### **Meridian Energy Therapy Practitioner Training: Discussion and feedback from Self Help Workshop**

- History of Meridian Energy Therapies
- Understanding Meridians
- EFT from a Practitioner Point of View
- Calibration – visual and auditory
- Testing and Monitoring – SUDS and VOC
- Treatment Flow Chart
- Aspects
- The Phobia Protocol
- Signs of PTSD
- Abreactions and how to avoid
- The Keyword Protocol
- The Story Protocol
- Working with Physiological Issues
- The Medical Protocol
- General Addictions Protocol
- Personalised Algorithms
- The Addictive Cravings Protocol
- The TAB™ Procedure
- Psychological Reversal
- Muscle Testing
- Fail Safes (Troubleshooting EFT)
- The Beliefs Protocol
- MET Practitioners Maintenance
- Legal Requirements
- Client Consultation Forms
- Therapeutic Tapping
- Assessment/Case Study/Home Study and Supervision Details

### **Day 4**

#### **Discussion and Feedback from MET Practitioner Course**

#### **EmoTrance Self Help Workshop:**

##### Understanding EmoTrance

- Energy and Intention
- Energy Healing in the Real World
- The Even Flow
- The Creative Template
- Energy Nutrition
- Opening up to Energy
- Show and Tell Energy
- Overcoming Fear of Emotions
- Innocent Energy
- Triggers – EmoTrance and Word
- EmoTrance and Breathing
- The Energised End State
- EmoTrance at Home
- Heart Healing

## **Day 5**

### **Emo Trance Practitioner Training:**

- The EmoTrance Client/Practitioner Dance
- Feelings and Emotions
- The Creative Template and the EmoTrance Practitioner
- The EmoTrance Session
- EmoTrance – The Theory
- Explaining EmoTrance to your Client
- The Practitioner Process
- Encouraging the Client
- Shields and how to dissolve them
- Dense Energy and Energy Manifestations
- Contra-Indications
- EmoTrance for Psychosomatic Symptoms and Pain
- Emotrance Pain Protocol
- EmoTrance First Aid Protocol
- EmoTrance and Aspects
- EmoTrance “Gifts”
- Energy Nutrition for Client Self Help
- Heart Healing for Client Self Help
- Raising Energy for Healing
- Energy Hands of Healing
- Healing Positions
- Movement and Fluidity
- Energy, not Symptoms
- Healing with Innocent Energy
- The Complete EmoTrance Session
- Case Studies, working with clients and combining with EFT; Self Help at Home

## **Days 6 and 7**

### **Discussion and feedback from previous weekends and home study.**

### **Advanced Meridian Energy Therapy Practitioner Training:**

- Kinesiology: Muscle Testing when and how to use in a session and for self help
- Cooks Hookups, Cross Crawl, Zip Up, Collarbone Breathing
- Slow EFT
- The Heart and Soul Protocol
- The Special Points Protocol
- Combination Techniques
- Conflict Resolution
- EFT Alternate Point Tapping on Opposites
- Choices Method
- Proxy (Surrogate) work
- EFT Vortex Pattern
- Gauge Work
- Metaphors in MET Sessions
- Trance States and Clean Language
- Introduction to TAT – Tapas Acupressure Technique and how to train with Tapas
- BSSF – Be Set Free Fast technique
- Events Psychology – Silvia Hartman’s latest revolutionary work

- When and How to combine MET techniques and Emo Trance for maximum effect

## **Days 8 and 9**

### **Discussion and feedback from previous weekends and home study**

#### **EmoTrance Advanced Practitioner Training:**

- EmoTrance Review – Even Flow, Creative Template
- The Spirit Person
- Staying Grounded
- Cognitive Changes
- Client Care
- Thoughtfields
- The Rainbow Connection
- The Energy of Learning
- The “Shadow” exercise
- The HEROS system
- The Heart of Energy
- The Energy Matrix
- The Energy Mind
- The Soul and soul memories
- Unfulfilled Hearts Desire Exercise
- Thought Flow
- Making a Goal Globe and Snow Globe
- The Autogenic Universe – BeauTy T
- One Body Exercise
- The Magic Bean exercise
- Glass of Water exercise
- Shared Thoughtfields
- Powerfields - Making a Powerfield, Tuning into a Human Powerfield
- Energy Magic – Art solutions
- Hot and Cold Solutions
- Symbol making for Healing
- Banishing Fear
- Unconditional Attention
- A Personal Challenge for the Advanced Practitioner
- Fear awareness
- Metaphors as energy, metaphors to physicality
- The Gift
- Review of the New Tools, when and how to use them with existing techniques.

## **Day10**

### **Supervised Clinical Practice Day**

**This is a day devoted to caring and sharing. The morning is spent working with your colleagues to practice techniques or work on issues that you and they need to learn more about. In the afternoon members of the public are invited to come for free sessions. You have the opportunity to work in a safe, supported environment and help people with a variety of issues. This day can be repeated if the group feels that they need more experience of this kind.**

## **Days 11 and 12**

### **EmoTrance Relationships Consultant Training**

- Explore and Heal your Relationship with Yourself
- Help Others to Heal their Relationship with Themselves
- Heal old wounds, hurt, disappointment and betrayal for yourself and others
- Let go of old memories and guiding stars
- Dissolve barriers and shields to trust and intimacy
- Learn how to rekindle love in a relationship
- Learn how to let go and move on with ease and grace
- Learn how to attract the partner you want and deserve
- Handle difficult behaviours with compassion, strength and love
- Build your own powerful Heart Energy
- Proxy healing to help heal others
- Relationships with Children
- Relationships with Animals
- Healing Family Rifts
- Understand how to Love the unlovable
- Your Spiritual Relationship
- Applying EmoTrance to all aspects of Relationships
- Introduction to Project Sanctuary

**End of course review and discussion on future development. Specialist work in schools, prisons, the forces, in Mental Health, with animals, the NHS, with the police and much more. Combining techniques with other therapies. Building and maintaining a successful practice. Becoming a Trainer, running workshops and healing circles. Much of this will be covered throughout the year but the end of the course is a good time for review, focus and planning.**

**This syllabus gives you a good idea of the main areas that we will explore together. However, due to the fast pace of development in the world of Energy Psychology other new topics may be introduced, if deemed to be relevant and helpful to the group. Each manual contains the above topics and more with in depth descriptions backed up by the course books. CD's of each weekend will be recorded, with the group's permission, to facilitate home study.**

**If you want to clarify anything written here then please telephone 07990 521524 or email [toptotoehealth@uwclub.net](mailto:toptotoehealth@uwclub.net)**