



Conversational EFT

Informal and non-structured

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EFT AND WEIGHT TRAINING

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Conversational EFT

Informal and non-structured

- Build Rapport
- Gather Information
- Energy Toning
- Pre-framing
- Reframing

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Conversational EFT

1. Therapist taps on their Side of the Hand Point
2. Says, "Tap with me"
3. "Tell me a little bit about the problem you have been experiencing"



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3

Conversational EFT Extra Tapping Points



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Conversational EFT

1. Therapist Says: Is it OK if I hold your hand and tap for you?
2. Client gives permission
3. Tap on the hand points and talk with the client

Structure of
Conversational EFT



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