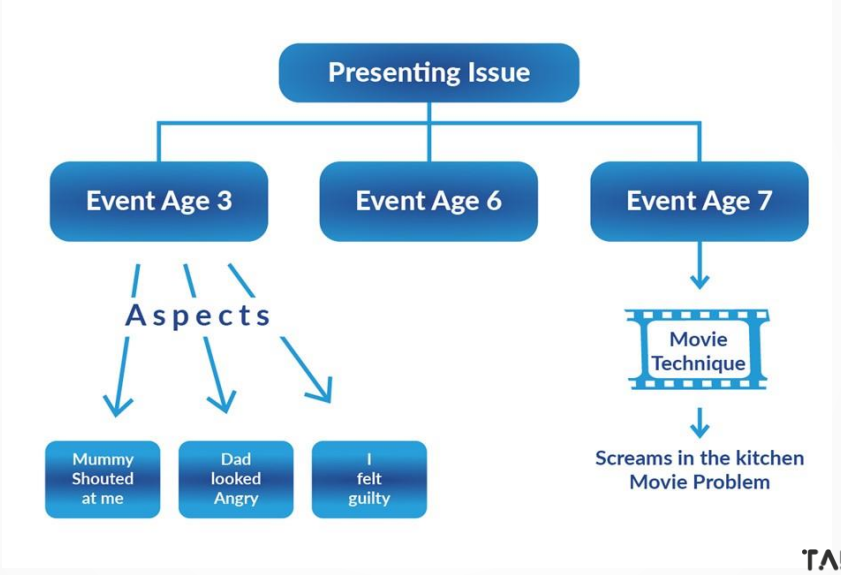
EFT Practitioner Training:
Section 4

Movie Technique

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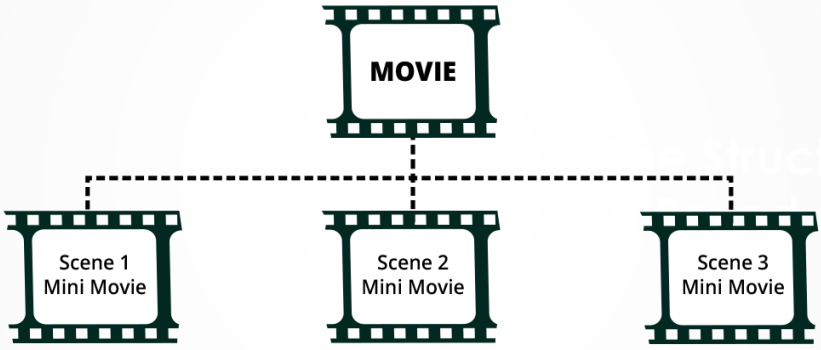
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Why Use Movie Technique?

1. Powerful technique
2. Can be gentle
3. Easy to use
4. Can be extremely fast getting results
5. Can be used without revealing content
6. Precision technique

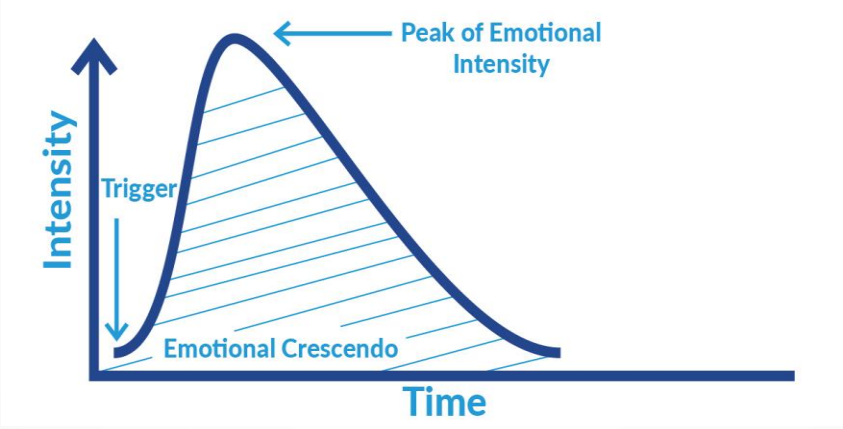
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Key Points of the Movie Technique

1. Short duration

- Short duration
- Seconds or minutes.

If the answer is longer than this break the event down into smaller chunks.

2. Identify a title to represent the event
3. Evaluate the intensity

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Movie Technique Instructions

- Identify a key event
- Therapist," How long did that event occur over?"
- If that event was a movie, what would be the title of it?"
- Therapist: "If you were to run that movie through your mind, what would be the intensity of that movie?"

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Wording of Movie Technique

"Even though I have this (whatever title they have given the event) movie problem, that happened".

Example: *Client gives the movie title as, "Last Chance".*
"Even though I have this, Last Chance movie problem, that happened".

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Movie Technique Modifications

Difficulty Creating a Movie Title

Please note you are looking for a specific event. If the client has difficulty creating a title, switch the question around and re ask with the following words,

Therapist: "If that movie was a colour, what would that be?"

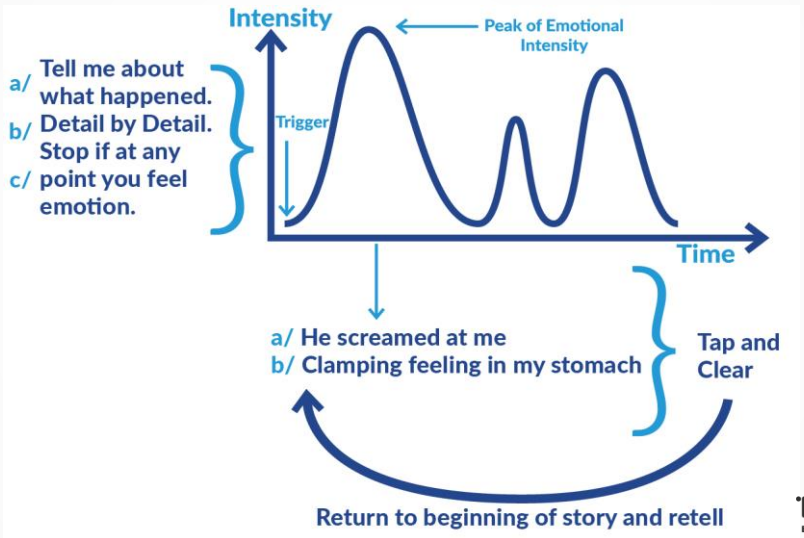
People sometimes have a problem creating a title, as it can feel as if they have been "put on the spot". This sometimes indicates an underlying issue. It is best to just sidestep it by making it easier to create an answer, thus the colour question.

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Tell the Story (Narrate) Technique



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