

Quick Stress Relief at your Fingertips!

An Introduction to Conscious EFT™

Nancy Forrester
Nicole Tomingas

Copyright NeftTi 2021

Nancy Forrester



MBA, B.Ed., B.Sc.

Founder and Executive Director, National Emotional Freedom Techniques Training Institute (NeftTi.com)

Accredited Master Trainer of Trainers, EFT International

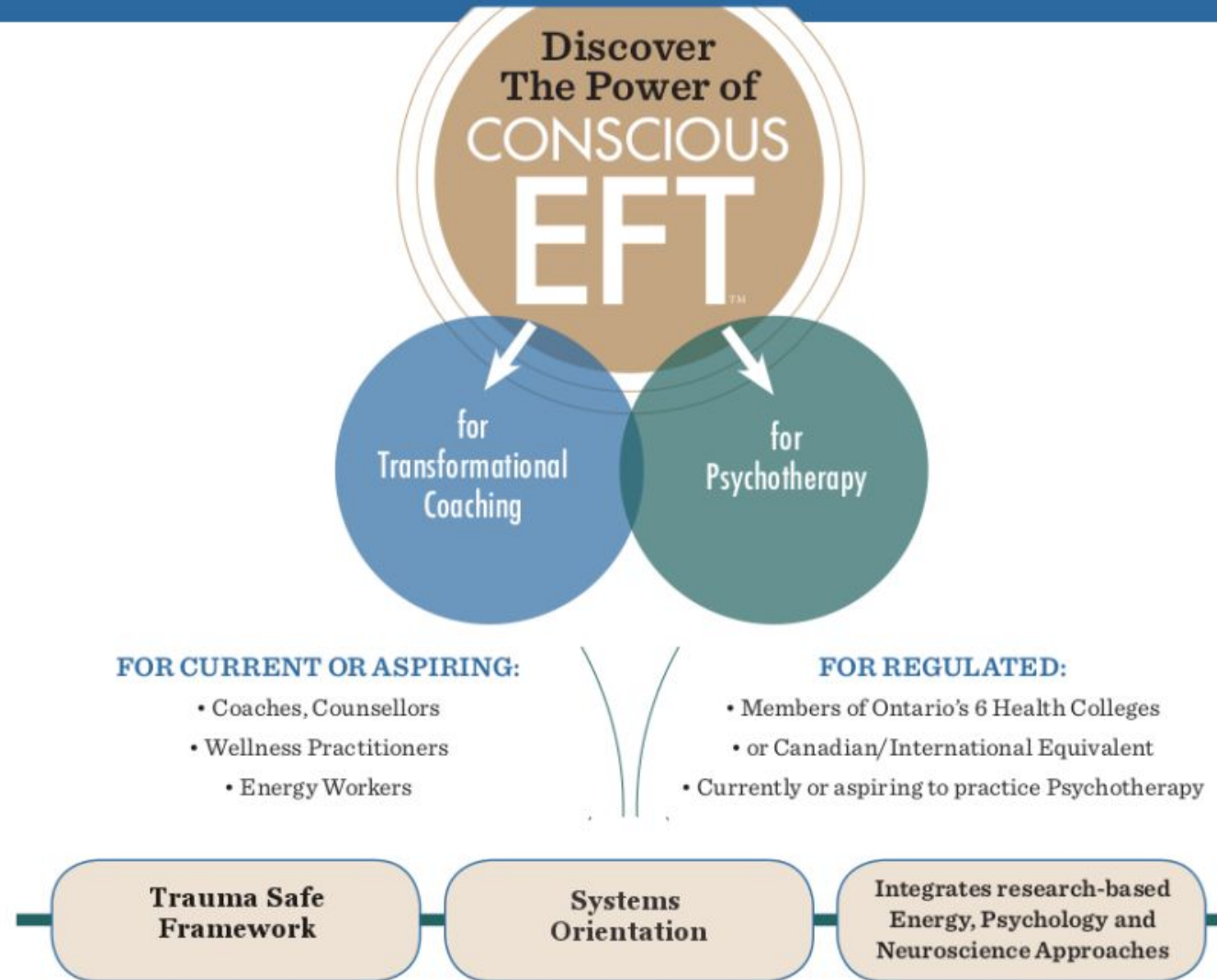
Clinical Member Ontario Society of Psychotherapists (retired)

Nancy.Forrester@NeftTi.com

Nicole Tomingas



Certified Emotional Success Coach (NeftTi.com)
Accredited Certified EFT Practitioner, EFT International
Nicole@nicoletomingas.ca



Webinar Intention:

- To provide participants with clear instruction in using Bronze Level Conscious EFT™ for effective 'in the moment' stress relief
- To provide participants with an experience of calming their nervous system using Conscious EFT™
- To have participants leave today's presentation able to use 5 Bronze Level Conscious EFT™ techniques for themselves at work and at home

Zoom Care

- Please exercise good self care during this webinar



Use the chat feature to:

- let us know if you have a question, questions will be answered towards the end of the presentation

Let's keep the chat conversation pertinent to the presentation.

Presentation Outline

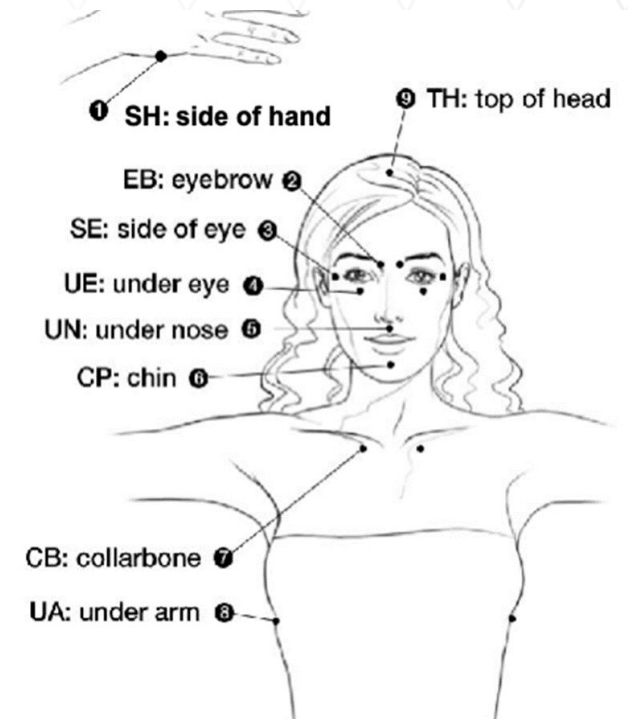
- What is Conscious Emotional Freedom Techniques™ (EFT/tapping)
- Conscious EFT™ Bronze Standard
5 Simple Techniques
- Question & Answer Period

What is Conscious Emotional Freedom Techniques™?

Emotional Freedom Techniques

Emotional Freedom Techniques (EFT/tapping) is a practical mind/body modality that is used in coaching and therapy to address issues such as anxiety, depression, chronic pain, addictions, trauma, health concerns, relationship and career concerns.

It is also an effective self-help, stress management and self regulation tool.



- Satisfies the requirements set by the American Psychology Association (APA) for an evidence based modality.
- Approved by the College of Registered Psychotherapists of Ontario (CRPO) as a psychotherapeutic modality within the Somatic category.
- Included by the International Coaching Federation (ICF) as part of an approved coaching conversation.



Conscious EFT™ expands the original EFT into a trauma informed framework based on safety & readiness of the nervous system for change.



Main Sources of Health Care Worker Stress

- Powerlessness/loss of control and increased not knowing
- PPE issues (eg not enough decent masks)
- Reverse triaging and other hard calls against Hypocratic oath
- Overwhelm (many colleges having to isolate)
- Separation of relatives, especially elderly and kids
- Worrying about bringing virus home
- Guilt in failing people
- Constant hygiene vigilance/paranoia
- Usual procedures not working – feeling incompetent
- Potential own sickness
- Delivering harsh messages to relatives
- New roles and premature promotion – eg nursing students are now nurses

RESEARCH STUDY

Burnout in Health Care Workers Dramatically Reduced by EFT Tapping^F

4-hours of EFT Tapping produces a significant reduction in psychological distress, pain, and cravings in health care workers.

Take Care of Yourself

Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health



Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.

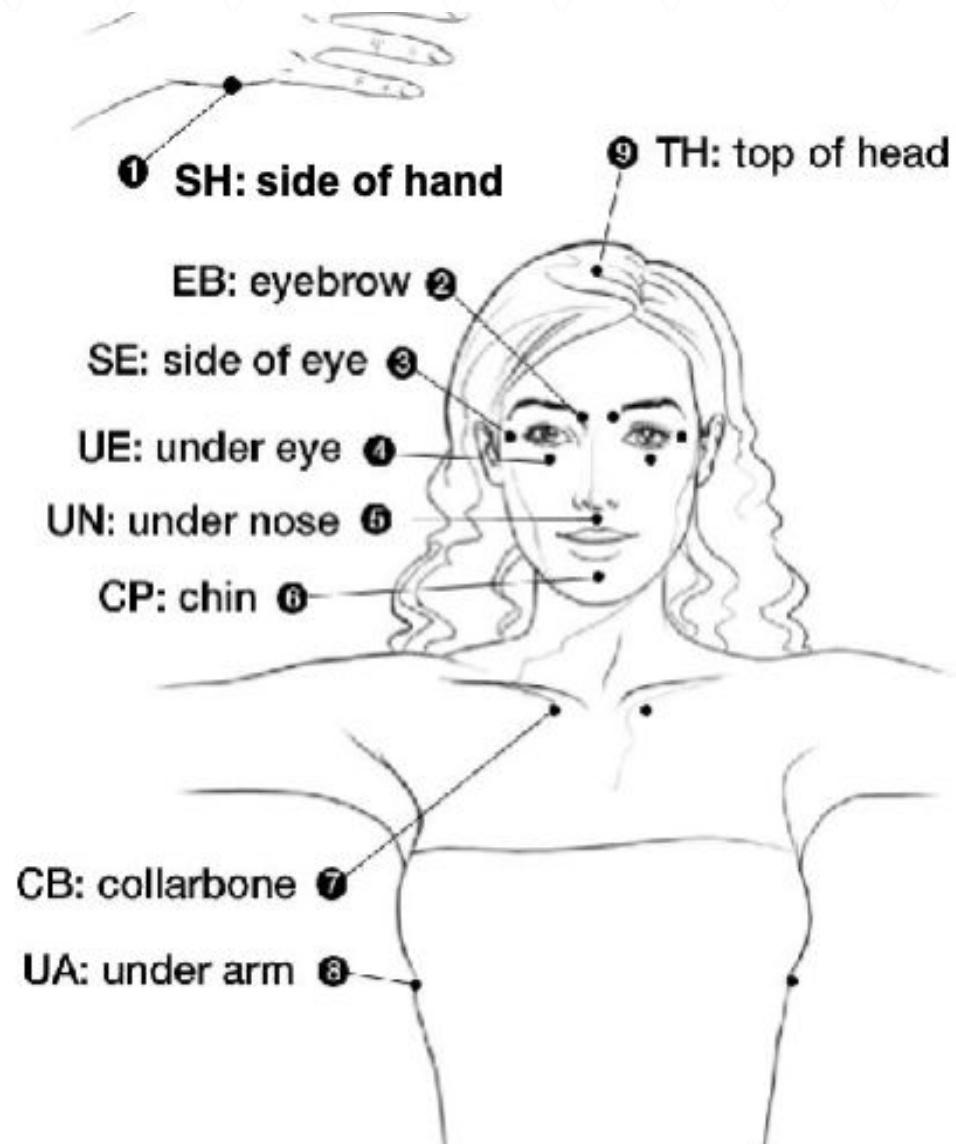


Conscious EFT™ Bronze Standard

On a Scale of 0-10, right in this moment ... how would you rate your capacity to deal with the world?



Basic EFT Tapping Points



SIGNS of a NERVOUS SYSTEM RELAXING

SIGHING

TEARS

MUSCLES RELAXING

YAWNING

SMILING

LAUGHING

TIREDNESS

5 Simple Bronze Tapping Techniques

- Mindless Bronze
- Touch and Breathe
- Calm Finger Squeezing
- Mindful Tapping
- Intention Tapping



On a Scale of 0-10, right in this moment ... how would you rate your capacity to deal with the world?



”

Between stimulus and
response there is a space...
In that space is our power
to choose our response.
In our response lies our
growth and our freedom.

“

Viktor Frankl, Auschwitz Survivor

Next Steps:

Conscious EFT* 101 - Free 5 Video Series

https://neftti.com/eft101/?wpam_id=9

Introduction to Conscious EFT - 9 Episode Podcast

<https://introeft.com> COVID SPECIAL \$99 Cdn

Discover the Power of Conscious EFT* - Foundational Professional Training

https://www.neftti.com/trainingcertification/discover-the-power/?wpam_id=9

Next Training: April 15,16,17 Online live

Private Coaching:

Nicole@NicoleTomingas.ca



NeftTI

National EFT Training Institute



Questions and Answers