



EMOTIONAL FREEDOM TECHNIQUES (EFT) FOUNDATIONAL (LEVEL 1) TRAINING POINTS AND LEARNING OUTCOMES

The Vitality Living College (VLC) EFT Foundational (Level 1) Training Points and Learning Outcomes document outlines and describes the EFT (Emotional Freedom Techniques) skills and concepts that must be taught in any Vitality Living College (VLC) EFT Foundational (Level 1) Training course.

It is designed to align with the original (or “classical”) EFT as developed by Gary Craig, and to include refinements. Additionally, it is designed to allow Vitality Living College (VLC) Trainers the flexibility to teach standardised EFT Practitioner (Level 2) skills in their own style. It also takes into consideration that learning and teaching styles vary individually and across cultures, and includes guidance and recommendations for Vitality Living College (VLC) Trainers based upon input from experienced Vitality Living College (VLC) members.

Please Note: In Vitality Living College (VLC) training, the term Training Points (also referred to as ‘Standards’) refers to the specific areas of knowledge and skill taught in EFT Foundational (Level 1), EFT Practitioner (Level 2) and EFT Advanced Practitioner (Level 3) Training courses. Learning Outcomes refers to the specific areas of knowledge and skill that students are expected *to know, understand or be able to do* when they complete EFT Foundational (Level 1), EFT Practitioner (Level 2) and EFT Advanced Practitioner (Level 3) Training courses. Students assess their own competency in these specific areas during and after training. Trainers assess competency during training and as Practitioner candidates progress through their Vitality Living College (VLC) education.

This document is to be used in close conjunction with the [EFT Definition of Terms](#). This reference replaces the 2010 L1 competencies checklist.

Training Points	Learning Outcomes
Origins, background and efficacy	<p>Understand the history of EFT, what it is and where it originated. Have familiarity with EFT history in the context of the larger field of energy psychology.</p> <p>Be able to share appropriate scientific evidence such as recent studies. See the Science and Research section, https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/.</p>
Building bridges to EFT	<p>Explain EFT (i.e. Building bridges of understanding) to people with various belief systems and backgrounds. For example:</p> <ul style="list-style-type: none"> • EFT is like acupuncture without needles. • EFT helps to relieve stress, tension and pain. • EFT is a therapeutic technique to feel good.
The EFT Discovery Statement	Understand the relevance of the original Discovery Statement to current EFT practice (including the “zzzzt” experience).
Tapping basics	<p>Know how to do the Standard EFT Protocol (including variations) with themselves and others.</p> <p>Explain the difference between the Standard EFT Protocol and additional points and strategies (variations) as introduced by the Trainer(s). See The Standard EFT Protocol in the EFT Definition of Terms.</p>
The importance of measuring and testing	Understand the importance of measuring and testing (i.e. how intrinsic they are to the EFT process), and know how to measure and test results from EFT in appropriate and effective ways (e.g. measuring the SUD level initially, Measuring and Testing SUD level after rounds of tapping, asking what level of intensity remains, etc.). See Measuring and Testing in the EFT Definition of Terms .

Training Points	Learning Outcomes
Reflecting your client's exact words (Introduction to rapport)	Understand the importance of rapport, what it is and how to begin utilising it effectively in the context of an EFT session. Use the client's own exact words in the standard EFT protocol and understand the importance of working with the client's subjective experience at all times. See Rapport in the EFT Definition of Terms .
When EFT doesn't work	Troubleshoot when EFT doesn't appear to be working and be able to consider (and explore) options to potentially remedy the situation.
The importance of being specific	Understand the critical importance of dividing a problem into pieces (Aspects) and getting as specific as possible, and how sometimes you need to start globally (or generally) in order to get more specific.
The concept of Aspects and shifting aspects	Identify and work with all major (intense) Aspects of an issue/problem, recognise, work with and follow shifting aspects, and remember that there may be Aspects that remain unaddressed in an EFT exploration. See Aspects in the EFT Definition of Terms .
The importance of persistence	Understand and communicate the importance of being persistent when it comes to doing EFT for self and others.
Hydration	Consider that hydration may be important in the EFT interaction (i.e. being dehydrated <i>may</i> make EFT less effective).
The Apex Effect	Recognise and describe. See The "Apex Effect" in the EFT Definition of Terms .

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The Generalisation Effect	Understand the concept of The Generalisation Effect in EFT (i.e. ability to recognise that when Aspects / issues are collapsed using EFT, the outcome may generalise over similar Aspects / issues).
Additional points, strategies, and the Your Point concept	Know that there are additional points and strategies that can be used when needed, and under what circumstances they may be useful.
Handling excessive emotional intensity	Know how to effectively use calming techniques (i.e. continuous tapping, no talking, going global, etc.) when emotional intensity is high.
Cognitive shifts	Recognise cognitive shifts and understand the importance of allowing these to arise from the client (rather than pushing cognitive changes in a session).
Borrowing Benefits	Understand that Borrowing Benefits is a phenomenon that can occur whenever we tap along with a group, audio, video or live tapping session – one that often manifests as a reduction in emotional intensity or a change in awareness. See Borrowing Benefits in the EFT Definition of Terms .
The Movie / Tell the Story Technique and introduction to trauma	<p>Have a brief overview of how a traumatic experience affects the body (i.e. big “T” as well as little “t” traumas).</p> <p>Know how to do the Movie/Tell the Story Technique and understand how these tools are used for “protective distancing,” thorough exploration (slowing things down, working with each emotional crescendo), and ultimately neutralising the effects of past troubling memories.</p> <p>Understand that trauma specialisation requires extensive skill and experience; emphasise safety overall. See The Movie/Tell the Story Technique in the EFT Definition of Terms.</p>

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Quality detective work	<p>Understand the importance of asking compassionate, curious questions to uncover Aspects, especially when intensity levels are no longer dropping or progress is stalled; asking questions that explore the relationship between thoughts (mind), emotions that follow and where those emotions are felt (body sensations); asking appropriate questions and being mindful of relationship boundaries when working with friends and family.</p> <p>See Confidentiality and healthy boundaries (below).</p>
EFT for physical issues	<p>Understand the importance of asking, “Have you received medical attention for this?”</p> <p>Understand the usefulness of applying EFT to the symptoms as well as the <i>emotional contributors</i> of physical issues.</p> <p>Know how to ask curious questions to discern relevant Aspects (see above).</p> <p>Describe and use the Chasing the Pain method (i.e. follow the most intense Aspects of pain as they move around the body).</p>
EFT for cravings	<p>Understand the usefulness of applying EFT to cravings to gain a degree of control and relief.</p> <p>Consider the role of Aspects in relation to tapping for cravings.</p> <p>Understand that there are usually deeper emotional issues involved and the craving is the tip of the iceberg.</p>
Confidentiality and healthy boundaries	<p>Understand the importance of healthy boundaries and confidentiality, particularly when working with friends and family (i.e. how the authority of the Facilitator role ends when the EFT session is over).</p>
EFT for self-care: The Personal Peace Procedure	<p>Understand the importance of persistently and consistently doing self-care work with EFT.</p> <p>Know how to begin their own Personal Peace Procedure (i.e. pick 5 troubling memories/titles to start). See The Personal Peace Procedure in the EFT Definition of Terms.</p>



Training Points	Learning Outcomes
Limitations to EFT Foundational (Level 1) competency	<p>Know the limits of the EFT Foundational (Level 1) course (i.e. to mainly use EFT with self).</p> <p>Understand that EFT Foundational (Level 1) is an introduction to foundational EFT skills, and that further study is highly recommended. Explain how the level of complexity of a particular issue can require a higher skill set to address it.</p>