

Accredited

EFT Practitioner Certification Program

Spring 2021 Intake



fully
alive

EFT Tapping &
Coaching

Dear Potential EFT Practitioner Certification Student,

I'm excited to share with you about the new EFT Practitioner Certification program. If you've been considering a professional career as an EFT Practitioner, this information package will help you explore what that might look like for you.

Getting professionally trained as certified practitioner can be a life-changing experience. Personally, it has opened so many doors for me, and allowed me to build a career around helping others. There are many times that I felt (and continue to feel) so lucky to be able to make a living doing something that matters deeply to me. I've learned a lot about myself, and my compassion for others has only grown over the years. It was truly one of the best decisions I've ever made.

A few years into working as a practitioner, I developed a passion to be able to offer EFT training to others. It thrills me to imagine supporting people to become EFT Practitioners and share this gift with the world. For this reason, I'm excited to be offering this certification program to you.

Our doors open in Spring 2021. This is a new offering that I'm making available at a reduced cost to the first group of students going through the program. I've had the support of a professional mentor and formal training program over the past year and a half to prepare this program in accordance with the highest standards. I am excited to finally be able to share it with you!

I'm also proud that this program is fully accredited by EFT International – the world's leading EFT professional organization. EFTI's mission, curriculum, ethics and values are a wonderful foundation on which to develop your expertise and build your practice. You can be sure that what you're learning is tried-and-true, evidence-based EFT, and that you'll have a global community of colleagues – and friends – to tap into. 😊

I'm also looking forward to having fun with our online format – to get to know you through this highly interactive program. I hope we can have fun with this content and also take advantage of the flexibility and new innovations that come with online teaching.

Please don't hesitate to reach out if you'd like more information about this program. I look forward to talking to you!

Warmly,



Jessica Dorzinsky



What EFT Tapping Can Offer

Emotional Freedom Techniques (EFT), also called “tapping” is a mind-body modality for wellness. With roots in Traditional Chinese Medicine and acupuncture, it’s sometimes been referred to as “acupuncture for the emotions” – but without needles.

EFT works by gently stimulating specific meridian points (or acu-points), on the upper body while repeating words that make you focus on your issue. The combination of tuning into your issue while tapping activates changes in your energy body and nervous system.

With EFT, we can achieve things that have seemed impossible with conventional methods. We can rapidly shift our emotional state and beliefs, release the charge from painful past memories, and even improve our performance at work and in sport.

When conceived of, EFT was created to work with the body’s energy system to release disruptions that lead to negative thinking and emotions. Scientific research over the past 20 years has shown it has positive effects on regulating our nervous system, reducing cortisol, promoting a healthy immune system, and reducing depression, anxiety and PTSD. A single tapping session has even been shown to change the expression of over 72 genes.

Modern research into psychological trauma supports the use of body-based, or somatic, treatments over talk therapy or traditional counselling. EFT is well-positioned to help here, and is a part of a new wave of therapies that focus on the body and subtle energy systems. In fact, it’s being picked up by mental health professionals all over the world, particularly for its effectiveness in treating Post-Traumatic Stress Disorder (PTSD).

It’s sometimes said that we’re “re-wiring our stress response” with EFT. Tapping on issues can allow the emotional charge surrounding them to melt away, leaving space for new perspectives, inspired action, and sometime best of all - sense of peace.

The number of applications for EFT are almost limitless. Here are some common areas within which EFT Practitioners are working today:

- Academic performance and school issues
- Anger
- Anxiety, fears and worry
- Aging
- Animal health and wellbeing
- Artistic performance and creativity
- Bullying
- Birth and fertility
- Co-dependency
- Cravings and addiction
- Depression and low mood
- Eating disorders
- Financial abundance
- Fitness and athletic performance
- Grief and loss
- Inner child work
- Law of attraction
- LGBTQ+ issues
- Marriage and relationships
- Men’s issues
- Motivation and procrastination
- Parenting issues and working with children
- Peak performance
- Phobias
- Physical pain
- Psychological trauma – including discrimination, intergenerational trauma, and disaster relief
- Self-esteem
- Sexuality
- Spirituality
- Weight loss
- Women’s issues

Program Overview

The EFT Practitioner Certification Program is a 9-month online program that can be done from anywhere in the world, provided your time zone aligns with our class schedule. It features a combination of pre-recorded content, practice sessions, personal supervision, and live training/mentoring. Each intake is capped at 8 students.

The training is intended to have you master the foundational techniques from Level 1 -2, provide the training you need to competently see clients in the real world.

Course Components

**Small Group
Instruction &
Mentoring**

16 Classes

**Personal
Mentoring**

4 Sessions

Practice Sessions

50 Sessions

**Individual
Self-Study**

Videos, and
other content

Case Studies

3 on others,
1 on yourself

Supervision

2 recorded sessions, and
session notes review

Personal Work

4 personal sessions

**Online Discussion
Platform**

Outside of social media

Reading List

Ethics text, and
1 of your choice

Upon successful completion of the program, you'll be able to call yourself a Certified EFT Practitioner and see paying clients!

You'll also have:

- Mastered all of the foundational techniques in EFT Tapping
- Gotten real-life experience with at least 50 practice sessions, on 20 different people.
- Received 24 hours of professional small group mentoring
- Taken part in live individual and small group learning (if joining as a cohort) covering an array of topics that are essential for Practitioners
- Learned valuable skills for running sessions, handling challenging clients, ethics and professionalism
- Observed and discussed pre-recorded EFT sessions from professionals
- Received sample intake forms, contracts, consult templates, and session note templates to use to start your practice
- Created a portfolio of 4 case studies and assignments
- Be eligible for accreditation by EFT International
- Be eligible to be listed on the EFT International practitioner directory
- Membership in a community group for Alumni to support continued learning and connection with you colleagues
- Strategies for getting started with marketing, running group workshops and building your practice
- The opportunity to run your own successful EFT practice and offer EFT workshops!

These are the topics that we will be covering over the course of the Program:

- Basics for conducting a session
- Hands-on refinement of Level 1-2 techniques
- Ethical guidelines and considerations
- Intake forms, consults, session notes, invoicing and other professional practice considerations
- Pacing, flow and closure in a session
- Developing rapport and Practitioner Presence
- Hands-on work with getting specific and handling a client who's all over the place
- What to do when EFT doesn't seem to be working
- Strategies for handling complex issues and difficult dynamics
- Parts work for psychological reversals and core work
- Additional training on psychological trauma, the nervous system, and strategies for working with trauma
- Behaviour change strategies
- EFT with groups and running intros
- Creative ideas for using EFT with children or in the classroom
- Practitioner boundaries, codependency in the working relationship, and self-care
- Putting yourself out there – getting started with advertising, online presence, and taking paid clients

*Please note that the schedule and some content may be adjusted to accommodate student needs and feedback as the course progresses.



Class Times and Homework Hours

For Groups:

There will be **16 scheduled classes** within which you'll receive small-group mentoring and training. Each class is 90 minutes long and will be held on either:

Tuesdays from 6:00pm – 7:30pm Mountain Time*, or

Thursdays from 6:00pm – 7:30pm Mountain Time*, according to the group's availability.

**If group numbers are small, class times can be changed to accommodate student schedules.*

Classes will be held bi-weekly, except during the months of July and August, when they'll be held monthly.

In addition to our class time together, students will also get 1:1 time for individual mentoring on their EFT skills and feedback on practice sessions and case studies.

Four individual mentoring sessions are included in the cost of the Program, and Jessica will also be available for additional mentoring as required.

Students will also be responsible for completing the following course requirements outside of the scheduled class time in order to graduate:

- Complete a self-assessment of Level 1-2 skills at the beginning of the course
- Watch the pre-recorded class content (time commitment TBD, estimated between 27 to 40 hours over the course of the Program)
- Produce 4 written case studies, one on yourself
- Pass the EFT International Practitioner exam
- Schedule and complete 50 practice sessions with at least 20 different people
- Read a book from the Reading List (students can also request to read a relevant title of their choosing)
- Record at least two of your sessions (one of which can be a case study session) for supervision and review
- Complete 4 personal mentoring sessions with Jessica on your EFT sessions
- Complete 4 sessions with an EFTi Accredited EFT Practitioner of your choosing for personal growth
- Read the Ethics textbook
- Participate in our online course platform to receive updates, content, and be engaged with/aware of ongoing discussions
- Complete any additional mentoring and/or repeat Level 1-2 (no charge), as required to successfully demonstrate your skill at the Practitioner level.

Pre-Requisites

- Complete Levels 1 and 2 EFT foundational training (you may have done your training with another Trainer and would like to do your certification with me for any reason).
- An ability to manage the academic and time requirements of the course
- A level of emotional maturity and life experience that will assist you to empathize with clients and respond appropriately
- A commitment to abide by the EFT International Code of Conduct and apply the highest ethical standards to your work
- A commitment to do your own tapping on issues arising that impact your work as a Practitioner
- Be in a psychologically stable enough place in life to manage emotions that may surface from tapping, the content of the course, or working with clients
- Be 19 years of age or older
- Have access to a computer with a strong internet connection and a private space with a door from which you can attend the courses and conduct your sessions



Tuition

The EFT Practitioner Certification Program is being offered at a special rate for the first group of students to progress through the program:

\$2,100 CAD + tax

Registration & Payment

To register, students are asked to pay a **\$150.00 CAD non-refundable deposit** that will cover your enrolment and registration.

You may pay the balance up front, or payment plans are available for the remainder of the course tuition:

- \$150 non-refundable deposit to register
- \$650 by the first day of the Program
- \$650 by the first day of Month 3
- \$650 by the first day of Month 6.

Students must provide a valid credit card on file to use the payment plan.

Cancellation and Refund Policy

Tuition is not refundable once the course has begun, regardless of whether you complete the course successfully. In the event of an emergency that prevents you from completing the program, you'll either be offered a spot in the next cohort of students, or we will discuss options for completing the program on an individual timeline.

Applicants may withdraw from the Program and receive a refund, minus the deposit, up to 3 weeks before the Program begins. For cancellations within 3 weeks of the program, please contact me to discuss options.

Additional Costs to Budget For

- Registration with EFT International as a student (£25)
- Writing the Practitioner Exam (£15)
- Purchasing the books (roughly \$50 for 2)
- Practitioner fees for the 4 personal sessions (depends on the individual practitioner's rates)
- Professional liability insurance will be required once you start charging for your sessions – please budget about \$250/year for this
- After graduation, registering as a Practitioner with EFT International is £45
- Additional mentoring sessions with Jessica (beyond the 4 included) will be offered at a discounted rate of \$120/hr

Registration

Classes start in April 2021. Registration is limited to 8 participants per intake.

Steps to Register

- **Book a video call to discuss your interest in the course with me**
 - Applicants will be assessed based on the pre-requisites mentioned above.
We only go forward if we both feel this program is a good fit for you.
 - Book your call at <https://fullyalive.as.me>
- **Pay the \$150.00 CAD deposit**
- **Sign the Certification Program Agreement**
- **Block off your calendar! 😊**

Frequently Asked Questions

Who do I practice on during the Program?

You'll have the opportunity to practice with your fellow students, and you'll also be connected to others via the EFT International community who are seeking a free or low-cost practice session with a student. This may include other students, alumni and members of the public.

Is the exam hard?

The exam consists of 50 multiple choice questions. You get three attempts to score 80% or above in order to pass. The questions are based on your Level 1-2 content, and the vast majority are able to pass without any issues.

Do you teach coaching skills in this program?

There is significant overlap in coaching skills and EFT Practitioner skills, such as building rapport, using curious questions, and not giving advice. That said, this isn't a formal coach training program. To become a certified life coach, most people invest at least 1 year and \$4k solely toward learning life coaching approaches. Indeed, there are some significant difference in the approaches, and combining the two generally requires a solid background in both by learning them separately.

Can I tap with friends and family while I learn?

You've likely been tapping with friends and family throughout your Level 1-2. During the Program, you'll be tapping with the public, other students, and members of the EFT International community. The reason for this is to prepare you for working with the public and the diverse personalities, issues and needs that arise there. Additionally, as a professional, it's important to avoid dual relationships (tapping on people you share other types of relationships with).

Can I charge money for my practice sessions?

As a rule, at the beginning your practice sessions will be offered free of charge as you develop your skill. As you progress, it will eventually become appropriate to shift to paid sessions (whether by donation or with specified rates). Please note you must have Professional Liability Insurance before you can begin to accept money for your services.



I'm a licensed mental health professional. Is this course appropriate for me?

Yes. EFT is an evidence-based modality that is rapidly gaining popularity within the clinical community. This Program will be teaching EFT Tapping at a professional level. Although not everyone taking the course will share a clinical background, the content will be structured to develop your professional skill in using EFT Tapping that would be appropriate for a clinical setting.

I don't have a background in coaching or psychology – can I still take the program?

Yes, provided you meet the pre-requisites above. The course will be offered at a professional level with the assumption that you intend to start offering EFT sessions to paying clients, and will include the information you need to work with your clients' emotions, beliefs and other issues. Your professional background will influence the types of clients you see - some clients should only be seen by licensed mental health professionals. You may also find it helpful to also familiarize yourself with approaches to wellness if you feel your background is lacking during the course (our Reading List will offer suggestions for further study).

Do I have to do anything after I'm certified to maintain my certification?

In order to maintain your certification with me, and your accreditation with EFT International, you have to complete 30 hours of Continuing Professional Development, and 6 hours of Mentoring with an EFTi Trainer or Approved Mentor each year. Most people don't find it hard to complete these requirements as almost any activity that develops you professionally can be counted toward CPD (reading a book, attending a webinar, taking speciality training, etc.). Mentoring can be done individually, or in small groups up to 8 people.

What happens if I don't meet the course expectations?

You and I will be in close contact throughout the course. If you're struggling to demonstrate the needed skill or knowledge, we'll assess what further training you need and then make a plan to get it. It may be as simple as taking some time during our mentoring sessions to clear up confusion about an issue. Or, you may also be asked to repeat Levels 1-2 (no charge), provide more recordings of sessions, provide additional case studies, or take additional mentoring beyond the four hours included in the program. I'm here to support your success, so all attempts will be made to help you out all along the way. If a specific situation arises that prevents you from meeting the requirements, we'll discuss it and your options at that time.



About Your Trainer



Jessica Dorzinsky is a Certified EFT Trainer (NQT) based in Calgary, Canada. She is accredited by EFT International, the world's leading EFT professional association. She offers accredited EFT training, workshops as well as one-to-one sessions. She's known for her clarity in teaching, sense of humour, and commitment to those she works with.

Jessica has been offering EFT sessions and workshops full time for about 5 years. Her series of tapping workshops on Vancouver Island have regularly sold out, and she has at times had a 3 months wait list for her private practice with EFT clients.

Jessica has trained with a number of professional trainers in the EFT field, and has taken additional courses to expand her knowledge. She is proud to offer an integrated approach to EFT that's based on the most up-to-date knowledge in the field.

In her private work with clients, she primarily help sensitives (HSPs), empaths, gifted adults and others with a complex inner world. She has worked alongside counsellors and wellness professionals at 3 clinics. Jessica currently works online.

In her spare time, she enjoys rock climbing and all things outdoors, cooking, thrifting and crafts.



Testimonials

Feedback from my EFT Trainings and workshops

"If you are the type of person that can appreciate a kind-hearted, deeply supportive, trauma informed trainer then Jessica Dorzinsky is just that person.

I had the pleasure of attending workshops where Jessica displayed a thorough understanding of how the mind/body connection processes the challenges we can face in our lifetime. Her caring demeanor and easy-going teaching style makes this material a joy to learn and retain.

I very much appreciated how Jessica was able to weave the information in a clear and concise manner, making discovering the process and science behind EFT pleasurable and transformational.

If you are looking for a way to manage your mental/emotional health in a more balanced approach, I highly recommend Jessica."

- Cindy Bleyenbergh-McCrea, Certified EFT Practitioner, Canada

"I feel very fortunate that Jessica was one of the lead instructors for my level 1 and 2 certification in EFT. Jessica is clear and sincere, patient and exact, and warm and fun in just the right proportions. And she definitely knows her EFT—in theory, in practice, and as a lived experience! One of the things I really appreciate about Jessica is that she understands that the personal healing journey doesn't unfold in a bubble. She gets that a person's emotional freedom is always located in a larger social, cultural, and economic context, and she is not scared to take on the big issues that may arise. My training with Jessica was safe and welcoming with just the right balance between comfort and challenge—in short, Jessica is a wonderful teacher and guide in the fundamentals of EFT. I learned a ton!"

- BGC, Canada

"I've attended a lot of Zoom video classes these last few months. I appreciated the clarity in Jessica's presentations. She was prepared, succinct, used great examples that brought the concepts to life, and humorous! The hours just flew by... Learning was painless, and my notes incredible!"

-Flo Levia, EFT Practitioner, Canada



"I walked out of the workshop feeling confident within all my realms of emotions, including those darker or more taboo ones that others may not want to experience having. I appreciated the open communication within the group and the incredible ease and comfort that came along with the responses to questions. I appreciate learning about how flexible EFT can be and how you can form it to fit into your own lifestyle.

The tapping manual is incredibly easy to follow. I really appreciated having something to take home and review, apply, and share with those around me who may not connect with the EFT. I am so thankful I had the opportunity to connect!"

-Workshop Participant, BC, Canada

"A big thank you. This was one of the best workshops I've ever taken, in terms of giving me a useful skill to take away. And I've attended lots of classes, workshops, etc. And I know it is useful, because in the intervening 2 days I've used it, and sense changes in some issues. I will be working on the larger ones as part of my self care. Really. Thank you."

- EFT Workshop Participant, Canada

"Great workshop. The energy was very positive, light, and comfortable. For someone who struggles with anxiety, I was surprised at how at ease I was in a room full of strangers. I got a great new technique to help calm down."

- EFT Workshop Participant, Canada

I'm excited to hear from you!

Congratulations on considering a career in EFT Tapping – I look forward to answering your questions and helping you on your journey.

Interested in applying, or looking for more information before making a decision?

- Book a free training consult here: <https://fullyalive.as.me>

There's no sales pitch or expectation to train together. I'll answer your questions honestly and am here to support whatever decision is in your highest interests.

Contact

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