



CLIENT BILL OF RIGHTS and TAPPING INFORMATION

CLIENT BILL OF RIGHTS

Thank you for signing up for an EFT/Tapping Session. I am grateful you are here and a part of my certification journey.

I am in the process of becoming a certified EFT Practitioner through EFT Universe (www.eftuniverse.com). To date, I have completed the required classroom work, as well as 30 of the 50 required number of EFT client sessions. Upon completion of my final exam, I will obtain my official certification as an EFT practitioner. Until I complete the final exam, I am considered an EFT practitioner **candidate** and all of my client sessions are considered **practice** sessions.

All information you share with me during our session is confidential.

If you have a physical injury, disease condition, or mental health disorder, please consult a licensed health or mental health professional. I do not and cannot medically diagnose or prescribe treatment. If you have such emotional or physical issues, it is essential that you consult your physician or licensed mental health practitioner. EFT is not a substitute for medical or mental health treatment.

Each session is approximately 60 minutes. You can stop the EFT session at any time. By scheduling a volunteer session, you agree that I may work with you in the above-described manner. I am happy to answer any questions regarding my studies and I also encourage you to express any concerns you may have.

What is EFT Tapping?

Tapping, also known as EFT (Emotional Freedom Techniques), is a powerful healing technique that has been proven to effectively resolve a range of issues, including stress, anxiety, phobias, emotional disorders, chronic pain, addiction, weight control, and limiting beliefs, just to name a few.

Tapping therapy is based on the combined principles of ancient Chinese acupressure and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

What Do You Want To Work On?

To get the most out of your session, please think about what you would like to work on. If you don't know, please don't stress, we'll work on it together; however, if you do know, it can help make the most of our time together. Sometimes answering this question is helpful:

If I could wave a magic wand over my life, I would _____.

(examples to get you thinking: lose weight, quit drinking, experience more joy, be more confident, reduce stress, get rid of anxiety attacks, relieve pain in my _____, get rid of my fear of _____, start exercising...).