

Outline

Tapping and How Can It Help Heal Trauma

Emotional Freedom Technique explained  
Why a mind body approach can reduce trauma  
Assist client in uncovering underlying trauma  
The need to use alternative approaches in healing PTSD

Design a Tapping Session for Trauma – From Start to Finish

Psychoeducation: introduce clients to tapping in easy to understand language  
Treatment planning: create a set up statement to use in the first session  
Approaches to increase client trust and disclosure  
Evaluate progress during the session: key interactions  
Assist the client to feel safe during the tapping process  
Effectively end a tapping session

EFT Techniques for PTSD & Trauma

When to use and how to modify “Tell the Story Technique” when processing a traumatic event  
Three effective EFT techniques to decrease and eliminate trauma  
Assist clients to tap between sessions to reduce effects of traumatic memory  
Tearless Trauma Technique  
The Movie Technique  
Sneaking up on the Problem Technique  
Working with intergenerational trauma

Objectives

- 1. Implement tapping technique with clients to identify and disclose events at the root of their pain and symptoms.
- 2. Demonstrate EFT techniques such as Tearless Trauma, The Movie Technique, and Sneaking up on the Problem.
- 3. Design a treatment plan that incorporates tapping techniques for clients with a trauma history.
- 4. Utilize EFT to reduce trauma related self-harm and suicidal ideation.
- 5. Demonstrate to clients breathing techniques to help in manage trauma induced anxiety.
- 6. Determine how using sound bowls and visualizations practices may reduce traumatic stress symptoms.
- 7. Theorize how EFT can be used to reduce effects of intergenerational trauma by combining tapping with systemic approaches.

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Target Audience: Counselors • Social Workers • Physicians  
Psychologists • Marriage and Family Therapists • Nurses

Integrate Tapping with Other Clinical Approaches

Breathing techniques  
Visualizations & guided imagery  
Sound bowl therapy to increase client relaxation  
Cognitive therapy, systemic approaches, neuro linguistic programming (NLP) with EFT  
Gestalt therapy techniques to reprocess event and redefine traumatic moment

Reduce Symptomology of Trauma

Tapping to empower client when experiencing traumatic memory  
Use EFT to diminish core negative beliefs about self and world caused by trauma  
Reduce trauma-initiated self-harm and suicidal ideation  
Trauma, the grieving process and tapping  
Reduce perpetual fear and rebuild strength and courage and resilience  
Express repressed anger due to traumatic event

Client Case Studies

Maintaining ethical standards, tap on scenarios of clinical situations  
Develop tapping scripts to meet the needs of your clients

Risks, Limitations and Current Research

Special Considerations



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Emotional Freedom Technique (EFT) for Trauma

Tapping to Transform Treatment Outcomes in Clinical Practice

LIVE Interactive Webcast

Wednesday, December 2, 2020

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Emotional Freedom Technique (EFT) for Trauma

Tapping to Transform Treatment Outcomes in Clinical Practice

- Reduce PTSD symptoms in as little as 4-10 sessions
- Work with mind and body in your practice.
- Effective and easy-to-master skills in the therapy room - and for the client to practice at home!

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# Emotional Freedom Technique (EFT) for Trauma

## Tapping to Transform Treatment Outcomes in Clinical Practice

Emotional Freedom Technique - learn Tapping to reduce trauma related symptoms.

Designed to reduce the negative effects of trauma and PTSD, tapping is research-based and proven to be long lasting. Unlike numerous other methods, **EFT is exceptional** in that it does not require re-experiencing a traumatic moment. Clients can alter the fight-flight response in their lives - whether they choose to talk about the painful event or not.

In fact, favorable changes in blood flow and cortisol levels were noted after just one hour long session. This is unlike other forms of trauma treatment where PTSD clients can experience symptoms for as much as three or more years.

Join clinician and EFT trainer **Bonnie Grossman, LPC**, to learn the tapping technique – and join fellow clinicians in a day of experiential practice, honing a technique that you can use immediately with clients. Bonnie will take you **step-by-step** through the technique and guide you through treatment planning and psychoeducation.

Sign up today for a day of **skill-building** to help clients in their **trauma recovery**.

## Speaker

**Bonnie Grossman, LPC**, is an EFT Master Practitioner and a licensed professional counselor in New Jersey. She is an internationally recognized keynote speaker, author, workshop leader and consultant with over 17 years' experience attending clients and teaching courses.

Bonnie teaches both EFT Level One and Level Two practitioner training courses and provides EFT Practitioner certifications. She has extensive experience training mental health professionals, medical doctors, university professors, teachers, corporate executives and employees. Bonnie has a private practice where she provides therapy and coaching to individuals, couples and families. She works with adults and youth who experience trauma, depression, anxiety, ADHD, anger and abandonment issues, low self-esteem and self-harm.

Bonnie is the founder of Women's Empowerment, a nonprofit organization in Mexico. She passionately believes that all people can develop potential, greatness and the ability to love. Also, she is the co-founder of Spa for the Giver's Soul, an organization that provides professional development and leadership training. Bonnie works frequently in the United States, Latin America and Brazil.

Speaker Disclosures:

Financial: Bonnie Grossman maintains a private practice. She is the cofounder of Spa for the Giver's Soul. She has an employment relationship with Cooperative Counseling, LLC. She is the founder of a non-profit organization. Ms. Grossman receives a speaking honorarium from PESI, Inc.

Non-financial: Bonnie Grossman has no relevant non-financial relationship to disclose.



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