

EFT Universe Ultimate EFT Certification Program

12 Month Clinical Certification

The Ultimate EFT Certification Program is known for its research-backed approach, containing six online modules and two immersive live workshops where students learn 48 EFT techniques under the guidance of certified trainers and in-depth online coursework. Students work at their own pace within a 12-month structure.

I've become certified in many other modalities, such as the Sedona Method, EMDR, and Gestalt, and I can truthfully say that the EFT Universe workshops represented the best of the best in terms of their content, structure, and presentation.

~ Angie Garner, PhD

CURRICULUM OVERVIEW

Online Courses

Module 1: Genetics of Personal Transformation

The science of Epigenetics and the techniques that turn off unwanted genes affecting physical, emotional and mental symptoms.

Module 2: Practice of Energy Psychology and EFT

Learn the most common clinical EFT Techniques that range from daily protocols to techniques designed for severe trauma.

Module 3: Professional Ethics

What's the difference between Psychology and Energy Psychology? Feel confident about liability, confidentiality, and scope of practice.

Module 4: Psychology of Coaching

Core coaching concepts to turn issues into goals so clients reach peak states and thrive.

Module 5: The Art of Delivery

In-depth video training on the art of delivering EFT. What does masterful EFT look like? Tap along with practitioners.

Module 6: Mentoring + Energy Trauma & Healing

Submit practice session summaries to your mentor, who will provide meaningful feedback to hone your skills. As you practice, explore the final lessons that cover Psychological Trauma and PTSD, Its Roots in Body, Brain, and Memory and Working with Traumatized Clients.

Workshops

4 Day EFT Professional Skills Training

This immersive workshop allows you to learn and practice EFT under the guidance of a certified trainer. Attend any time before beginning Module 6. Virtual and in-person options available.

2 Day EFT Practice Intensive

Refine your skills in this dyad-based workshop that allows you to walk through full-length sessions under the guidance of a trainer. Virtual and in-person options available.



Clinical Research and Expertise

Course material synthesizes the expertise of Dr. Dawson Church, David Feinstein, Daniel Siegel, Eric Leskowitch, Margaret Lynch, Joe Dispenza and more...

Engage with Dawson Church and our team of EFT mentors on monthly video calls: Ask questions, brainstorm challenging case studies and practice new techniques with our global student body.

YOUR CAREER PATH

Start an EFT Coaching Practice or integrate EFT with your other credentials as a...

Body Worker	Nutritionist
Counselor	Reiki Practitioner
Chiropractor	Relationship, Career, or Wellness Coach
Hospice Worker	Teacher
Physicians Assistant (PA)	Yoga Instructor
Physician, Nurse	and more!
Naturopath	

Tuition Options

Three ways to enroll in certification:

- ▶ **OPTION 1**
Make a One-Time Payment
- ▶ **OPTION 2**
Make 2 Monthly Payments
- ▶ **OPTION 3**
Make 12 Monthly Payments

Still have questions?

Many of your answers can be found directly on our certification page. Scroll down the page for a full list of FAQs.

Explore the Course Indepth!

Ready to get certified?
ENROLL HERE!





CURRICULUM

Ultimate EFT Certification

VIDEO AND TEXT COURSES

Students move through Modules 1-6 at their own pace, engaging with digitized reading, video lessons, downloadable exercises, and quizzes to test their knowledge. Students who commit to 2-3 lessons per week (approximately 4-6 hours per week) finish within the required 12-month timeline.

MODULE 1: Genetics of Personal Transformation

- T1 Epigenetic Healing
- T2 The Ultimate Epigenetic Engineer
- T3 The Malleable Genome
- T4 The Body Piezoelectric
- T5 The Connective Semiconducting Crystal
- T6 Belief Therapy
- T7 Entangled Strings
- T8 Scanning the Future
- T9 Writing Miracles! on Every Prescription Pad
- T10 Energy Psychology
- T11 Your Happy Genes
- T12 Tapping a World of Healing

MODULE 2: Practice of Energy Psychology and EFT

- T1 Introduction to the EFT Manual
- T2 Inspiring Stories and Compelling Evidence
- T3 The Science Behind EFT
- T4 The Basic Recipe
- T5 How to Use EFT for the Five Major Life Areas: Relationships, Health, Work, Money, Spirituality
- T6 Common Questions, Comments, Problems
- T7 The Gentle Techniques for Trauma
- T8 Breaking the Habit of Being Yourself
- T9 Working with Special Populations
- T10 Professional Practice Techniques
- T11 Confronting Massive Human Suffering: Humanitarian Work and Research
- T12 The Full Basic Recipe

MODULE 3: Professional Ethics

- T1 Difference Between Psychology and Coaching
- T2 Ethics Handbook
- T3 Creating Healing Relationships

MODULE 4: Psychology of Coaching

- T1 Biology of Personal Transformation
- T2 Basics of Coaching Psychology
- T3 Use the Mind to Change the Brain
- T4 Core Coaching Competencies
- T5 Stages of Change
- T6 Use Appreciative Inquiry in Your Coaching Practice
- T7 Nonviolent Communication and Motivational Interviewing
- T8 Self Esteem, Self Confidence, Self Efficacy
- T9 Using Assessments and Learning Styles
- T10 Visioning and Goal Setting
- T11 Set Points and Breakthroughs
- T12 Structure of Coaching Session / Sessions Forms
- T13 Peak States and Thriving

CAREER OPTIONS FOR CERTIFIED EFT PRACTITIONERS

Work with clients in...

- » a Private Practice
- » Schools and Organizations
- » Group Facilitations and Company Retreats
- » Yoga Studios
- » Drug and Addiction Centers
- » Weight Loss Clinics
- » Hospitals and Wellness Centers

24 CE CREDITS available during required attendance at EFT Professional Skills Training & Skills Practice Intensive

American Nurses
Credentialing Center's
Commission

Accreditation Council for
Continuing Medical
Education

“Education of the
highest quality. This
will change my life
and my practice.”

~ Renny Rogers, LCSW



CLINICAL EFT CAREER PROGRAM

Ready to Enroll?

If you're ready to start your certification journey, take the first step during our bi-annual enrollment window. We accept new students in the Fall and Spring.

During open enrollment, you have three payment options.

Payment Options

- » One-Time Payment
- » Two Consecutive Payments
- » 12 Monthly Payments

ENROLL HERE

Questions?

Please read our FAQs on the certification page to find answers.

If you still have questions, please email us at:

certificationhelp@eftuniverse.com

CURRICULUM (cont.)

VIDEO AND TEXT COURSES (cont.)

MODULE 5: The Art of Delivery

This module gives you in-depth video training on the art of delivering EFT. What does masterful EFT look like? Tap along with practitioners:

- Tap Along: Childhood Trauma
- Tap Along: Pain & Injury
- Tap Along: Core Beliefs
- Tap Along: Childhood Bias and Stereotyping
- Tap Along: Physical Symptoms Rooted in Childhood
- Tap Along: Money and Worth

MODULE 6: Energy, Trauma and Healing

- T1 Quick Start
- T2 Psychological Trauma and PTSD: Its Roots in Body, Brain and Memory
- T3 Energy Healing
- T4 Working with Traumatized Clients: Key Concepts and Techniques

PRACTICUM COURSES

MODULE 6 (cont.): Mentoring and Written Practicum

Mentoring # 1: Healing the Past Through the Present

In Mentoring #1, you share your first set of 10 session summaries. You work with fellow students, practice clients, or current clients to practice Clinical EFT techniques that let you work through specific aspects of triggering events. You also complete your first 5 sessions of personal work, releasing your own blocks.

Mentoring #2: Memory Reconsolidation

In your second set of 10 sessions, you practice EFT techniques that explore core beliefs, goals, self-sabotage, and Gentle Techniques for trauma. You complete your second 5 sessions of personal work.

Mentoring #3: Professional Practice Techniques

In your third set of 10 sessions, you practice more advanced EFT techniques that address physical pain and symptoms, addictions and cravings and Eye Movement Desensitization. You complete your final 5 sessions of personal work.

Mentoring #4: Refining Your Skills

Your fourth and final set of 10 sessions refines skills identified by your mentor. You can opt to practice leading groups, working with children, or releasing the root cause of phobias like public speaking or flying.

Live Immersive Workshops and Live Calls

FIRST PRACTICUM WORKSHOP (virtual or in-person attendance):

Attend EFTUniverse's 4 Day Professional Skills Training to observe and practice all 48 Clinical EFT Techniques and strategies with other future practitioners.

WHEN: Attend any time before beginning Module 6

WHERE: Multiple dates and locations, virtual or in-person (cost reimbursed)

SECOND PRACTICUM WORKSHOP (virtual or in-person attendance):

Attend EFT Universe's 2 Day EFT Practice Intensive to refine your skills with future practitioners. This workshop allows time for full practice sessions.

WHEN: After submitting your first round of case histories to your mentor

WHERE: Multiple dates and locations, virtual or in-person (cost-reimbursed)

MONTHLY LIVE Q&A and SKILLS PRACTICE CALLS

Dawson Church and mentors host a monthly Q&A video call on popular student-selected topics. Past topics include Grief, Womb Trauma, Working with Teens, Addiction, Pain, etc. Our EFT Universe mentors also lead a monthly video call where you can practice EFT techniques as a group.

WHEN: Varied times monthly. All calls recorded and available to students on-demand.



10 Reasons Students Choose to Study with EFT Universe

The Ultimate EFT Certification

1



Credibility

EFT Universe has been training practitioners since 2010. EFT Universe courses offer training in Clinical EFT™, the “evidence-based” form of EFT. Training and certification in Clinical EFT™ is based on research that meets standards published by the American Psychological Association’s (APA) clinical psychology division. You can feel confident that the techniques you learn and teach clients are Empirically Validated Treatments. We have a commitment to constantly updating our curriculum based on the latest research, and adjust training methods based on new studies.

2



1-to-1 Mentorship

After you enroll, we pair you with one of our mentors, who will act as a guide throughout your educational journey. They will connect with you monthly in a group or one-to-one setting to discuss concepts and brainstorm challenging client issues. After attending an immersive classroom experience, you will begin practicing techniques with other students and/or practice clients. You will submit session summaries to your mentor who will provide supportive feedback so you can move from practice to mastery.

3



Monthly Live Video Calls

We offer several monthly opportunities to connect with faculty and students live via video conference. Our faculty hosts a monthly Q&A call based on student-selected topics and our mentors lead a Skills Practice call based on the techniques you are learning in your online lessons. The mentor will model the technique with a volunteer student, pause for instruction, and brainstorm ways to take the technique to the next level! Just like in a real classroom, you can “raise your hand,” ask questions, share insights, and practice the techniques live with other students... from anywhere in the world! If you can’t make our monthly calls live (dates are posted in advance each month), you can watch and revisit the recordings at a time convenient to you.

4



Self-Paced Year-Long Structure

As soon as you make your first payment, you can log in to our education platform, start completing lessons and take the first steps toward graduation. The beauty of a digital classroom is that you can set your own pace, and move through each online lesson at your convenience. While we recommend students finish the first phase of education in 9-12 months, students can apply for an additional 6-month extension for free. Students who need two years to finish the certification, can apply for a \$500 extension.

5



Multiple Learning Styles

EFT Universe understands that everyone absorbs information differently, which is why we incorporate digital textbooks, audio versions of each chapter, video summaries, and written transcripts of our audio files. We provide downloadable PDFs of important techniques, allowing you to quickly reference important techniques. When you want to immerse yourself in best practices, you can enjoy video recordings of full-length sessions, or you can mark your calendar and join our monthly Skills Practice calls where you can ask questions live. We are committed to making the skills, techniques and research accessible to everyone, anywhere.

6



Global Student Body

Our students represent a global landscape, accessing the course from the US, Canada, South America, Europe, Asia, Africa, and Australia. Our staff and mentors are part of a global community as well, hosting digital live calls and live workshops across the globe. While some of our students are full-time health care practitioners, others are transitioning from a corporate career, or working part-time to build their business. Our students’ diverse backgrounds continue to enrich our course offerings! As long as you have wifi access, and the ability to attend the 4-day and 2-day immersive experiences (offered in-person and virtually via Zoom) you can participate and complete our certifications.

7



Supportive Community

With multiple opportunities to connect, our students have met professional accountability partners, formed valuable friendships, and even started businesses together. Our supportive Facebook community and interactive monthly live calls allow students to connect consistently and authentically. Hear from former students and graduates who benefited from the relationships they made while studying with EFT Universe.

8



Accreditation & CE/CMEs

EFT Universe’s certifications are a popular choice for psychologists, nurses, doctors and other health care practitioners seeking Continuing Education / Continuing Medical Education (CE/CME) credits. If you are from North America and seeking CE/CMEs through the American Nurses Credentialing Center (ANCC), Accreditation Council for Continuing Medical Education (ACCME), and the Association of Social Work Boards (and others), you may be eligible. You acquire CEs at the immersive workshop experience, so be sure to select a workshop that qualifies you for the CEs.

9



In-Person & Digital Learning

While you complete the majority of your certification from the comfort of your home, you will get to attend one of our immersive experiences: *Professional Skills Training*. This 4-day live training is an opportunity to meet other students, learn all 48 Clinical EFT techniques, practice under the supervision of one of our faculty members, and begin accumulating your required practice hours. It is currently offered in North America, Europe, and Australia multiple times per year. You can also choose one of the many virtual options if you prefer not to travel. You will be able to select your desired dates of travel upon enrollment. The cost of this live training is included in your enrollment.

10



Opportunity for Immediate Income

As soon as you graduate, you create a practitioner profile on our *Stress Solution* video conferencing platform. This allows you to work with clients at times and dates most convenient to you. *Stress Solution* is a great way to make income immediately, without any marketing effort on your part. You don’t need branding, marketing materials or a website, yet you can connect with clients all over the world. When you do start booking private clients, the average rate is \$150 USD per hour.

Ready to Enroll? Click Here to Get Started!

STILL HAVE QUESTIONS?

Explore the full list of FAQs on the EFT Universe website.