

# Emotional Freedom Technique

Certified EFT / Tapping Practitioner (CEFTP)

Harmonika Institute USA  
harmonika-institute.com

## Program at a glance

- " Tuition: \$1,800
- " In-person training: 5 days (40h)
- " Live cohort calls: 1 day (4h)
- " Supervised practice: 60h
- " Portfolio + jury: 10h
- " Total: 114h (~14 day-equivalents)
- " Cohort size: 10 students

## About the program

### What you'll learn

- " The EFT meridian points and the canonical tapping sequence
- " Setup statements and the art of phrasing the issue
- " The Gold Standard EFT protocol
- " Trauma-informed pacing and the 'tearless trauma' technique
- " Group EFT for stress, public speaking, and exam anxiety
- " Building an EFT practice: ethics, scope, marketing, pricing

### Curriculum modules

#### Module 1 Foundations

Meridian points, basic protocol, scope of practice.

#### Module 2 Issue framing

Setup statements, specificity, finding the underlying issue.

#### Module 3 Gold Standard

The full Gold Standard EFT protocol with supervised practice.

#### Module 4 Trauma-informed work

Pacing, titration, tearless trauma, when to refer.

#### Module 5 Group EFT

Borrowing benefits, group facilitation, common pitfalls.

#### Module 6 Practice & business

Building a clientele, ongoing supervision, ethics.

#### Next step

Book a free 30-minute info session at:  
[harmonika-institute.com/admissions/info-session](http://harmonika-institute.com/admissions/info-session)

This curriculum overview is provided for informational purposes only.  
Specific cohort schedules and faculty assignments are confirmed at enrollment.