



# EFT Level 2 Comprehensive Training Resource

*Ann Adams, Karin Davidson*

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## **EFT Level 2 Comprehensive Training Resource** Ann Adams, Karin Davidson

Time and again trainers have found that once people discover how effective EFT is for themselves, they begin to want to share its benefits. This volume expands on the basics taught in *EFT Level 1 Comprehensive Training Resource* to provide for more advanced self-care and clearly explains more complex techniques to help you work competently and responsibly with others. Drawing on the best practices in the field to provide a state-of-the-art guide to EFT today, the authors returned to EFT founder Gary Craig's original writings then drew on developed curricula from top practitioners, guidelines of the field's professional organizations, and their own extensive combined experience to compile and clarify this comprehensive standard for intermediate EFT training. *EFT Level 2 Comprehensive Training Resource* goes beyond describing EFT techniques to explain the rationale behind them and show exactly when and how they should be used, with an entire chapter of case studies to illustrate the techniques in action and show how the experienced authors practice EFT with clients.

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