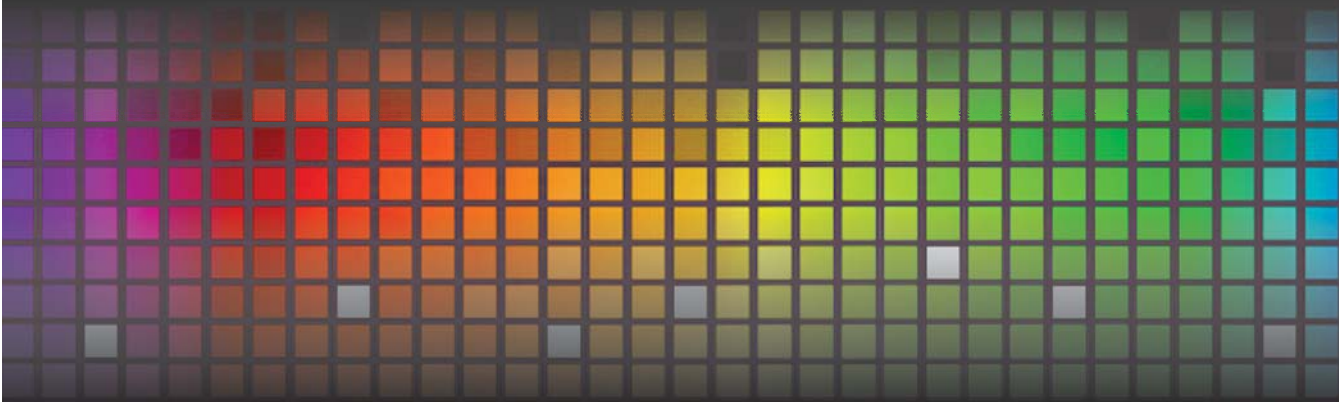


# CERTIFICATION GUIDEBOOK



## **Holistic EFT Certification Course LEVEL 1**

**Awakenings Institute**

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P.O. Box 8352, Santa Maria, CA 93456 805-934-1238  
[holistic@gettingthru.org](mailto:holistic@gettingthru.org)

# Welcome to the Level 1 Holistic EFT Certification Course.

## We look forward to this opportunity to share with you.

**This Level 1 Holistic EFT Certification Guidebook contains all of the materials you need to start your home study course.**

### HOW TO GET STARTED

- Please complete the enclosed Personal Profile at the beginning of this guidebook and return it to us as soon as possible, so we can help you with your learning goals. This is particularly important if you have elected to have mentoring or decide to add mentoring. We will need to have the completed form before your first mentoring session.
- Next you'll find the Course Description. Please read it carefully.
- Then, to help you to monitor your progress and aid in completion of all of the certification requirements, this guidebook provides a Completion Form that you will use as you progress with your study.

### MENTORING

With mentoring, if elected, you have the option of working with either one of us (Phillip or Jane). We suggest picking one and staying with the same one for continuity, at least through the completion of your current module. If you want to speak with us before you start the client practice time, call us to schedule your first 20-minute mentoring appointment when you are ready. This may be particularly helpful for those who have not worked with others before. If you want to start practicing first, call when you have four or five hours of documented practice.

### QUESTIONS

Feel free to contact us if you have any questions.

**Best wishes in your learning experience,**

*Phillip and Jane Mountrorse*

Founding Directors of Awakenings Institute

# Table of Contents

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<b>Table of Contents .....</b>	<b>2</b>
<b>1 Personal Profile.....</b>	<b>3</b>
<b>2 Course Description .....</b>	<b>4</b>
<b>3 Course Completion Form .....</b>	<b>9</b>
<b>4 Audio Practice Guidelines.....</b>	<b>11</b>
<b>5 Mapping the Four Levels of Healing .....</b>	<b>13</b>
<b>6 Client Practice Guidelines.....</b>	<b>14</b>
<b>7 Audio Practice Form .....</b>	<b>15</b>
<b>8 Client Practice Form .....</b>	<b>16</b>
<b>9 Recommended Reading .....</b>	<b>17</b>
<b>10 Final Exam .....</b>	<b>19</b>
<b>11 Multiple Choice Questions .....</b>	<b>21</b>

# Personal Profile

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NAME \_\_\_\_\_ AGE \_\_\_\_\_ DATE \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

Communication by e-mail is desired, if possible. Please be sure to include your e-mail address, if you have one.

**This Independent Study Course is provided to help you to achieve your learning goals.**

You will be monitoring your progress and seeing that you receive the benefits you desire. If you have chosen to include mentoring, we will also be helping you with this. Please take a few minutes to answer the following questions, so that you can take full advantage of this opportunity and address any challenges to succeeding with your goals.

Course (Module): \_\_\_\_\_

Related experience: \_\_\_\_\_

\_\_\_\_\_

Reasons for seeking certification: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you hope to gain from the course: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any fears or doubts to success with completion and/or achieving goals: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goal date for submission of required course work: \_\_\_\_\_

Ultimate Professional Goals: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Course Description

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## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

The Level 1 Holistic EFT Practitioner Course draws upon the following hard-copy study materials, which are shipped to you when you register for the course:

The book *Getting Thru to Your Emotions with EFT* (the EFT Book),

- Two *Getting Thru to Your Emotions with EFT Audios* (the EFT Audios)
- Two *Getting Thru to Your Emotions with EFT DVDs* (the EFT DVDs)

You'll also find more resources for your studies on your EFT Level 1 Course Download Page, including:

- The *Holistic EFT "Get Started" Manual*
- Videos of more of our latest signature GTT (Getting Thru Techniques) processes with EFT
- And more...

## THE POWER OF HOLISTIC EFT

This course focuses on a uniquely holistic approach to EFT, a meridian-based healing system. EFT is remarkably fast and effective for addressing a wide range of issues simply by tapping on a series of points on the body. This holistic course takes EFT further with GTT, the Getting Thru Techniques, processes we have developed to uncover the deeper levels of awareness that sometimes need to be revealed for EFT be most effective. The materials and techniques present state-of-the-art approaches that can facilitate personal awareness and development, both for yourself and others.

*"The coursework in **this certification training is exceptionally well presented and thorough**. I will be offering EFT and GTT to my clients on a regular basis and feel it will help them move far more quickly toward their goals. I'm thankful to use these techniques in my life personally on many levels."*

--William Barnett, Holistic Coach and Mind/Body Practitioner  
Phoenix, Arizona

## STUDY REQUIREMENTS

- Read the *Holistic EFT "Get Started" Manual*.
- Read the EFT Book.
- Listen to the two EFT Audios at least two times, practicing each of the techniques with yourself.
- Watch the two EFT DVDs, once toward the beginning of the course and again toward the end of the course.
- Watch the extra EFT videos on the website for our latest GTT processes using EFT.
- To get experience working with clients, practice the EFT and GTT Techniques from the books and videos on others. 20 Hours of documented practice is required for certification.
- Successfully complete the written Holistic EFT Level 1 Certification Exam, which includes multiple choice and essay questions based on the EFT Book and DVDs, to be completed as an open-book exam.
- Successfully complete a 20-minute Oral Phone Interview with Phillip or Jane Mountrose. The primary purpose of this interview is to review the results of the written exam and provide some direction as you set out for the future.

## HOW THIS COURSE WORKS

**This Certification Guidebook provides the following information and materials:**

- This Course Description
- A Personal Profile form to be completed and returned before beginning of the course
- Your Course Completion checklist
- A log for documenting self-practice of the EFT Audios
- A log for documenting practice of the EFT and GTT techniques with others
- A Recommended Reading list
- The Final EFT Exam

One of the great benefits of this home-study format is that you can complete the course requirements at your own pace. Each success creates more success and we want you to succeed. With this in mind, we recommend creating written goals for completion of the different parts of the course.

If you have elected to receive mentoring, call Awakenings when you are ready to schedule the first session, after you have completed 0-5 hours of documented practice.

Once all requirements have been fulfilled, return the materials and call to schedule the oral interview. When all of the course requirements have been successfully fulfilled, you will receive:

- A “Level 1 Holistic EFT Practitioner” Certificate suitable for display

## EFT LEVEL 2 AND LEVEL 3 TRAINING

**This course is one of three independent study courses that comprise the Holistic EFT Certification Program.** Completion of all three levels of training are recommended for those who plan to practice EFT professionally. Here's what you'll find as you continue with your training:

- **The Holistic EFT Level 2 Course** covers key areas that people need to be healthy. Learn more at <http://gettingthru.org/holistic/2level-eft-training-course/>.
- **The Holistic EFT Level 3 Course** focuses on becoming a conscious creator. We use Wallace Wattles' classic book *The Science of Getting Rich* with EFT and innovative GTT (Getting Thru Techniques) processes you won't find in any of our other trainings. This Level 3 Course is not just about money. It's really about shifting into a higher realm of possibility and becoming a powerful creator of whatever you want in life. Learn more at <http://gettingthru.org/holistic/3level-eft-training-course/>

## THE SPIRITUAL COUNSELOR CERTIFICATION PROGRAM

This EFT Level 1 course is also one of five independent study courses that comprise Awakenings' Spiritual Counselor Certification Program. Learn more at <http://gettingthru.org/holistic/eft-courses/spiritual-counselor-training-course/>

Here's one student's review:

*“After going through this program, I opened up to so many things in my life and feeling the freedom of spirit. I removed many fears, including even taking this program. It moved me forward for what I am here to do.*

*Even many months after completing the Spiritual Counseling Home-Study Certification, I still regularly refer to the excellent books, cds and dvds - reviewing and finding more things to help me and others.*

*I would recommend the program to anyone who wants to take the next step into spiritual counseling and stand out in a way they're being called to do, even if it takes a leap of faith."*

*--Joyce LeQue, Health Care Supervisor, Spiritual Counselor,  
Palm Springs, California*

This transformational Spiritual Counseling Program is the product of more than fifteen years of research and experience with individual clients, classes, and certification programs. It is designed for those who want to develop skills in Spiritual Healing and Counseling.

**The five courses in the Spiritual Counseling Program include:**

- This course for Level 1 Holistic EFT Practitioner Certification
- SK (Spiritual Kinesiology) Practitioner Certification
- Intuitive Techniques Practitioner Certification
- Life Purpose Advisor Certification
- Final Studies for Spiritual Counselor Certification

If you are preparing to create a professional practice, you may want to follow up with more of these courses. Your ability to help others will grow exponentially as you broaden your training and the combination of courses in the Spiritual Counselor Program are designed to provide a well-rounded education.

The SK (Spiritual Kinesiology) Certification Course deepens the training you receive in the EFT Course. It offers a dynamic alternative to EFT, which some clients prefer. It also provides a variety of options to use if EFT is not providing the desired results. In some cases, it can be even more effective than EFT.

SK also puts issues and healing into the broader context of the spiritual journey with essential information about the stages people go through. With Spiritual Kinesiology, you can help clients with greater precision and effectiveness because you understand what they are experiencing and what they need to do to move forward with greater ease.

Any of the courses may be taken individually or as part of the overall program. Each of the first four courses qualifies as 36 hours of independent study toward the 150-hour Spiritual Counselor Certification. The Final Studies provides the remaining hours. For more information, go to <http://gettingthru.org/holistic/eft-courses/spiritual-counselor-training-course/>.



## QUALIFICATION REQUIREMENTS

Anyone who is 18 years of age or older with a minimum of a High School Diploma or equivalent life experience qualifies to take these courses. They are all monitored independent learning experiences that can help anyone to expand their knowledge and abilities in the areas of holistic healing and spiritual growth.

Since these courses focus on working with others, it is also recommended that candidates feel capable of being centered and grounded, as this state is the basis of this work. Those facing personal issues that need to be addressed to be able to work with others may want to focus first on their own healing. If this applies to your situation, you can use the EFT Book and Audios to practice centering and healing, or start with some individual counseling sessions.

## HAVING A PROFESSIONAL PRACTICE

**It is your responsibility to understand and comply with all local laws and regulations that apply to having a professional practice using these techniques.**

As a note, with the separation of church and state, practicing as an ordained minister is an appropriate designation for those who wish to provide spiritual counseling and healing to others. This includes the use of the techniques covered in this course. According to AIWP, the Association for the Integration of the Whole Person, "In every state in the United States, as part of your ministerial and congregational duties as an ordained person, you may perform work of a psycho-social nature, exempt from licensing requirements."

## AWAKENINGS' MINISTERIAL PROGRAM

Phillip and Jane Mountrose practice as Ministers of Holistic Healing with Awakenings Institute. For those who are likewise interested in becoming ordained ministers, hours spent on any of the seminars and independent study courses offered by Awakenings may be applied to Awakenings' Ministerial Program. These hours may be combined with other experience that qualifies for ordination or serve as a foundation on which to build additional hours of independent study to become ordained.

**If you have any questions** or need more information, please contact Phillip and Jane Mountrose at Awakenings Institute.

# Course Completion Form

## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

NAME \_\_\_\_\_ DATE \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

The following list summarizes the certification requirements for this course. Please print this page and initial each item as you complete it.

### CERTIFICATION REQUIREMENT

### INITIALS

1. Complete and return the Personal Profile to Awakenings before starting the course. \_\_\_\_\_
2. Read the *Holistic EFT "Getting Started" Manual*. \_\_\_\_\_
3. Watch the 3 signature GTT videos on the website. \_\_\_\_\_
4. Read the book *Getting Thru to Your Emotions* (the EFT Book). \_\_\_\_\_
5. Listen to the two *Getting Thru to Your Emotions Audios* (the EFT Audios) at least two times. Practice the techniques on yourself and log your results on the appropriate form. \_\_\_\_\_
6. Watch the two *Getting Thru to Your Emotions DVDs* (The EFT DVDs). \_\_\_\_\_
7. Complete 20 hours of practice using the EFT and GTT Techniques from the books and videos on others, and log your experience on the appropriate form. \_\_\_\_\_
8. Complete the written EFT Certification Exam. \_\_\_\_\_

9. Complete a 20-minute oral interview with Awakenings (Phillip or Jane Mountrose). The interview will be conducted following receipt and review of all of these required materials.

## SUBMITTING MATERIALS FOR CERTIFICATION

When you have completed the Certification Requirements 1 through 8, please return this **original** initialed form to the Awakenings Institute, along with **copies** of the following required materials:

- Completed Audio Self-Practice Form
- Completed Client Practice Forms
- Completed Level 1 Holistic EFT Certification Exam

### Keeping Copies

It is important that you maintain the original copies of these bulleted materials, in case of loss in the mail. Awakenings will not be responsible for any materials lost in the mail and cannot conduct your oral interview and issue your Certificate of Completion until the required materials have been received and reviewed.

**Mail to:** Awakenings Institute  
P.O. Box 8352, Santa Maria, CA 93456

Once Awakenings receives all of the required materials, we will review them for successful completion and conduct an oral interview. Please allow at least seven days for us to receive them.

### Scheduling Your Interview

A week after you mail your materials for certification, call Awakenings to schedule your oral interview at:

**805-934-1238**

# Audio Practice Guidelines

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## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

The foundation of any practitioner's professional practice is work on oneself, as your own centeredness and understanding of yourself lays a firm foundation for your work with others. This is not meant to imply that you have to be perfect to help others. Rather, it is to say that clients sense your willingness to be open to the lessons before you and your ability to face challenges in your own life.

### **This is why we recommend starting by practicing on yourself.**

For a well-rounded experience, please practice each of the five techniques presented on the two audios two times and log them on the Audio Self-practice Form as items 1-10. Practicing these techniques is also a good way to learn them before you set out to practice with others.

### **This self-practice includes:**

1. The Miracle Reframe
2. The Reality Shift
3. The Holistic Process
4. The Unification Process
5. The Break Thru Process
6. The Reframing Process
7. The Inner Healer Process

If you are working with others in a group, you may also practice by reading these processes to each other. We (Phillip and Jane) have found each other's assistance to be invaluable, particularly with deeper issues that we have difficulty addressing on our own.

Nonetheless, it is important to develop the ability to work with oneself, particularly with simpler issues and with everyday challenges, so we recommend practicing each of the techniques on yourself at least once.

## A FEW SUGGESTIONS

**Here are a few more suggestions**, which are not specifically required, but may be helpful:

- For the Holistic Process, you may also want to use the enclosed mapping form to track your experience on each of the four levels. As a note, you may want to make copies of this form to use with others as well.
- The relaxation technique presented at the beginning of the Holistic Process, with variations at the beginnings of each of the processes on the audios, can help you to create the state you want to achieve to feel centered and resourceful in your work with others.

If you are new to this type of process, you may want to practice it daily until it feels natural to you. If you are more experienced, you may still want to try to remember to focus on centering yourself and breathing loving energy into your heart on a regular basis.

- If you haven't used kinesiology before, you may also want to practice doing kinesiology on yourself using Figure 5.1, "The Levels of Psychological Reversal" and Figure 6.1, "Toxicity Questionnaire," in the book. If you do this, please also log this experience on your practice form.

# Mapping the Four Levels of Healing

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**Start by identifying a single issue to address.**

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As you continue to focus on the issue, write down what is happening on each level, clear with EFT, then review each level after the clearing is complete.

1. Physical Sensations: **“What do you feel physically?”**

Before:

---

After:

---

2. Emotions: **“What do you feel Emotionally?”** Note: when focusing on a physical problem ask “Focus on the physical sensations and ask yourself what emotions are behind them?”

Before:

---

After:

---

3. Beliefs: **“How do you feel about your possibilities in the world?”**

Before:

---

After:

---

4. Judgments: **“When you focus on these beliefs, how do you feel about yourself?”**

Before:

---

After:

---

Notes:

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# Client Practice Guidelines

## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

### REQUIREMENTS

Level 1 Holistic EFT Practitioner Certification requires 20 hours of documented practice with others. Please use the enclosed form to document your hours. Make as many copies as you need to complete the requirements.

On the Practice Form, log your practice time in  $\frac{1}{4}$  hour increments, i.e.  $\frac{1}{4}$  hour,  $\frac{1}{2}$  hour,  $\frac{3}{4}$  hour, 1 hour,  $1\frac{1}{4}$  hour, etc. If you use more than one technique in a practice session, please log them on separate lines. Use the “Notes” line to jot down key points, questions to follow up on later (this is particularly helpful as a reminder for questions you want to ask in mentoring sessions), and so on. If you want to add more notes, just write on the back of the page.

### SUGGESTIONS

You can maximize the value of your practice time by including a variety of different techniques. We recommend that you include all of the following as part of your practice time.

- The Short EFT Sequence
- The Complete EFT Sequence
- The Floor-to-Ceiling eye Roll
- The Centering Process
- Using Kinesiology to test for Psychological Reversal
- Using Kinesiology to test for Energy Toxins
- Using Tapping Scripts
- The Miracle Reframe
- The Reality Shift
- Holistic Process
- The Unification Process
- The Break Thru Process
- The Reframing Process
- The Inner Healer Process
- Progressive Relaxation

### MORE IDEAS

Look for opportunities to address a variety of conditions with EFT, as described in Part 4 of the Emotions Book.

Refer also to the additional information and extra materials on your EFT Class Resource Page for tips and tools to use as you practice and to increase your effectiveness.

# Audio Practice Form

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NAME \_\_\_\_\_ PAGE \_\_\_\_\_ OF \_\_\_\_\_

COURSE \_\_\_\_\_

1. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

2. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

3. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

4. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

5. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

6. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

7. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

8. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

9. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_

10. Date \_\_\_\_\_ Technique \_\_\_\_\_

Notes: \_\_\_\_\_



# Client Practice Form

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NAME \_\_\_\_\_ PAGE \_\_\_\_\_ OF \_\_\_\_\_

COURSE \_\_\_\_\_

1. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

2. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

3. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

4. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

5. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

6. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

7. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

8. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

9. Date \_\_\_\_\_ Client \_\_\_\_\_ Technique \_\_\_\_\_

Time Spent \_\_\_\_\_ Notes: \_\_\_\_\_

Subtotal for Hours on this Page \_\_\_\_\_

**Running Total for All Pages** \_\_\_\_\_

# Recommended Reading

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## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

\* = highly recommended book

Note: There is also a list of recommended books in Appendix B of the EFT Book.

### WORKING WITH OTHERS

\* ***Becoming Naturally Therapeutic*** by Jacquelyn Small.

A return to the true essence of helping: highly recommended for understanding how to work effectively with others.

### MERIDIAN-BASED TECHNIQUES

\* ***The BodyTalk System*** by John Veltheim.

An introduction to a system that uses muscle testing and a simple tapping technique with a wide range of problems.

***Healing Energies*** by Dr. Stephen Paul Shepard.

A meridian-based system of preventing disease by muscle testing and studying the blueprint of the body.

### HEALTH AND HEALING

\* ***Body, Mind and Sport*** by John Douillard.

The mind-body guide to lifelong fitness and being your personal best.

***How to Forgive When You Don't Know How*** by J. Bishop and M. Grunte.

A wonderful little book exploring different ways to understand and express forgiveness.

***Peace, Love and Healing*** by Bernie Siegel.

An exploration of bodymind communication and the path to self-healing.

***Quantum Healing*** by Deepak Chopra.

Exploring the frontiers of mind/body medicine.

## HYPNOTHERAPY, NLP, AND THE HUMAN MIND

\* ***Heart of the Mind*** by Connirae Andreas PhD and Steve Andreas MA.

This is a wonderful book that provides ways to use NLP with a variety of common problems.

***Brain States*** by Tom Kenyon.

A book that explores the limitless potentials of the human mind.

***Hypnosis for Change*** by Josie Hadley and Carol Staudacher.

A practical manual of proven hypnotic techniques.

## ADDICTIONS

\* ***Healing the Addictive Mind*** by Lee Jampolsky.

A guide to freeing yourself from addictive patterns and relationships. His loving approach, which is based on the Course of Miracles, provides insight into the true cause of addictive behavior.

# Final Exam

## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**This is an open book (and DVD) exam.** As you complete your practice hours, the questions on the following pages help you to integrate your learning experience and do a final review of the material. The multiple choice questions have a two-fold purpose. They test your knowledge of EFT and GTT as presented in the Getting Thru materials and provide an overview of important points that you will want to understand as a Level 1 Holistic EFT Practitioner. You may want to complete the questions on the videos as you watch them for the second time. To receive the greatest benefit from the exam, we recommend following up on any questions you are unsure of, so you have a full grasp of the subject matter when you complete the course.

For ease of mailing, just return this page with your answers (A-E) to the multiple choice questions. Complete the essay questions on a separate page. These questions provide an opportunity for you to evaluate your learning experience and the direction you want to take from this point forward. There are no right or wrong responses to the essay questions.

### ANSWERS TO MULTIPLE CHOICE QUESTIONS

BOOK	12. _____	24. _____	35. _____
1. _____	13. _____	25. _____	36. _____
2. _____	14. _____	26. _____	37. _____
3. _____	15. _____	27. _____	38. _____
4. _____	16. _____	28. _____	39. _____
5. _____	17. _____	29. _____	40. _____
6. _____	18. _____	30. _____	41. _____
7. _____	19. _____	31. _____	42. _____
8. _____	20. _____	32. _____	43. _____
9. _____	21. _____	33. _____	44. _____
10. _____	22. _____	DVDS	45. _____
11. _____	23. _____	34. _____	

## ESSAY QUESTIONS

**Please respond to each of the following questions here and/or on a separate page, using 100 to a maximum of 400 words per question, type written if possible.**

1. What have you learned from practicing the EFT and GTT Techniques?
2. How have the techniques affected your personal growth?
3. How do you see yourself integrating these techniques into your goals for the future personally and professionally?

# Multiple Choice Questions

## LEVEL 1 HOLISTIC EFT CERTIFICATION COURSE

### BOOK

1. EFT tapping relieves symptoms by
  - A. Distracting the attention of the person receiving the treatment.
  - B. clearing blockages in the body's energy system.
  - C. stimulating the left side of the brain.
  - D. all of the above
  - E. none of the above
2. The purpose of journaling is to
  - A. maintain good accounting records.
  - B. help clients to monitor their progress with the EFT tapping sequences.
  - C. collect information for the IRS.
  - D. all of the above
  - E. none of the above
3. Holistically, the deepest level of healing occurs
  - A. in the occipital lobe of the brain.
  - B. in the solar plexus.
  - C. on the spiritual level.
  - D. on the Sore Spot.
  - E. all of the above.
4. With EFT, the way to start in most cases is with
  - A. Kinesiology.
  - B. the Short Sequence.
  - C. tapping on the Gamut Spot.
  - D. Collarbone Breathing.
  - E. none of the above.
5. In EFT, the term “aspect” refers to an unresolved emotional pattern.
  - A. true
  - B. false
6. The purpose of using the SUD level is to
  - A. monitor one's progress with EFT.
  - B. estimate how many rounds of EFT will be needed to clear a blockage.
  - C. determine how many aspects of the problem need to be cleared.
  - D. measure the recipient's level of emotional intelligence.
  - E. all of the above
7. The term “apex problem” refers to
  - A. a feeling of dizziness around the top of the head.
  - B. low success rate associated with missing one or more points in the EFT tapping sequence.
  - C. experiencing a decrease in physical endurance.
  - D. a form of denial by the rational mind.
8. People who cannot verbally identify their emotions are unlikely to have success with EFT.
  - A. true
  - B. false
9. If an EFT recipient takes a deep breath during one of the EFT tapping sequences, this generally means
  - A. the recipient is losing confidence in the technique.
  - B. he or she is too tired to continue.
  - C. blocked energy is being released.
  - D. any of the above.
  - E. none of the above.

10. If there are several aspects related to an issue,

- A. probably the problem will only respond to the Complete Sequence
- B. the problem started in childhood
- C. the recipient will need to be tested for PR.
- D. all of the above
- E. none of the above

11. **The Gamut Spot is located on the outside of the hand between the little finger and the ring finger.**

- A. true
- B. false

12. **The purpose of the floor-to-ceiling eye roll is to**

- A. help the recipient to concentrate more easily.
- B. coordinate the functioning of the brain and the thymus gland.
- C. quickly complete the process when the intensity of an issue is low.
- D. increase eye coordination.
- E. all of the above

13. **If you miss a point or tap in the wrong place while using one of the tapping sequences, EFT is generally unsuccessful.**

- A. true
- B. false

14. **The Sore Spot is located**

- A. at the crown of the head.
- B. one inch above the elbow on the outer arm.
- C. a few inches out horizontally from the center of the chest below the collarbone.
- D. on the side of the hand midway between the wrist and the little finger.
- E. none of the above

15. **The reason for having a client repeat the affirmation aloud rather than silently is to be sure that he or she repeats it three times.**

- A. true
- B. false

16. **Using the Complete Sequence is recommended when**

- A. The short sequence is providing little or no results after doing several rounds
- B. The recipient is dealing with a long standing problem
- C. The issue is at an intensity of 8 or more
- D. All of the above
- E. None of the above

17. **If the short sequence is not working, an alternative is**

- A. the Holistic Process.
- B. the Complete Sequence.
- C. using kinesiology to test for PR.
- D. any of the above
- E. none of the above

18. **With EFT, the main purpose of using kinesiology is**

- A. to determine which point to tap on first.
- B. to find a more concise affirmation to use with the tapping sequences.
- C. to test for aspect integration.
- D. to determine if a problem is acute or chronic.

19. **Which of the following is not a valid suggestion for improving one's success with kinesiology?**

- A. being sure that the receiver is ready
- B. keeping the ego out of the way
- C. keeping one hand behind one's back while testing
- D. repeating the test if in doubt

**20. Which of the following techniques is a part of the Collarbone Breathing Exercise?**

- A. tapping on the Gamut Spot
- B. rubbing the Sore Spot
- C. tapping on the Karate Chop Spot
- D. all of the above
- E. none of the above

**21. The presence of energy toxins can interfere with the effectiveness of EFT, because toxicity can block any healing process.**

- A. true
- B. false

**22. What does the Holistic Process add to EFT?**

- A. awareness of the beliefs and judgments that are often hidden behind unresolved emotions.
- B. a way to address energy toxins.
- C. an enhancement of the Collarbone Breathing Exercise.
- D. all of the above

**23. Using the Getting Thru Techniques increases one's effectiveness with EFT by**

- A. helping one to learn to breathe properly.
- B. providing more emotions to tap for.
- C. determining which tapping points to use for specific emotional patterns.
- D. increasing awareness of what is happening in the unconscious mind.
- E. none of the above

**24. A subpersonality is a fragmented part of the soul.**

- A. true
- B. false

**25. How can the use of EFT and GTT help improve one's relationships?**

- A. If we can teach the techniques to our friends and families, they may change for the better.
- B. As we improve our relationships with ourselves, our relationships with others also improve.
- C. Tapping on general statements like "this difficult relationship" is usually amazingly effective.
- D. EFT is known to amplify the effects of co-dependence.

**26. One key to effectively resolving grief over the loss of a loved one is**

- A. finding ways to fill the needs that the loved one filled oneself
- B. finding another person to fill one's needs.
- C. Waiting at least three months to allow the grieving process to take its natural course.
- D. Talking to others who are grieving.

**27. In addition to using EFT, which of the following are important considerations for a stress reduction program?**

- A. changing one's responses to stressful circumstances
- B. finding ways to reduce outside pressures
- C. finding ways to relax
- D. all of the above
- E. none of the above

**28. From the writers' experience, problems with insomnia are often linked to**

- A. the use of laxatives.
- B. too much deep breathing.
- C. an overactive mind.
- D. an uncooperative attitude.



**29. According to Dr. John E. Sarno, MD, who has reported complete success in 80% to 90% of his patients with back pain, repressed emotions frequently show up as**

- A. feelings of coldness in the hands and feet.
- B. shallow breathing.
- C. physical pain.
- D. procrastination.

**30. With physical problems, chronic conditions may respond more quickly to EFT and GTT than acute conditions, because the associated message may be more immediate and easy to integrate.**

- A. true
- B. false

**31. Holistically, the true cure for addictive behavior is**

- A. recognizing that the addiction is largely caused by genetic predisposition.
- B. loving oneself.
- C. regular participation in a 12-step program.
- D. speaking openly about the problem.

**32. Traditional diets are generally effective over an extended period about 10% of the time.**

- A. true
- B. false

**33. When society teaches us that the road to success in sports, business, and other things we want to achieve is paved with hard work, what is missing?**

- A. looking for balance within oneself
- B. the fact that hard work alone may not be all that is needed
- C. an understanding that our ability to achieve is linked to our beliefs and judgments
- D. all of the above

## DVDS

**34. In the example where Jane did the short sequence with three women, what issue did they address?**

- A. food cravings
- B. fear of flying
- C. insomnia
- D. back pain

**35. In the problem that Kathy addressed with the Complete Sequence, she**

- A. felt complete relief from her headache.
- B. no longer felt a desire to smoke a cigarette.
- C. understood the issue with her son in a more detached way.
- D. was able to transform her fear of dogs into a feeling of peace and calm.

**36. On the videos, crossing your hands and feet for a moment before using kinesiology is recommended to improve brain functioning.**

- A. true
- B. false

**37. The example with the sugar showed how the power of one's intent can help to harmonize a substance with the body.**

- A. true
- B. false

**38. In the example of the Holistic Process with Sharon, Phillip left something out of the short sequence in the second round, but it worked anyhow. What did he leave out?**

- A. tapping on the collarbone point
- B. measuring the SUD Level
- C. the affirmation
- D. the Collarbone Breathing Exercise

**39. In the Holistic Process, Phillip asked Steve to focus on breathing energy into his knee to**

- A. relieve the pain.
- B. access the emotions that were connected with his problem.
- C. relax his mind.
- D. take his attention off his problem.

**40. In addition to helping to heal his injury, the Holistic Process helped Steve to**

- A. understand that he can have abundance regardless of how he feels physically.
- B. enjoy hiking without feeling that he had to make it a demonstration of his strength.
- C. find a new way to relate to his family under similar circumstances.
- D. relate to his colleagues at work more positively.

**41. With the Unification Process, Gloria traced her fear of speaking up to**

- A. her childhood.
- B. an abusive employer.
- C. a fight she had with her husband.
- D. a time when she had to make a speech in college.

**42. The Break Thru Process helped Carol to**

- A. release her fear of flying.
- B. let go of the things that were cluttering up her life.
- C. improve her ability to deal with difficult people.
- D. all of the above
- E. none of the above

**43. In the Break Thru Process, Carol used the violet flame to**

- A. clear her energy field before going into the future.
- B. release her reservations about succeeding.
- C. clear the path before her.
- D. remove the cord connected to her mother.

**44. The visualization of rising above a problem that is described in the Reframing Process helps one to**

- A. shift the focus to a related aspect of the problem.
- B. do EFT more effectively.
- C. view the situation from a higher perspective.
- D. focus more on the other people involved.

**45. The Reframing Process helped Rich to**

- A. find ways to stay awake at the theater.
- B. feel more positive about his spiritual progress
- C. gain more confidence about his appearance.
- D. redirect his attention to more productive pursuits.