

Transforming Trauma and Limiting Beliefs with EFT Tapping Course FAQs

Do I need to know Emotional Freedom Techniques (EFT) to take this course?

No. You'll receive a bonus: "Introduction to EFT," that teaches the basics, plus additional instructions woven into the course. This is also a great way to discover whether you want to pursue formal EFT training (which is recommended for those with no prior training).

Do I need to be certified in EFT?

No. While it will help if you've learned some EFT, certification is not required. This course is especially valuable for people who already know some EFT but tend to use it only for symptom reduction — and want to unlock its full potential for trauma resolution and belief change.

Do I need to know or be certified in trauma work?

No. You should be able to follow along with only minimal prior knowledge of trauma work. That said, the course is best suited for those who have at least some training in trauma but want to deepen their understanding and move toward becoming a master-level clinician.

Do I need to be a licensed mental health practitioner?

No. You do not need to be licensed. That said, the course is best suited for those who have at least some training, coaching, or counseling methods and want to deepen their understanding and move toward becoming a master-level practitioner.

Are you guaranteeing that I will become a master-level clinician by taking this course?

It's our deep intent that this course will take you further down the path toward mastery — no matter where you are starting from. What you get out of it will depend on where you are in your journey and how much you put into it. Many participants could take the course twice and learn as much (or even more) the second time. There's a ton in here — and the goal is to help shorten your path to mastery.

How is this different from other EFT trainings?

You won't just get theory or tapping scripts. You also are not going to get supervised instruction in how to do EFT like ACEP's levels-appropriate EFT Professional Skills trainings.

What you will get are Bob's Seven Meta-Skills framework for excellence in psychotherapy, trauma therapy and EFT as well as Essential Skills in Belief Change Work. You'll also get advanced training in EFT focusing on working with beliefs and traumatic events.

The core of this course are three unedited, real client sessions with Bob's moment-by-moment commentary, mapped to his proprietary 7 Meta-Skills framework. The focus is to teach you how to think like a master clinician — reading nervous system shifts in real time, targeting the exact aspects of a trauma that hold the charge, and transforming the beliefs they created. You'll also explore the spiritual and transpersonal dimensions of healing.

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How is the program delivered?

This course has a spiral design, meaning you will cover similar material as you progress, with the material becoming deeper and more subtle.

There are Fundamentals + 5 key learning modules that will be delivered weekly, but you can learn at your own pace.
Upon purchasing the course, you will receive instant access to Fundamentals, which includes three sub-modules.
Then you will receive each of the five key modules every seven days.

Also, throughout the course, there are reflection questions. It will be worth your time to reflect and put your answers in your interactive journal. The more involved you are with the material, the more you'll learn.

Does this training qualify for Continuing Education credit?

Yes. This online training provides 14 credits of CE for psychologists, counselors, social workers, marriage and family therapists, and 14 contact hours for nurses, available for a nominal fee.

What if I try it and it's not for me?

You're covered by a 30-day unconditional guarantee. If you're not satisfied, just let us know within 30 days of your purchase for a full refund.

Will I learn how to integrate this with my current approach?

Yes. You'll see how EFT and the Seven Meta Skills blend with modalities like EMDR, somatic experiencing, hypnosis, narrative therapy, ACT, and more.

What if I have another question not featured here?

We'd be happy to help. Please contact us at acepstaff@energypsych.org with any questions or concerns.