



## Energetic Tools for Transformation Level 1 (including EFT)

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### Summary

This highly experiential online course is suitable for all therapists and health practitioners as well as anyone who wants to take charge of their health and happiness. It will introduce you to the foundational aspects of proven energetic tools that create real and lasting transformation (including EFT, also known as Tapping).

You will learn and practice simple yet powerful techniques that allow you to shift disempowering emotional/energetic states, and work with a number of common personal challenges, including stress, pain relief, and self esteem.

You will walk away with a deeper understanding of the innate power of our body/mind/spirit system, and with practical energy shifting tools that you can use for yourself at any time, anywhere, as well as for family and friends.

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### Duration

**28 hours**

(14 contact hours and 14 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this course. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

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### Assessment

This subject is assessed via:

- One online quiz
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### Attendance

Live online attendance requirement – 80% minimum

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### Pre-requisites

Nil

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### Resources

You will need a computer to attend live Zoom classes, access course materials via the Student Portal, and present assignments. Your computer needs reliable internet access and have a Zoom app installed.

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### **Compulsory Textbooks**

- Nil

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### **Content**

- Energy Systems – Meridians, Chakras, Biofield
- Trauma
- Consciousness
- Issues during or after treatments
- Energy work
- Stimulation of points
- Energy Bio Psychology Origins
- Ingredients of energy work
- Core needs
- What moves energy
- Toxins
- Psychological, Emotional & Body states
- Pain

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### **Certificate of Completion**

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

\*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing [info@naturecare.com.au](mailto:info@naturecare.com.au)

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