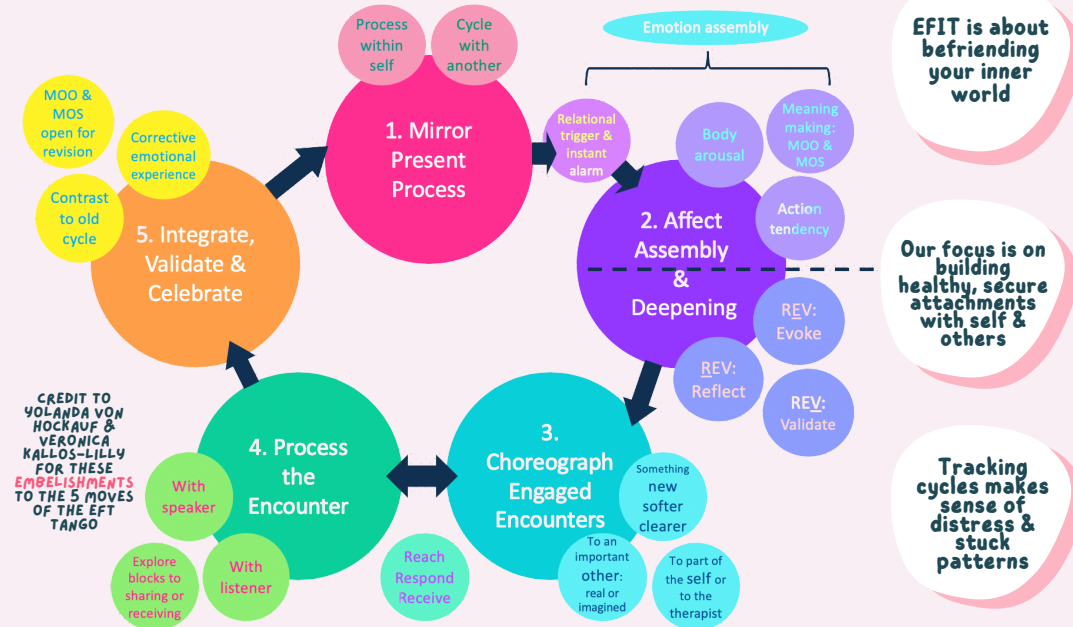


EFIT IN A PAGE - FOR THERAPISTS

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012

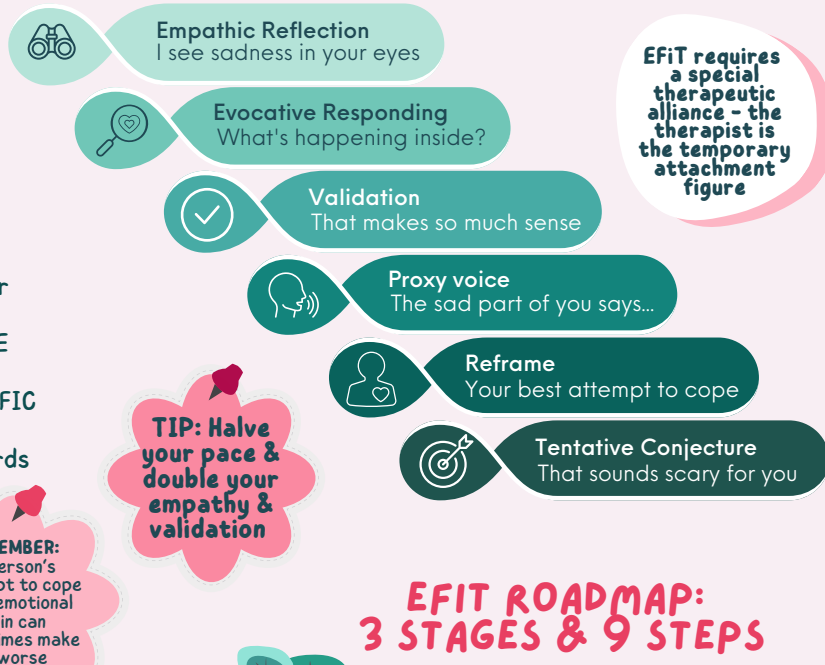


RISSSSC

Use RISSSSC to draw out softer emotions

- R** REPEAT key phrases
- I** Use IMAGES
- S** Keep vocal tone SOFT
- S** Go SLOW to go deeper
- S** Keep language SIMPLE
- S** Keep the focus SPECIFIC
- C** Use the CLIENT'S words

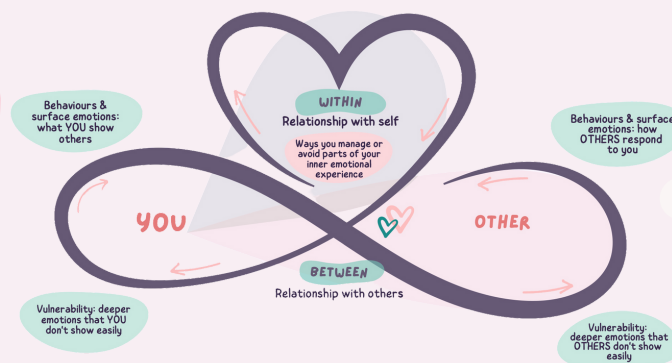
EFIT THERAPIST MICRO-INTERVENTIONS



WORKING WITH EMOTION IN EFIT



TRACKING CYCLES "WITHIN" & "BETWEEN"



EFIT ROADMAP: 3 STAGES & 9 STEPS

