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EFT Level 2 Comprehensive Training Resource

Ann Adams, Davidson Karin

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The EFT Level 2 Comprehensive Training Resource is a companion to the EFT Level 2 classes based on the Harmonized Curriculum for EFT training. EFT (Emotional Freedom Techniques) is an evidence-based self-help intervention used by millions of people worldwide. Clinical trials have shown it to be effective for a wide variety of conditions including pain, fibromyalgia, depression, anxiety, phobias, and PTSD. The authoritative EFT training program by EFT Universe leads to certification in Clinical EFT, and uses this Resource by EFT Master Ann Adams and Karin Davidson as one of the required readings.

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