

PROFESSIONAL DEVELOPMENT TRAINING  
WITH PROFESSOR PETA STAPLETON

# Clinical Emotional Freedom Techniques

3-Day Practitioner Training · Auckland

**Thursday 27 – Saturday 29 August 2026**  
AUT Manukau Campus · 9:00am – 4:30pm daily

## WHAT IS EFT TAPPING?

Clinical EFT (Emotional Freedom Techniques) Tapping is a research based, somatic and cognitive intervention that combines gentle finger tapping on acupressure points with focused attention on thoughts and emotions. Clinically shown to support stress, anxiety, trauma, and psychological wellbeing — it is increasingly used as an adjunct intervention by health professionals worldwide.

## ABOUT THE TRAINING

This 3-day foundational course integrates research-informed theory, live demonstrations, and supervised practice. Build real clinical confidence and practical skills to safely apply Clinical EFT with clients across stress, anxiety, trauma, and more.

## WHO IS IT FOR?

- Psychologists & Counsellors
- Psychotherapists & Coaches
- Healthcare Professionals
- Those integrating EFT into practice

## WHAT YOU WILL LEARN

- Core EFT principles & research base
- Stress, anxiety & trauma applications
- Application for pain & somatic symptoms
- Emotional eating & food-related issues
- Negative thoughts, schemas & core beliefs
- Applying EFT in group settings
- Goal setting & client outcome tools
- Practitioner self-care strategies



## YOUR PRESENTER: Professor Peta Stapleton

Registered Clinical Psychologist · Bond University, Australia · World-leading EFT researcher with 25+ clinical trials · 2024 Distinguished Contribution to Psychological Science Award (APS) · 2019 Psychologist of the Year (Australian Allied Health Awards).

## TRAINING INCLUDES

- Live teaching, demonstrations & supervised practice  
Training materials, handouts & pre-reading resources
- Certificate of Completion for professional development  
60 days' complimentary access to EFT HQ online platform

### EARLY BIRD

Until 1 June 2026

**AU\$997**

### FULL PRICE

From 2 June 2026

**AU\$1097**

### REGISTER NOW:

[evidencebasedeft.com/nz](https://evidencebasedeft.com/nz)

Morning tea & coffee provided

*Payment plans available*