



Workshops for Teams and Small Groups – Emotional Freedom Therapy (EFT) for Health Promotion

Share this intervention with your team or small group one of three ways:

- Level 1 – Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 – Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 – Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
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Level 1- Facilitating a short / micro learning session for your team (team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (https://rise.articulate.com/share/O7UZKKkFH_k-8NnL-XX_b2M4idqHFA72) and complete the activities to gain knowledge, experience and skill in EFT.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present short / micro small group session.
 - o **Suggested topic:** Identify the tapping points with demonstration, have participants return demonstration of the points.
- Share QR code for post-session feedback to participants.



Level 2 – Lead or participate in a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills in EFT and leading a workshop on the topic with provided evidence-based materials.

Instructions for leading a workshop:

- Review the module (https://rise.articulate.com/share/O7UZKkkFH_k-8NnL-XX_b2M4idqHFA72) and complete the activities to gain knowledge, experience and skill in EFT.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o Reference document
- Review the tapping point map
- Review workshop and print necessary materials/handouts.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on EFT.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max. (Not including prep time)

Pre-requisites: Education in EFT or participation in an EFT workshop.

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize the EFT for your team’s health promotion.
 - o Suggested topics: Applying EFT to multiple areas, Consistent EFT practice, EFT in the community (I.e. EFT or Tapping Circle).
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Instructions – Renew Your Mind: EFT / Tapping for Health Promotion

Session Description:

- This workshop is meant to encourage the acquisition of knowledge related to self-care interventions for the promotion of health using evidence-based resources and an informed facilitator.

Participants:

- Any healthcare worker

Session Materials:

Note - Facilitator will present on EFT / Tapping using either the provided PPT presentation or using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: EFT / Tapping PPT, with presenter notes (Clinical)
- Renew Your Mind: EFT / Tapping Participant Handout (Clinical)
- Renew Your Mind: EFT / Tapping PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: EFT / Tapping Participant Handout (Non-Clinical)

Session Outline:

1. **Introduction**
 - a. Present relevant content using full PPT presentation or a selection of slides
2. **Small group activity, participants will be split into small groups of 3-4.**
 - a. Create a safe environment to share stressors.
 - b. Small groups will be instructed to complete the SUD (Subjective Unit of Distress) scale, (Wolpe, 1969):
 - i. Review the terms of relaxation and highest distress, participants should identify where on the scale they typically fall.
 1. Relaxed- calm, pulse normal, no preoccupied thoughts
 2. Highest Distress- anxious, mind preoccupied



- ii. Discuss the following in small groups:
 1. Where can EFT be performed?
 2. Strategies or tips to encourage practicing EFT. For example, set a timer on your phone or select a time where you typically have a few moments of down time. What strategies can you use to encourage practicing EFT?
 - c. Facilitators will walk amongst the groups and participate as needed.
 - d. Groups will be asked to take notes on their conclusions and choose a group leader to share with the large group.
3. **Large group activity**
 - a. Each group leader will take turns presenting the conclusions from their group with the large group.
4. **Take home**
 - a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - b. Take-home points:
 - i. A method to link physical contact (tapping) with purposeful thought.
 - ii. Lightly tapping areas on your body is done to change nerve patterns.
 - iii. Acknowledging stressors while lightly tapping on specific areas of the body reduces stress and anxiety.
 - c. Share and summarize group findings.