

**Different Types of Groups Using EFT Tapping
Are on a CONTINUUM according to different features of
the group.**

**All are useful, however the main way they differ is the
amount of significant transformation they offer.**

INTRO ...	TAPPING CIRCLE ...	THEME ...	TRANSFORMATIONAL
1 time Therapeutic Presentation Workshop 1-3 hours	ongoing weekly/bi-weekly or monthly perhaps a topic for 1-2 hours each meeting	clear program over a set amt of time	Coaching or can be structured or not.

Criteria to Think About in Deciding What You Want to Facilitate

- Purpose of the Group – call to ACTION and FOLLOW UP
- Level of EFT/Group Facilitation Training required for leader
- Cost for participants
- Level of commitment of the participants
- Amount of Education versus Support versus Core Healing and Growth work included
 - Tapping handouts
- Number of participants
- Held via ‘in person’, virtual meetings, other formats
- Time, effort to create, market and run – level of availability
- Need for clear Contract spelling out features of the program
- Amount of Attention needed for Emotional Safety
 - Emotional Assistant
 - Informed Consent
 - Pre-screening

- Reframing
- Level of Responsibility for emotional safety of participants

- How Specific (Personal) to Participant issues (videos/demos (who to use for demos))

- Need for Liability Release (written/verbal)

- Appropriate Length of Time (in weeks/months)

- Ideas for specific structure, exercises, EFT activities (how to run it).

- Need for Pre and Post testing around RESULTS
 - Facilitator built evaluation
 - Validated Scales
 - Patient Stress Questionnaire (PSQ)
 - Perceived Stress Scale (PSS)

- Gathering Testimonials – written/audio/video

- For ongoing groups – open versus closed (evergreen)

- Appropriateness for Corporate versus Public use

- How to Market

- When is it time for a practitioner to offer any kind of an EFT oriented group?