

Emotional Freedom Techniques

featuring
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Schedule is subject to change.

Saturday, September 6, 2025

Sunday, September 7, 2025

8:30-9:00 a.m.	Registration	
9:00-10:15 a.m.	Welcome and Orientation EFT Tapping Why you need it - Where it came from - How to do it	Tap Your Way through Limiting Beliefs Group exercise and demo
10:15-10:30 a.m.	Break	
10:30 a.m.-12:00 p.m.	EFT and Stress What to use tapping for	EFT for Healing Tapping through depression, anxiety, fear, trauma, relationships, and cravings
12:00-2:00 p.m.	Lunch Break & Free Time	
2:00-3:30p.m.	Working with Resistance to Change	EFT for Physical Conditions EFT Gentle Techniques EFT with Others
3:30-3:45 p.m.	Break	
3:45 -5:30 p.m.	Getting Good Results	Takeaways Incorporate EFT into your daily life