

OPTIMAL EFT COURSE FOR PROFESSIONALS



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This course in Optimal EFT is designed for individuals seeking a spiritual dimension in their EFT practice. From the inception of (Gold Standard) EFT, Gary envisioned a future where EFT could be practiced without tapping. This vision has now culminated in Optimal EFT - a meditative approach to EFT that involves connecting with the Unseen Therapist.

She is your 'inner spiritual healer,' the ultimate healer who is always present. In Gary's words: "Once you learn how to engage her, you'll discover that she is far more powerful than medication, surgery, or other man-made attempts at healing. She represents a revolutionary approach to healing that invites you to leave behind your current beliefs and embark on a limitless journey."

If you want to develop your skills in Optimal EFT, start by reading The Unseen Therapist e-book (available for free download from the EFT self-study materials page) and by applying and practicing the principles explained in it on your own.

Optimal EFT is more powerful and efficient than Gold Standard EFT, but not everyone is ready for this spiritual approach to EFT. It requires a new way of thinking that some therapists and clients may find challenging to embrace. For this reason, we recommend first learning Gold Standard EFT and then transitioning to Optimal EFT. This allows you to alternate between the two approaches as needed.



Curriculum

For this course, a solid practical knowledge of (Gold Standard) EFT is essential, particularly regarding the application of EFT for trauma. Preparation includes reading the free Unseen Therapist e-book, which is mandatory.

The Optimal EFT course begins with an overview of Gary's development of this method and its underlying principles. The meditative nature of Optimal EFT and the use of the Unseen Therapist are thoroughly explained and practiced in each lesson. Attention is also given to the differences from and indications for using (Gold Standard) EFT. All course content is provided in the accompanying materials.

This course is primarily a spiritual journey. While you will have homework assignments to complete with fellow students and your own clients, there are no formal assessments.

Naturally, there is ample opportunity to address practical questions, and you are encouraged to practice as much as possible between sessions.

The course concludes with a certificate of participation.

CERTIFICATION



What Do We Certify?

Novet certifies Official EFT (a combination of both forms of EFT) through the Novet EFT Master Program.

Additionally, it is possible to obtain standalone certification in Gold Standard EFT. However, there is no separate certification for Optimal EFT - this is only included as part of the Master Program alongside Gold Standard EFT.

The title EFT Practitioner is not legally protected, and EFT as a practice is not (yet) reimbursed by insurance providers. Most professionals integrate this methodology into their primary practice, for which they are affiliated with a professional association.

Note: Certification does not grant the right to teach Gold Standard EFT or Optimal EFT. These teaching activities are exclusively reserved for centers designated by Gary Craig.

Partial Certification

Partial certification is available only for Gold Standard EFT, provided all certification requirements are met. The details of these requirements are outlined in the brochure for the Gold Standard EFT training program.

For Optimal EFT, participants receive a Certificate of Completion if they attend all sessions. You may miss a maximum of one session during the course to remain eligible for this certificate.



Master Certification

We issue a certificate signed by Gary Craig to EFT practitioners who have fully mastered both forms of Official EFT and have subsequently completed a personalized certification program with Novet over the course of approximately one year.

This tailored certification program is designed for practitioners who, as Gary himself puts it, aspire to belong to the "top echelon of healers." If you would like to discuss this opportunity, please contact us at info@noveteft.com.

Upon achieving full certification in Official EFT, and subject to demonstrated aptitude, you may have the opportunity to become a trainer at or for Novet. In this role, you can contribute to shaping parts of our educational program in collaboration with the organization.

CODE OF CONDUCT



Novet upholds a Ethical Code of Conduct. By choosing to participate in the program, you commit to adhering to this code.

You will receive the Novet Ethical Code of Conduct upon enrollment in the program.

PRACTICAL MATTERS



Costs of the Course

- The costs of the Optimal EFT training program are listed in the Calendar information on the website. Payment in three installments is available. Cancellations are free of charge within 14 calendar days of registration.
- A listing on the Novet EFT Practitioners webpage for a small annual fee, starting from the calendar year after the initial listing. This fee may be adjusted annually. If you already have a paid listing, no additional costs will apply.
- To qualify for this listing, you must be certified in Gold Standard EFT through Novet and have successfully completed the Optimal EFT program. Practitioners listed on the Novet website are eligible for discounts on selected workshops and continuing education activities.
- All course materials are included in the program fee. The copyright for the materials remains with Novet. The PDF becomes the property of the participant and serves as a reference for personal and professional use. Sharing (parts of) the course materials is only permitted with prior written consent from Novet's management.

Study Commitment

The study commitment for this program includes 28 contact hours. Additionally, it is essential to dedicate time -preferably every day- to meditation and practicing Optimal EFT with your clients. Realistically, you should expect to spend at least half a day to a full day per week actively honing your Optimal EFT skills.

Exemptions

If you have completed the Optimal EFT Course with Gary Craig, you may qualify for an exemption within the Novet EFT Master Certification Program in Official EFT.



Registering for Optimal EFT

The program dates are listed in the calendar on our website, where you can request a free consultation meeting via Zoom. Following this meeting, you will receive an intake form and an educational agreement to complete the enrollment process.

Once you return the completed intake form and signed contract, your registration is finalized, and you will receive the invoice. Your spot in the program is secured as soon as payment is received.

The intake form is strictly confidential and used solely by the trainer for preparation purposes.

Your name, contact details, and profession will be added to Novet's database. Additionally, your email address will be included in Novet's mailing list to keep you informed about EFT-related activities. If you prefer not to be added to the mailing list, you can indicate this on the intake form.

The general terms and conditions can be found on our website.



Who Might Not Be Immediately Suitable for the Program?

The Novet training programs are not automatically suitable for individuals with personality disorders, such as narcissistic, schizoid, histrionic, schizotypal, dissociative identity disorder, or borderline personality disorder. Additionally, individuals with schizophrenia or a history of psychotic episodes may only participate after prior consultation. This consultation may involve their healthcare provider and an introductory EFT session with the instructor.

The responsibility for deciding to participate in a Novet activity rests entirely with the participant and cannot be transferred to Novet or its trainers.

For all participants: if it becomes evident during the program that personal issues are too dominant and interfere with the learning process, the trainer may determine that continued participation is not advisable. This decision will be communicated in a personal conversation. In such cases, no refund of tuition fees already paid will be provided.