

## **Tap with Brad - Workshop Guidelines**

I'm really looking forward to spending time with everyone. And while I'm not big on rules, I have some guidelines that I think will help create the best experience for all involved. Please take a moment to read through this – and to make a commitment to yourself and the group to adhere to these.

Important Note: If you are not already familiar with tapping, please watch this [Intro to EFT](#), and tap along with at least one of my videos [here](#) or [here](#). If you are bringing someone with you, please (please *please*) make sure they have done the same. It will help us to make a better start if folks aren't surprised by what we're up to, and if I don't need to explain why we are tapping on our faces. ;)

So as to get the most from this event, please make time to go through the workbook prior to the event. At the very least, please make a list of three or more past events that still limit your success and/or emotional well-being, and rate them on a scale of 0-10 in terms of how much they still bug you.

Please be on time at the beginning of the workshop and coming back from breaks. I will try to give ample time for breaks, but I want to accomplish as much as possible in the time we have together.

Confidentiality... what happens in this room stays in this room. Thank you for committing to make this a safe place for folks to get things off their chests (and you yours). This is why I don't record these events.

**Please remember to turn your cell phone off or to vibrate – thank you.**

In terms of clothing, please dress comfortably – whatever that means for you. Some folks are very comfortable spending the whole day in a suit... me, I'll very likely be in jeans. It's also always a good idea to dress in layers, as there may be variables in temperature depending on the venue's A/C system.

Please be courteous and respectful of the group, and avoid distracting behavior. Please be as present and committed as possible. Please keep the conversation front-to-back... meaning, please avoid making side comments to the person next to you during the presentation. Your comment may be very valuable and/or funny, but please save it for a break, as your neighbor might miss something they wanted to hear.

There will be water available, and you are welcome to get some at any point, but it would be a good idea to bring a water bottle for your own convenience. I will not have coffee or food available, as I find those distracting – too easy to turn to that when emotional stuff is coming up. However, you are welcome to bring snacks (preferably something healthy...) if you feel you need it keep your energy up in between meal breaks.

I will have folks stand up and stretch every-so-often, but please pay attention to your own body. If you feel a need to move (or use the restroom...), you have permission to do so.

A note for those of you who may be EFT practitioners - I want to mention this so there is no confusion or unfounded expectations. In the past, some folks have missed the part on the [promo page](#) that says: "This is not a class on how to do EFT," and later asked why I didn't lecture on "advanced practices." I won't be teaching techniques – we will be *using* tapping to clear as many blocks as possible. However, it is my belief that the best way to improve your performance and be more successful as a practitioner – and in any area of your life – is to clear your stuff... and we all have stuff to clear. ;)

## Here's how it plays out...

There is one presiding agenda for this event: *to support you in becoming better and better at creating and living a life you love – primarily by clearing as much as possible of whatever is internally stopping you from doing so.*

Because I don't yet know what those blocks might be for you and others in this particular group, I can't set a specific agenda. The event is about the unique folks who show up, not a pre-formulated syllabus. Not that there isn't a place for those, too... but this isn't it.

During the workshop, I will ask folks what is coming up, and then work with those issues. It is my intention to work with as many people as possible during the event. I may at times bring someone to the front of the room to work. Once you have worked with me, I will ask that you not bring something else up until others have had a chance to do so. However, if no one else is speaking up, you may share again. When you share, please do your best to keep it concise and relevant, and avoid rambling stories – thank you. ;)

We will also likely do a guided imagery session (or two...). ☺

Please...

**ASK QUESTIONS.** There's an old saying that the only stupid question is the one you don't ask. This is your workshop, and it will be more effective if you are clear about what is going on. If you have issues or fears about asking, let's work on that... ☺

**BE HONEST.** I am not a mind reader, so I will need you to give me the information we need to reach your goals. And if something isn't working, let me know – do not ever say anything just to please me. I don't want you to tell me what you think I want to hear – I want you to achieve your goals.

**KEEP AN OPEN MIND.** The work we do may be new to you, and may seem “unconventional.” I use these tools because they work. Rest assured, though, that while I may challenge your beliefs, I will never compromise your ethics. Remember, even in hypnosis, I cannot make you say or do anything against your wishes.

**FOLLOW DIRECTIONS.** I will be working for you, and I will do the best I can, but I need your help. If I ask you to do something, there is a reason for it. And if I interrupt you while you are talking, don't be offended. I want to accomplish as much as possible in our time together, and that may require cutting a story short.

**VALUE OUR TIME.** The time we've scheduled is the time we have – please be here when it begins so we can use all of it.

**BE COMMITTED.** I am committed to your success – but I need you to be committed as well. I do not cure you – I help you access your natural ability to heal yourself and achieve your goals. We will accomplish as much in each session as we can, and I will teach you techniques you can use on your own. How quickly and effectively they work depends on the scope of your issue and your willingness to work on it. No prescribed drug will help if it just sits in the medicine cabinet – same goes for this work. Ultimately, you are responsible for what you accomplish in life. (Now *that's* freedom!)

**DISCLAIMER:** I am not licensed as either a psychotherapist or a physician. I am trained and certified in hypnotherapy and EFT, and have been in practice since 1997. I will refer you to a licensed professional should I feel it is appropriate, but, again, you must ultimately take responsibility for your own well being.

## **WAIVER**

In case you have not already seen this before, here it is again – you will be asked to sign this when you check in for the event.

Emotional Freedom Techniques® (EFT) is an experimental therapy which has yielded impressive results in treating physical and psychological issues. However, it is not meant to replace standard medical and/or mental health counseling. While there are theories about how or why EFT works, or why it doesn't work, there is no recognized scientific explanation. Because this work is experimental in nature, one cannot predict whether this technique will be helpful for a particular person with a particular problem.

While there have been no documented negative side effects from using EFT when the proper treatment protocols have been followed, this does NOT mean that you will not experience side effects. Should you experience heightened emotional and/or physical distress during the process, I will do what I can to provide assistance, but I can provide no assurance that this assistance will bring relief.

### **By attending this class, you are consenting to the following:**

I agree to take full responsibility for my own emotional and physical health and well-being throughout this workshop and thereafter. I agree NEVER to hold Brad Yates or Gary Craig, the founder of EFT, or anyone else associated with EFT liable for any side effects or results of the treatment.

I agree to respect the confidentiality of all participants in this workshop and to refrain from repeating or discussing personal details that may be shared as part of the EFT learning process.

I understand and agree that the major purpose of this program is for vocational and/or avocational self-improvement and that problems of psychogenic or functional origin are treated by psychological or medical referrals only (Business and Professional Code 2908). I understand that I am responsible for my own physical, mental and emotional well-being.

I also understand that there are no guarantees as to the results or progress to be made, only that Brad Yates, C.Ht. will, to the best of his ability, endeavor to help me accomplish the objectives of my sessions. I understand that I am responsible for the results I achieve in my life.

***Thank you for taking the time to go through this.  
Here's to an awesome time together!***