



**APPROVED
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS

IICT approved EFT Diplomas

At Emotional Freedom Solutions we believe that in order to reach your full potential as a Practitioner it is important to be the best version of yourself. There is proof that as you heal and grow, your intuition will also grow and clients will also hugely benefit as it allows them to open up.

This Diploma is designed to start with the very basic concepts and build on this with the various modules, so no pre requisites are required.

On this journey of 1 year, you will experience from our team of expert trainers, not just learning, but profound personal healing and self-awareness. You will also have a vast understanding of the mind, body soul connection. You will gain 4 recognised, individual, accredited certifications: EFT level 2, EFT Advanced (Level 3), Matrix Reimprinting Practitioner and Reiki level 1. This means you will be able to Practise and create your business whilst still learning all the modules that make up the diploma.

As an added bonus you will have the opportunity to learn how to connect in with and be attuned to your soul via a module facilitated by 'Frankly Shamanic' who have their own IICT recognised diploma. Information below.

Our Mission:

To give anyone seeking to learn EFT the best learning experiences along their journey and to feel fully supported. With the availability of Matrix Reimprinting allowing expedient personal growth and Practitioner results for clients.

Our Vision:

That every person on the planet has the opportunity to be the best version of themselves to be the best Practitioner through networking with other Trainers of the various modules with excellent track records.

Our Values:

Transparency, confidentiality, ongoing support, trust, understanding, loyalty, integrity.

Integrated EFT Practitioner Diploma



On completion of this approved Diploma, you will have personally been on a transformational healing journey, due to the nature of the modules. You will also have a deep understanding of human psychology and will feel confident and competent as an Integrated EFT Practitioner. Also, you will be able to help your clients healing transformation at a core level, with any issue they present with using the tools that you will be well practised in.

Caroline is very excited to be able to present this opportunity to you and support you on your journey of healing, learning and transformation on a personal and/or career path level.

Every module has interactive learning.

The teaching tools cater for various learning styles with a mix of theory, discussion, group and individual demonstrations, practice sessions and videos when appropriate,

A manual is supplied for EFT Level 1,2 and 3, Matrix Reimprinting Practitioner Foundation, Matrix Reimprinting for Specific Issues and Meta in the Matrix.

Your Trainer for Modules 1-5 in Australia

Caroline Dawson was a Registered Division 1 Nurse for 30 years. Her last work was as a District Nurse, she was also an OHS Representative for 5 of those years.

She was trained in EFT by Karl Dawson (her Brother) one of only 28 of the Gary Craig (Founder of EFT) Certified EFT Masters. He continues to be her Trainer and mentor.

Caroline became an EFT Trainer in 2009

She Trained in Matrix Reimprinting by Karl Dawson, the Founder, in 2009 and became a Trainer herself in 2010.

Caroline is currently an EFTMRA (Karl Dawsons' Academy) International Trainer and Trainer of Trainers for South East Asia.

She is also the Founder of: Matrix Past Life Reimprinting' - an approved course of EFTMRA.

She has attended many Meta Health Trainings over the past 13 years and certified to teach the introduction course by 2 authorities.

Caroline is a published author in 2 anthologies:

- The Hay House published, Matrix Reimprinting book- Transform Your Beliefs, Transform Your Life; Chapter 11- Recovering from abuse.
- Building Resilience- Overcoming Business Bullies: Chapter Why Do Bullies in Business Bully?
- Currently I am writing a book on aspects of past lives and healing them with Matrix Reimprinting.
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Guarantee:

We guarantee that after completing all the modules in these Diplomas, you will have the knowledge, expertise and experience to understand and help anyone with any issue they present with.

Only a very small percentage of EFT Practitioners in the World learn the tool of Meta Health. Matrix Reimprinting is where the magic and to have this in your toolbox will also propel you, along with the other support of the Diploma, to have the edge over most EFT Practitioners Worldwide.

Module 1

EFT (Emotional Freedom Techniques) or Tapping

Level 1 and 2 Approved Combined Live 3-day Training

(24 hours)

EFT Training Courses are open to everyone with no previous experience or background necessary. You can learn these amazing skills for self-help, for friends and family, to start a new career or can be combined with just about every other therapy.

Carolines' Trainer and Mentor is Karl Dawson, one of the original EFT Masters, Trained by the founder of EFT-Gary Craig. Karl is also her Brother.

Karl is also the founder of Matrix Reimprinting and EFTMRA (EFT and Matrix Reimprinting Academy) which has a very strong worldwide community with private Facebook groups for Practitioners to communicate with each other, to swap sessions as well as several specific interest groups.

This Module comes under the banner of EFTMRA, so once qualified, then you will also become a member of the Academy.

It also forms a part of the IICT approved Diploma which is independent of, but supported by Karl Dawson.

Where Did EFT Come From?

Emotional Freedom Techniques or EFT is a relatively new discovery based on ancient healing principals over 5,000 years ago, from the ancient Chinese Shaolin and Taoist monasteries.

The Eastern healing arts of acupuncture, acupressure, shiatsu massage and reflexology, amongst others, were derived from the energy maps established by these early healers.

The EFT process also draws important influence, especially for deep emotional and psychological issues, from the many people who have contributed over the ages to the understanding of human psychology.

More recently, this amazing therapy owes much to the work of Dr George Goodheart, the founder of Applied Kinesiology, and Dr Roger Callahan the founder of TFT Thought Field Therapy.

It was in the early '90s that one of Dr Callahan's former students, the Gary Craig simplified the complicated TFT algorithms and made the process universally applicable for all. After stimulating the body's well-established energy meridian points by tapping on them with ones fingertips, mental, emotional and physical issues successfully clear away emotional debris in the form of blocks in the energy meridians. Thus, EFT was born.

Overview of the EFT Technique

The following information provides an overview of the EFT technique to give you a sense of how this amazing therapy works. But bear in mind that by far the best instruction for this powerful technique is by attending one of my courses.

Good health involves approaching wellness from many different angles. Optimal health and ultimately spiritual growth can only be truly gained from a holistic (complete) approach.

The areas we need to address during this adventure we call 'Life.' are not limited to the Mind, body and spirit but also the subconscious, the bodies energy systems and our emotions both at mental and stored at a energetic level – EFT address all of these areas.

It is still often overlooked, but emotional health is absolutely essential to your physical health and healing. No matter how devoted you are to a proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

WHAT YOU WILL LEARN ON LEVEL 1

- Brief history of EFT
- Understanding the concepts of EFT and connections to existing therapies and healing modalities
- The discovery statement upon which EFT is based and the incredible implications this has in the healing process
- Understanding and experiencing the effects of energy system disruptions
- Psychological reversal – a new understanding of the reasons we don't heal and simple techniques to overcome this very common obstacle
- The 'basic recipe'. Learn the full EFT protocol, with demonstrations and experiential practice
- EFT shortcuts – learn ways to streamline this already quick and elegant therapy
- Techniques to greatly improve the effectiveness of EFT – including the importance of being specific, dealing with shifting aspects of memories and emotions, special points and being persistent
- Discover the wide range of physical and emotional issues for which EFT is effective and the few areas where EFT shouldn't be used
- Testing the effectiveness of treatments and how to handle situations that can arise
- Learn and experience other EFT techniques – including the 'tearless trauma technique', the 'movie technique', 'chasing the pain' and the 'personal peace procedure'
- The importance of energy toxins and how to eliminate their effects
- Understanding cognitive shifts – what verbal and physical signs to expect

- Lots of practice working with and experiencing the incredible results of EFT on your own issues
- Experience working with bothersome memories, phobias and addictive cravings
- What to do when EFT doesn't work.

WHAT YOU WILL LEARN ON LEVEL 2

- Principles from The Palace of Possibilities – understanding how our lives, the people with whom we have interacted and the situations we have found ourselves in the past, cloud and become the focus and filters through which we see and experience life now
- Using affirmations with EFT. Understanding the reasons why these potentially incredible methods of focusing our intention and creating our desired reality often fail to work. Also, how we can use EFT to remove these obstacles and create the future we desire
- Additional tapping points. Learn other meridian points that can be added to aid EFT treatments
- Ways to inject more gentleness into the EFT procedure – the 'gentle' techniques: the 'tearless trauma' technique, 'chasing the pain' and 'sneaking up on the problem'
- Ways to find core issues – questions and techniques to get to the core issues and root causes of physical and emotional problems
- Addressing physical issues – methods to get to the core issues and emotional reasons behind physical issues and disease
- Further methods for testing results – determining whether an issue has been completely collapsed and how to look for remaining aspects
- Working with EFT by telephone – including exploring the many benefits of using EFT over the telephone
- Delivering EFT in groups – looking at the application, uses and many advantages of group tapping
- Borrowing benefits – see and experience the many powerful positive side effects when using EFT in groups.

Qualification Process:

Attendance on the live 3-day training

A pass for the multiple-choice test

10 case studies

A minimum of 6 swap sessions with other students (To enhance personal healing and practice the EFT skills)

****Once these elements have been completed you will be a certified
EFT Level 2 Practitioner****

Module 2

Approved Matrix Reimprinting Foundation Practitioner Course

(16 hours)

What is Matrix Reimprinting?

A new EFT technique to change your relationship to your past and dramatically transform your physical and emotional health in the present.

In EFT it is recognized that to heal any condition we have to heal the mind and the body simultaneously and that most of the myriad of diseases that are part of our society all have their origins in life stresses, beliefs and traumas. These traumas can easily be resolved with EFT, and the results ultimately affect the physical body.

The Matrix Reimprinting technique has a number of specific characteristics that are not used in the traditional Movie Technique. With the Matrix Reimprinting technique, you can stop the movie at any point, and interact with the ECHO of your younger self in that memory. You can imagine stepping into the picture and tapping on your ECHO using the EFT protocol (whilst physically tapping on yourself in the present), and enter into a dialogue with them, eliciting information from that particular trauma. The ECHO you are interacting with has been holding onto the trauma for you, to keep you protected, so you can thank them for doing so. You can give your ECHO new tools or resources and allow them to express themselves differently in the situation. After the emotional intensity has resolved you can then imagine taking your ECHO to a safe and comfortable place of their choosing such as the beach or a sunny field, allowing them to experience new and positive emotions in the situation.

Now here's what's interesting about this: when you try to remember the original event, not only have you resolved all your emotional intensity around the issue, but you often have the new picture that you have created in your memory. These pictures affect your physiology and psychology on every level. By changing the memory in this way, you are interacting with what you hold in your field, which in turn affects your health and well-being in your current reality.

Some of the benefits of Matrix Reimprinting include;

- Very easy to use and gentle on clients
- Resolves traumatic memories often within minutes
- Quickly finds core issues, related trauma and beliefs
- Locates pre-conscious trauma (pre 6 years) often beyond clients awareness and conscious memory
- Allows client driven reframes and cognitive shifts thus preventing therapist projection
- Locates Psychological reversal, secondary gains etc
- Fills the EFT void, creates positive beliefs

- Works on dissociated clients with no SUDS levels
- Successful with non-visual clients or who have difficulty with imagination
- Allows forgiveness and wisdom to be gained from past events
- Sends a message to the body/cells/DNA the trauma is over
- Resources the client and rewrites the past
- Naturally utilises the law of attraction in a very powerful way

The results that I have seen with this technique are astounding beyond all measures, and these results are being replicated by the many practitioners who have trained in Matrix Reimprinting worldwide.

Karl Dawson, the Founder believes that we are standing on the precipice of a new healing paradigm by working in the matrix in this way. We are rapidly realising the true implications of the Matrix Reimprinting techniques and the effects that it could have on transforming humanity.

The Qualification Process

Attendance on the **live** 3-day EFT Level 1 and 2 combined Training

Attendance on the Live 2-day Matrix Reimprinting Foundation Practitioner Training

A pass for the Matrix Reimprinting multiple choice test

Watch a minimum of 16 pre-recorded videos on the Matrix Reimprinting website.

Completion of 10 case studies

A minimum of 6 swap sessions with other students

****Once you have completed the qualification process you will be a certified Matrix Reimprinting Practitioner****

Module 3

Matrix Reimprinting for Specific Issues

(16 hours)

This can be attended any time after the MR Foundation Course

Purpose of 2 days Specific Issues Training:

This course is an add on to the foundation course, in order to go into more depth and have a greater understanding of the nuances of these issues.

This includes:

- Allergies and Phobias
- Relationship issues
- Life Issues
- Serious Illness
- Grief and Bereavement
- Birth issues
- Habits and Addictions
- Chronic stress, anxiety and depression.
- Recovering from any kind of abuse

Qualification Process:

No further assessments are required after this addition MR Course

You will receive a certificate of attendance.

Module 4

EFT Level 3 Advanced Practitioner live training.

(16 hours live minimum 6-month gap after EFT Level 1 and 2)

This training is to achieve certification as an approved EFT Level 3 (Advanced) Practitioner

Level 3, unlike level 1 and 2 EFT, does not have a set content that training authorities are required to cover. The content is pertaining to the Trainers areas of expertise and what they feel would be most valuable for Practitioners.

Carelines area of expertise is Matrix Reimprinting and Meta Health, so there are topics of this cover that may not be in other course content.

It is also a stepping stone on a path to become an EFT Trainer.

Caroline is the EFTMRA Trainer for South East Asia and can help you on the journey.

What you will learn:

- Revision of Level 1 and 2 EFT
- The most accurate way of getting to core memories
- What to do if a memory doesn't appear when tuning in.
- Understanding the elements of trauma that lead to physical and psychological disease.
- How trauma and healing is part of our evolution.
- Understanding the Brain stem in relation to physical issues including digestion.
- Understanding human behaviour: Aggression, Autism, Flying
- Understand PTSD (Post Traumatic Stress Disorder) and how to help clients heal.
- What is a 'Guiding Star'
- Understanding the cause of chronic weight issues
- An introduction to the concept of Past Lives and how to adapt the Matrix Reimprinting Process
- Surrogate healing with EFT and Matrix Reimprinting.
- Understanding Issues arising from pregnancy and birth.
- How to help clients heal from in utero and birth issues.
- Using colour therapy in a Matrix Reimprinting session plus a document of the various meanings.
- How to heal ancestral patterns with EFT and colour therapy
- How to resolve energy cords or ties in the Matrix with EFT and colour therapy.

Qualification Process:

3 case studies using new concepts for each learned on the course.

You will receive a World recognised EFT Level 3 Certification

Module 5

'Meta in the Matrix'



10-week Introduction to Meta Health/Biocompass online course.

(10 x 2 hours)

Why is this course important for any Practitioner?

- This course has been designed in order to give you a broad spectrum of Meta Health/Biocompass. This is an addition to the very basics you would have learned on the EFT/MR Courses. This will help you be more confident as a Practitioner by understanding more about the issue they are presenting with.
- By totally focusing on this very profound tool, you will gain a deeper understanding of:
- Physical and psychological conditions?
- How are they caused?
- How to efficiently locate the relevant traumatic events that need healing to reverse the process.
- A deep understanding of certain human behaviour and how it is caused, by going deep into some of the more common ones such as Autism and Anorexia.
- To be able to understand valuable knowledge about where in a disease process you or your clients are?
- To understand how each brain layer, such as the brainstem is relevant to physical or psychological issues.
- Plus, much more.....
- A document for you to share with your clients with some post session Meta Health awareness.

You will receive a workbook

and PDF of the presentation.

There will be time allocated to ask Caroline questions related to the recorded sessions.

Qualification Process:

Completion of the workbook

There is no qualification in regards to this introduction module.

You will receive a Certificate of attendance

Module 6



Module: 10 x 3 Hours weekly meditation - face to face or live online

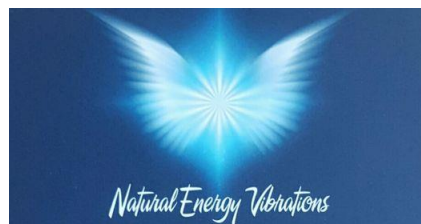
Caroline has found the journey of participating in these meditations and discussions to be, particularly profound and enlightening. for self-discovery at that soul level and an opportunity to recognise healing work that may not otherwise be discovered. One of the main goals and outcomes with this module is a heightened intuition, which will help you as a Practitioner

Qualification Process:

Journaling your experience after each meditation.

There will be a Certificate of attainment for the module you attend, which is a module of their full IICT approved Diploma.

Module 7



Reiki Level 1- 14 hours face to face

Reiki 1 Trainer, Nev Winkworth from 'Natural Energy Vibrations'. Approved Trainer with IICT

(If you are not able to attend his workshop, another expert Trainer will be sourced for you)

Reiki 1 is the first of the various levels of Reiki, a Japanese method of healing. This type of healing is administered by touching, primarily with the hands. Reiki 1 is considered the most important level for a beginner because it initiates him or her to Reiki energy for life.

Nev also has a profound gift to facilitate transformation, empowering students to access the infinite possibilities within themselves to create & align with a reality that serves them, releasing trauma & restoring balance. Along with his innate ability as a true conduit for healing energy & his finely tuned intuition Nev to holds a deeply sacred & safe space in which to release, heal & realign.

Qualification Process:

Active participation in the workshop

You will receive a Reiki Level 1 Certification

Additional Requirements for this Diploma

Reading: **'Neurocounselling' by Katina Gleeson**

Using modern counselling skills and Neuroplasticity to achieve life changing results

Reading: **'Matrix Reimprinting using EFT' (Hay House)**

by Karl Dawson and Sashia Allenby

The first Matrix Reimprinting book

Reading: **'Transform Your Beliefs, Transform Your Life' (Hay House)**

By Karl Dawson and Kate Marillat

The second Matrix Reimprinting book

Monthly Group mentoring sessions: (12 x 3 hours) face to face or live online

Discussion of case studies: 2 hours

Total Hours of the Diploma 224



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Integrated EFT Past Life Partitioner Diploma



This diploma consists of the 7 Modules for the Integrated EFT Practitioner with the addition of a live 2-day or 8 week live/online training of Matrix Past Life Reimprinting.

Module 8

Matrix Past Life Reimprinting

What you will learn:

- The journey of MPLR till now
- Carolines Matrix Past Life Reimprinting journey
- How to easily access relevant past lives.
- The 'Matrix Past Life Reimprinting'(MPLR) protocol
- Were we once animals?
- The signs and symptoms of past life influences.
- Other methods of accessing past lives
- How we can heal physical and psychological disease by accessing past lives.
- What are dreams telling us?
- The power of surrogate MPLR
- Working between lives (In spirit)
- Is a personality disorder or split personality a past life archetype?
- A powerful grounding technique

- Soul connections- The journey of Twin Flames
- Understanding entities
- Money and prosperity (Healing and manifestation)
- demos and practice

Qualification Process:

Attending all modules of the Integrated EFT Practitioner Diploma,

Attendance on the MPLR Workshop

You will receive a certificate of attendance.

Total Hours of Diploma 240

When qualifying for this Diploma, you will automatically also receive the Integrated EFT Practitioner Diploma. In other words, 2 IICT approved Diplomas.

Testimonials:

Wendy MacKay

(Student/Client/Colleague)

I highly recommend Caroline Dawson as a trainer, practitioner and expert in Emotional Freedom Techniques (EFT) also known as 'Tapping', Matrix Reimprinting (MR) and Meta Health modalities. I first attended her training in MR approximately seven years ago and have since attended many more. Caroline and I have become colleagues and friends over the years and have also attended related trainings together to continue our ongoing knowledge base. Caroline and I have collaborated with another colleague to create a retreat in Phuket Thailand in 2019 offering these modalities and more, which received glowing feedback from the retreat participants.

I have hosted Caroline's trainings numerous times and have observed her professional and approachable manner in interactions with course participants, giving each person individual attention, encouraging discussion and questions, and providing demonstrations and ensuring material and practice guidelines are adhered to. Caroline has a warm, down to earth demeanour which is immensely aligned with participants to create receptivity to learning and knowledge retention. I look forward to further trainings provided by Caroline and sharing of knowledge.

Wendy Mackay

Clinical Psychologist

B. Psych. (Hons), M. Clinical Psychology.

Prov: 4673825L

IICT Approved Diploma Integrated EFT Practitioner
and Integrated EFT Past Life Diploma

I have known Caroline for the past two years. I have worked alongside her as a facilitator, been a student and also a client.

I can say that from firsthand experience that Caroline is caring nature, always striving for the best outcomes for her students and clients. She is an expert in her fields of learning, ethical and very professional in her approach and this is visible first hand through her results and the level of competency in the practitioners who have graduated from her training.

I have no hesitation in recommending Caroline as a teacher and facilitator of healing.

Kind regards

Nev Winkworth

Natural Energy Vibrations

0413199344

Lauren Browne (Student/Client)

My name is Lauren I am 24 years old, and I did the matrix reimplanting course back in 2018. It changed my life in many ways and helped me deal with a lot emotional and mental baggage that I had and discover somethings that I never thought were problems and helped me heal those pieces of myself. Being taught by Caroline at a time when I was dealing with a lot and I was in a bad place emotionally and mentally and I had a lot of anxiety and I was not feeling secure in my life. Being able to do that course with Caroline was so life changing and comforting, and Caroline is so amazing and open and caring, and cares about everyone who participates in her classes. Being able to do those courses with Caroline as my teacher who understands people really well and shares some of her experiences in life, which helped her in her journey to doing what she does now, helping people in a safe and comfortable environment. Caroline is incredibly supportive and helpful and a lovely being and the things

Caroline taught me really encouraged me to view the world and people and my life in many completely different and amazing ways. Caroline not only gave me tools to heal myself when I need, but also see situations from different points of views and see bigger perspectives on things that happen to me and around me in the world. Caroline also helped me become so much more aware of myself and the world and showed me a deeper understanding of the kinds of different belief systems that people may create based on their experiences in the world.

What you will achieve from this Diploma:

- EFT Level 2 Certified Practitioner
- Matrix Reimprinting Certified Practitioner
- EFT Level 3 (Advanced) Certified Practitioner.
- **IICT approved:** Integrated EFT Practitioner Diploma and Integrated EFT Past Life Practitioner (if attending the additional Matrix Past Life Reimprinting Course module)
- Practitioner recognition with IICT and other authorities for EFT and Matrix Reimprinting Certification Modules.
- Trained by recognised experts in their fields of expertise.
- Full competency as a diverse EFT Practitioner.
- A heightened sense of intuition.
- Core transformational healing as you clear unconscious limiting believes and blocks along the journey.
- Potentially healing any physical or psychological issues

What does this Diploma packages include?

- All Modules as described.
- The 3 mandatory books as described.
- Registration on the Matrix Reimprinting Membership website for 1 year.
- All mentoring sessions – monthly group and 1:1 as described.
- Time with Caroline to discuss case studies (so no writing up required unless you wish to)
- ****15 minutes per week contact with Caroline for questions if required****
- Certificates for each Module (Practitioner or Attendance Certificates)
- Membership with EFTMRA (EFT and Matrix Reimprinting Academy)
- 20% discount for IICT Association Membership for your first year.

- Credits for any Modules completed already
Credits for Trainings with other Trainers or Training Authorities will be assessed individually on application

Integrated EFT Practitioner

Total hours of study: (Attendance on Modules, mentoring 1:1 and group, swap sessions, case studies discussion of case studies and reading)

224 hours

Integrated EFT Past Life Practitioner

Total Hours of study: 224 plus Module 8: Matrix Past Life Reimprinting Course

Additional 16 hours

'GUARANTEE' as described after full participation or your money back.

(In other words, no hidden extras plus a money back guarantee)

Participation Fees:

Diplomas total value Integrated EFT Practitioner: \$7,415

Integrated EFT Past Life Practitioner: Additional \$560

Special introductory offer: \$5,111 (+ \$560 for additional Integrated EFT Past life Diploma)

(Payment plan available over 12 months)

Pay in full: \$4888 (saving \$223) (+ \$560 for additional EFT Past Life Diploma)

*****Significant discounts available for partners or business partners*****

To apply for these diplomas, or to ask any questions please contact Caroline:

Mobile: 0410417053

Email: 1111transform@gmail.com

