

Tahoe Health Touch  
P.O. Box 13855  
South Lake Tahoe, CA 96151  
(530) 541-6565  
tahoehealthtouch@yahoo.com

## Preparing for Your EFT Phone Session

### Page 1- Open Letter

Dear Friend,

I am so glad that you are considering working with me to help you reach your goals. This PDF file has been put together to give you the necessary information to help you be ready for your EFT phone session.

It is understood that you are providing your informed consent by reading and/or printing out this entire packet entitled, “ Preparing for Your EFT Phone Session”

Page 1. Open Letter  
Page 2. EFT Consent & Cancellation Policy  
Page 3. EFT Tapping Points  
Page 4. Units of Disturbance Scale  
Page 5. The Day of Your Session

I will be contacting you by email to confirm your appointment

Blessings,

Rosemary Manning

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#### Page 2 - EFT Phone Session Consent & Cancellation Policy

This consent is intended to provide enough information for me to make an informed decision as to whether an EFT telephone consultation with Rosemary Manning will be helpful to me.

I understand that I will be participating in a telephone consultation, learning and using EFT with Rosemary Manning. I understand that EFT is an energy protocol, adapted from the practice of acupressure. Further, I will be learning specific acupoints that, when stimulated, can have a positive effect on my emotions and behavior. Further, I will be learning the "set-up"\* language that enhances the effectiveness of the tapping. I understand that I will be provided additional materials to prepare for my telephone session. I agree to review them and have them available for the telephone consultation. I understand that, while EFT has produced remarkable clinical results, it must still be considered experimental in nature and, to date, there is very little published research in established scientific journals investigating or documenting the results of this procedure.

I understand I am in total charge of my experience and I will immediately inform Rosemary should I become uncomfortable at any point during the session so that she may adjust the technique and EFT process. I am participating in this consultation to better appreciate my own unique process.

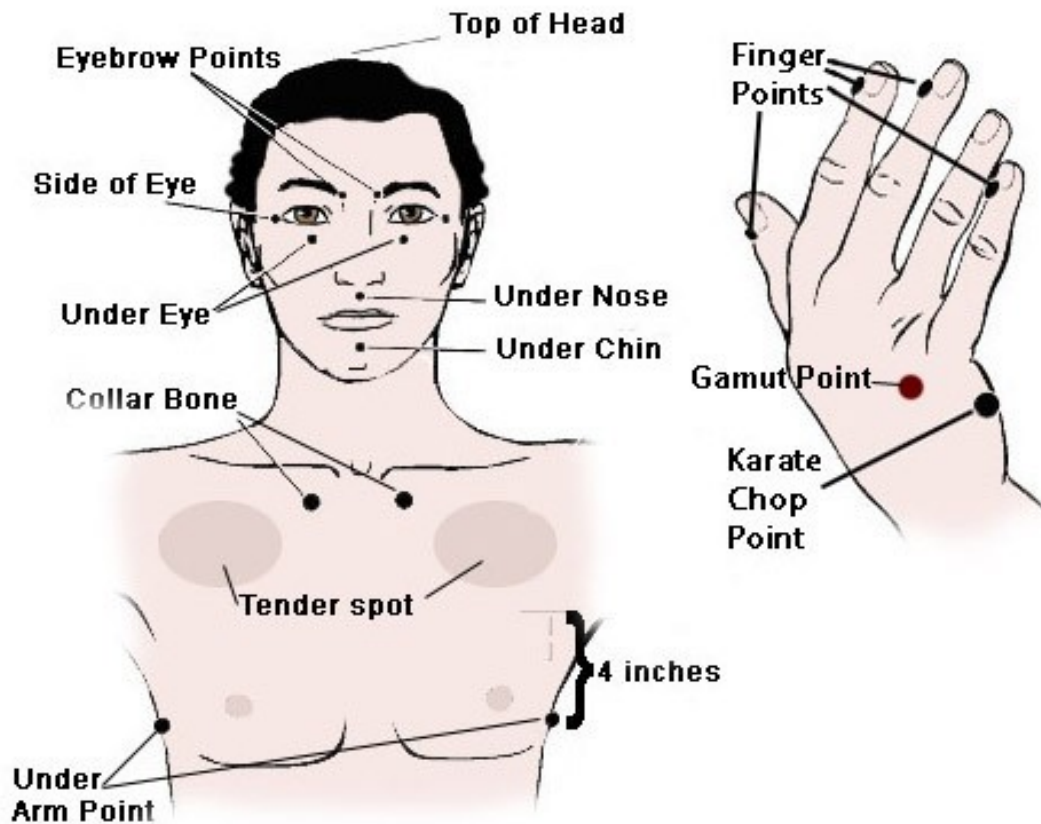
I understand and agree that no medical diagnosis, prognosis or treatment is expressed or implied by my participating in a telephone session, and that I am encouraged to discuss the use of EFT with my health care provider.

**Cancellation Policy:** You must provide 24 hours notice of a cancellation of your phone session either by phone or email to Rosemary. If you fail to provide 24 hours notice of your cancellation, you will be charged the entire amount of your session.

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Page 3 – Tapping Points



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### Page 4 - Units of Disturbance Scale

We use the Units of Disturbance Scale (SUDS) to assist us in gauging your elimination of unwanted behaviors and emotions in using EFT. The higher the number, the more intense the negative feeling you are experiencing. Our goal is to lower the number on the SUDS.

During our phone session, I will probably ask you, "what is the number?" It will be important to know where you are on this scale.

0 1 2 3 4 5 6 7 8 9 10

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### Page 5 - The Day of Your Session

Here are a few suggestions for you to get the most from your phone session:

3. Have the entire PDF file printed out so you can refer to it
4. Have a glass of water within reach – hydration of the body enhances the EFT process
5. Have tissues – this technique is not meant to be emotionally uncomfortable, but there are times when emotions do surface
6. Have your personal space as quiet as possible – try to limit outside distractions, such as TV, family members, or electronic devices
7. Have paper and pen available – the specialized EFT language that we create for you will be emailed to you, but you might want to take notes
8. You do not need to memorize the tapping points or the technique – this process is meant to be as stress-free as possible. You will probably discover that, as we work together on the phone, your ability to use the technique will come very naturally.
7. Be sitting in a comfortable place – we will be tapping on acupoints on the head, face, chest and hands.