

# How School Counselors Can Use the Emotional Freedom Technique

(Also known as Tapping)

**Bob Schmidt, LPC**

Licensed Professional Counselor  
Retired School Counselor



*“EFT/Tapping is an effective technique that I wish I had known about when I was working in the schools”*

**March 24 at 12:30**  
**Newtown High School**  
**Guidance Department**

## **EFT/Tapping . . . .**

- is a somatic (mind-body) technique
- is safe and easy to use in the school setting
- is approved by APA for treating stress and trauma
- has helped hundreds of children and adults in Newtown
- can be used in individual, group or classroom settings

