

TAPPING SUPPORT THAT WON'T DRIVE YOU THINSANE

If you want to take your tapping a step further, or fill a gap in your ability to tap through a particular problem, here are the best places to go.

Peta's registry (general tapping).

Peta has a list of tapping practitioners she has trained specifically in the tapping technique. As Peta is one of only two EFT master trainers in Australia, and the most experienced trainer there is in the areas of food, weight and body image, this is a great go-to for people living in Australia and looking to tap on a variety of issues. Visit www.petastapleton.com/eft-practitioners-in-australia.

Peta and my registry (tapping away thinsanity).

Peta and I developed a practice certificate for health professionals to learn tapping specifically for eating, movement, weight and body image challenges. We have a registry of people who have successfully completed our training. Visit www.glennmackintosh.com/health-professional-eft-tapping-practitioners for a list of health professionals trained to help you tap away thinsanity in all its forms.

EFT Universe (tapping worldwide).

For people outside of Australia, EFT Universe has a worldwide list of certified EFT practitioners. I prefer to opt for those who are also psychologists (my first preference) or qualified counselors or coaches (be sure to check their level of training, experience and qualifications in counseling/coaching and if you're unsure, it's always okay to ask any questions you may have). As always, if you are tapping on food, movement, weight or body image challenges, make sure you don't choose a practitioner who may increase your thinsanity levels. You don't want to develop a dieting mindset or harmful weight loss behaviours that will just create more cravings to tap away. Visit www.eftuniverse.com/certified-eft-practitioners to find a qualified EFT tapping practitioner near you.