

EFT International SYMPOSIUM 2026



EFT WITH CHILDREN AND YOUNG PEOPLE

Tapping into Growing Minds

Join us online Saturday 7 November 2026, 9am–4:25pm (UK), to explore how Emotional Freedom Techniques (EFT) can support the emotional wellbeing, self-regulation and resilience of children and young people.

Whether you are a teacher, therapist, counsellor, parent or healthcare professional, this event is designed to introduce age-appropriate tools and foundational concepts you can explore. This year's programme moves from the research evidence behind school-based tapping, through hands-on classroom and family strategies, to conversations about safeguarding and creative approaches such as music and Picture Tapping — with live EFT demonstrations throughout the day and a closing Q&A panel.

🇬🇧 **London, UK - 9am to 4:25pm**

🇺🇸 **New York, USA - 4am to 11:25am (GMT -5 hours)**

🇮🇳 **New Delhi, India - 2:30pm to 9:55pm (GMT +5.5 hours)**

🇦🇺 **Sydney, Australia - 8pm to 3:25am on Sunday 8th November (GMT +11 hours)**

A Selection of Key Topics That Will Be Covered:

- **The research evidence for school-based EFT tapping with children and teenagers** — Peta Stapleton, PhD, keynote
- **The key building blocks for developmentally informed EFT in schools** — Amy Gaesser, PhD, LMHC and Kathleen Weber, M.Ed
- **EFT with Teenagers & Schools** — George Brooks
- **Integrating EFT tapping into learning, play and music with children** — Cathy Pavlik
- **Taking EFT into schools: what works, what doesn't, and how to reach families** — Inger Madsen
- **Picture Tapping Technique** — Cathy Reiling & Philip Davis
- **Safeguarding: The key principles** - Jemma Simpson
- **Live interactive tapping demonstrations and a closing Q&A panel**

EFTi Members:

Early Bird £55 / Standard £90

Non-Members:

Early Bird £100 / Standard £120

Members, log in for your member discount.



THIS YEAR'S THEME



Keeping Children Safe

The idea of working with children can be exciting. It is easy to get enthusiastic about helping wonderful young beings in whom we might see potential, sadness, loss, joy and all sorts of other things. As adults we might guess at what is stopping children from thriving and want to help. However we might not always be seeing the full picture at first glance.

The first consideration when working with children must always be safety. In this symposium we will help attendees think about questions they should ask themselves to make sure that the concepts of safety

and safeguarding are critical elements at the heart of their work. People build skill and knowledge through training and experience, while being supported by others who have walked that path already. We think this is a vital process for anyone starting to work with children in order to keep the child and themselves safe.

Safeguarding and protecting children is everybody's business! Many of the speakers will touch on this theme and help us identify whom we can turn to if we uncover concerns around the child. We want delegates to go away thinking about their role within the child's network and how we can all promote general welfare and safety.

Finding the Adults

Each of our speakers has a wealth of experience working with children and young people in different settings. Sometimes working with the adults around the child is as important as any direct work you might do with the child themselves.

Our speakers will explore how to help the adults who care for children understand EFT. Safe adults act as a child's safety net, protective boundary, and steady support after an unpleasant experience. Working with a child's key adults is therefore essential, helping ensure that the work we do directly with children remains safely supported beyond our sessions.

At times, EFT work with children can be limited because the adults around them may be wary, unsure, sceptical, or too overwhelmed to consider something new. Our speakers will help attendees consider how to engage uncertain adults and systems, such as primary and secondary schools, so children have the best chance to flourish and regulate with Emotional Freedom Techniques or Tapping.



Releasing Creativity

For those of us who already know EFT well, we are aware it is a practice with an ever-growing evidence base, a clear structure and rhythm. Within that structure we find flexibility to use our trained intuition, creativity, and imagination. Of any group of people, children may be some of the most attuned to the themes of creativity and imagination.

As their young minds grow they experience the world anew year by year. As their brains and bodies develop, they are constantly exposed to new experiences and sensations, whether that is in their own

community, through travel or simply in the changing sensations of their rapidly developing bodies.

A child's imagination also has the capacity to help them heal and grow. When we help a child feel safe and free enough to use their imagination in tapping, we see the power they have to help themselves and astonish us is vast.



SCHEDULE - 7 NOVEMBER 2026

Time	Session	Speaker
8:50	Webinar opens	—
9:00 – 9:10	Welcome & Introduction	—
9:10 – 10:10	KEYNOTE — School-Based EFT Tapping: Findings from Primary and Secondary Trials	Peta Stapleton, PhD
10:10 – 10:20	Break	—
10:20 – 11:05	Session 1 — The Key Building Blocks for Developmentally Informed EFT in Schools	Kathleen Weber, M.Ed. & Amy Gaesser, PhD, LMHC
11:05 – 11:15	Guided Tapping Demonstration	—
11:15 – 11:25	Break	—
11:25 – 11:40	Safeguarding segment	—
11:40 – 12:25	Session 2 — EFT, Teenagers & Schools	George Brooks
12:25 – 13:10	Lunch	—
13:10 – 13:20	Guided Tapping Demonstration	—
13:20 – 14:05	Session 3 — The Tapping Game: Integrating EFT into Learning, Play and Conversations with Children	Cathy Pavlik
14:05 – 14:15	Break	—
14:15 – 14:45	Session 4 — Taking EFT into Schools: What Works, What Doesn't and How to Reach Families	Inger Madsen
14:45 – 14:55	Break	—
14:55 – 15:05	Guided Tapping Demonstration	—
15:05 – 15:50	Session 5 — Picture Tapping Technique	Cathy Reiling & Philip Davis
15:50 – 16:20	Panel Q&A	—
16:20 – 16:25	Closing Remarks	—



The CPD Standards Office

CPD PROVIDER: 51156
2026 - 2027

www.cpdstandards.com

This event is CPD accredited!

We're proud to announce that this event is accredited by CPD Standards. By attending, you will have a certificate and the opportunity to collect trackable CPD credits toward your yearly professional development requirements.



2026 EFT INTERNATIONAL ANNUAL SYMPOSIUM SPEAKERS AND THEIR PRESENTATIONS:

School-Based EFT Tapping: Findings from Primary and Secondary Trials (Australia)

Keynote — Peta Stapleton, PhD



Meet Dr. Peta Stapleton

Peta Stapleton, PhD, is a Clinical and Health Psychologist and Associate Professor in Psychology at Bond University, Queensland, Australia. Named Psychologist of the Year (2019, Australian Allied Health Awards), she is a world-leading EFT researcher whose work focuses on the 4th wave of psychological therapies addressing the mind and body.

About the presentation • 1 hour

What happens when a simple, brief self-regulation technique is brought into the school setting? This presentation explores findings from trials of Clinical Emotional Freedom Techniques (EFT) Tapping with students, examining its potential to support students' emotional wellbeing, reduce distress, and enhance their capacity to manage everyday challenges.

Drawing on findings from primary, secondary school and university contexts, the presentation will highlight key outcomes, similarities and differences across age groups, and what the research suggests about implementing Clinical EFT within schools. Attention will also be given to practical considerations involved in delivering a brief, accessible, school-based approach.

Participants will leave with an understanding of the current evidence for school-based EFT Tapping, insights into its potential benefits and limitations, and considerations for future research and practice.



Visit Peta online at PetaStapleton.com

EFTi Levels of Evidence

316 studies • 1999–2026



Comprehensive Evidence

61 studies



Substantial Evidence

94 studies



Exploratory Evidence

148 studies



Preliminary Evidence

38 studies



Theoretical Evidence

34 studies



The Key Building Blocks for Developmentally Informed EFT in Schools

Session 1 — Kathleen Weber, M.Ed. & Amy Gaesser, PhD, LMHC (USA)



Meet Kathleen Weber

Kathleen Weber is an Advanced Certified and Accredited EFT Practitioner passionate about supporting educators and bringing EFT into schools. She has created several professional development programmes based on her experience in education and is on a mission to make EFT accessible to every school community member.

 Visit Kathleen online at kathleenwebereft.com



Meet Dr. Amy Gaesser

Dr Amy Gaesser, PhD, LMHC, is an Associate Professor of Counselor Education at SUNY Brockport with over 25 years' experience in mental health, specialising in the use of EFT with children and adolescents, especially in school settings. Her research includes interventions to reduce anxiety and address trauma in young people.

About the presentation • 45 minutes

Blending psychological, somatic and neurological practices to support children in response to emotional struggle; understanding how child development safely guides the use of EFT with young people; hands-on, child-appropriate tools drawn from shared experience using EFT with children.

EFT Teenagers & Schools

Session 2 — George Brooks (UK)



Meet George Brooks

George Brooks is an Accredited EFT International Master Trainer, BACP Accredited Counsellor, Clinical Supervisor and CEO of Brooks Counselling Ltd, providing counselling, training and supervision in the education, health and public sectors since 1999. Since 2007 he has worked part-time as a teaching fellow at Manchester University, training counsellors and educational psychologists at Masters and Doctorate level. George co-created Trauma-Focused Tapping Therapy (TF-TT) with his colleague Christina Buxton.

About the presentation • 45 minutes

Drawing on 20+ years' experience using EFT with teenagers and in schools, George covers how EFT can support stress, anxiety, behaviour, emotional regulation, self-harm and trauma; why supporting school staff matters as much as supporting students; how to introduce EFT into schools and pitch its value to decision-makers; and overcoming your own fears and blocks when bringing EFT into schools, plus practical energy exercises.



Visit George at brookscounselling.co.uk



"As an Integrative psychotherapist using EFT in my practice, I have always been interested in what works best for people and this has influenced my work, in that I attempt to create a unique therapy with each client that utilises their strengths and can help them to achieve their goals."

EFT International — the world's longest-running EFT professional body, advancing standards since 1999.



The Tapping Game: Integrating EFT into Learning, Play and Conversations with Children

Session 3 — Cathy Pavlik (Canada)



Meet Cathy Pavlik

Cathy Pavlik is a music educator from Prince Edward Island, Canada. During her 20+ year career as an elementary school teacher and school leader, she experienced first-hand the impact of stress, anxiety and dysregulation within educational communities. Her graduate studies span Music Education, Voice Performance and Counselling Psychology, and she works with music students, private clients, and as a school counsellor.

About the presentation • ⌚ 45 minutes

Cathy shares three big ideas: EFT for teacher self-regulation and how this 'uplevels the field'; integrating EFT tapping into music and early childhood activities; and EFT tapping as a self-regulation and learning-readiness tool for children — exploring safety, self-efficacy and creativity as key benefits of tapping with children.

“As a seasoned educator, I also understand the stress of school for teachers, parents and students. I help clients create their personal peace plans so that they can feel more authentic and engaged in school, work and life.”

Book Online Today! Visit eftinternational.org or email eftisymposium2026@eftinternational.org for further details!

Taking EFT into Schools: What Works, What Doesn't and How to Reach Families

Session 4 — Inger Madsen (UK)



Meet Inger Madsen

Inger Madsen is an Advanced Accredited EFT Practitioner and energy psychology therapist based in the UK, specialising in family dynamics, adolescence and supporting parents and young people. She has worked with EFT since 2008, combining it with Internal Family Systems (IFS) and trauma-informed approaches. Inger is the founder of the 7 Pillars of Empowered Parenting, working with parents and teenagers in schools, private practice and online to help them understand themselves well enough to lead their families differently. With 20+ years' experience, she has supported hundreds of families through crisis, and created the Parent Like a Leader: Raise the Future course alongside hundreds of parent workshops delivered through schools. She is also a mother herself, and understands first-hand what it's like to react in ways you're not proud of.

About the presentation •  30 minutes

Drawing on her work taking EFT into schools, private practice and online, Inger shares what has worked and what hasn't when introducing EFT to parents, teenagers and school communities, and how to reach and engage families who might otherwise be wary, unsure, or simply too stretched to try something new.



Visit Inger online at ingermadsen.com

“

“Parenting is the hardest thing you will ever do. Unlike learning a language or climbing Everest, we're expected to do it with zero training.

The only training we have is the invisible hard-wired software from how we were raised – and that's not necessarily the parenting you want to model.”



Picture Tapping Technique

Session 5 — Cathy Reiling & Philip Davis (Seattle, USA & UK)



Meet Cathy Reiling

Cathy Reiling is an EFTI Master Trainer of Trainers (MTOT) and PTT Trainer and has over 40 years of experience supporting people through emotional hardship, beginning her work as a lay counselor. For the past 15 years, she has worked exclusively with EFT, valued for its rapid, reliable results, while also incorporating Picture Tapping Technique (PTT) and other complementary modalities. Cathy began studying PTT with its creator, Philip Davis, in 2017 and was appointed a PTT Trainer in 2021. She is dedicated to advancing practitioners' knowledge, skills, and confidence in their EFT practice.



Meet Cathy online at efttappingacademy.com



Meet Philip Davis

Philip Davis is a retired EFT Master Trainer and the creator of the Picture Tapping Technique (PTT). He worked for many years with his wife, Christine Sutton, running Phoenix EFT, offering EFT, PTT, Reiki, Reflexology and Hypnotherapy.

About the presentation • 45 minutes

This session introduces Picture Tapping Technique (PTT) — combining tapping with drawing, imagination and metaphor to give children a simple, creative and indirect way to explore difficult thoughts and feelings. The session covers PTT across different age groups, relevant art-therapy research, and real examples, and is intended as an introduction rather than a replacement for full PTT training.



SAFEGUARDING: A SHARED RESPONSIBILITY

Core safeguarding knowledge is essential when working with children and young people because safety must sit at the heart of every interaction. It helps practitioners recognise when something may not be right, respond appropriately to concerns, and understand the boundaries of their own role and responsibility. With a clear grasp of safeguarding principles, adults are better equipped to notice warning signs, ask thoughtful questions, follow the right procedures, and seek support from the appropriate people or services. This shared understanding helps create safer, more consistent environments where children and young people can be heard, protected, and supported to thrive.

INTERACTIVE TAPPING DEMOS & CLOSING PANEL

Guided Tapping Demonstrations (x3 during the day)

Three 10-minute guided tapping demonstrations run through the day (after the Keynote, after lunch, and mid-afternoon), giving attendees short, practical breaks to experience tapping for themselves and see how easily tapping can be incorporated into everyday life.

Closing Panel Q&A

A live panel discussion responding to attendee questions gathered throughout the day.



Lifetime Recording Access

Can't make it live, or want to watch again? Every ticket includes lifetime access to the full recording.



New to EFT tapping?

Experience this simple to learn, brief self-regulation technique for yourself as speakers guide you through it step by step.



Did you know? EFT is backed by a growing research base. EFT International's Research Database now holds over 300 published studies from 1999 to 2026, including systematic reviews, randomised controlled trials and real-world case studies. Explore the evidence at eftinternational.org/discover-eft-tapping/eft-science-research/



PRICING, CPD & BOOKING

Early Bird

Ticket type	Price
EFTi Member — Early Bird	£55
Non-Member — Early Bird	£100
Early bird deadline	11 October 2026

Standard

Ticket type	Price
EFTi Member — Standard	£90
Non-Member — Standard	£120
Partner organisation rate	£100



Book Online Today! Visit eftinternational.org or email eftisymposium2026@eftinternational.org for further details!

CPD-Qualifying Event

This Symposium has been submitted to the CPD Standards Office (CPDSO) for formal CPD accreditation and currently carries "CPD Accreditation in Progress" status. Final confirmation is expected ahead of the event — attendees will receive full CPD accreditation details alongside their certificate of attendance.



Disclaimer: For Educational Purposes Only

The content presented in this symposium is for educational purposes only. By engaging with these resources, you agree to take responsibility for your health and to seek support from qualified professionals if necessary. This information does not replace medical, psychological, or other professional advice, diagnosis, or treatment.

All insights, discussions, and opinions shared during the event are the views of the individual speakers and do not necessarily reflect those of the organisers or affiliated institutions. Following these recordings does not establish any professional-client relationship between attendees and presenters.

In addition, please be advised that any techniques, strategies, or exercises discussed should be implemented with discretion, personal caution and only used with others by those qualified to do so. Neither the organisers nor the presenters assume any liability for any injury, loss, or damages resulting from following any content provided.

All disputes are governed by English law.

By watching, you acknowledge and agree to these terms.

EFTi Members: Early Bird £55 / Standard £90 **Non-Members:** Early Bird £100 / Standard £120

Members, log in for your member discount.

