

### Table of Approaches and Techniques

<b>Approach</b>	<b>Technique</b>
Behavioral -	Six Logical Levels of Change EFT - Basic EFT – Advanced Talking with Parts Collapsing Anchors Circle of Excellence Changing LIKE to DISLIKE RAIN model
Connecting to Resources -	Anchoring a Goal in the Client’s Future Circle of Excellence Parts Party Six Logical Levels of Change
Clearing Triggers -	EFT - Basic EFT – Advanced ACE (Advanced Clearing Energetics) EFT - Tearless Trauma Technique Rotating in Space Technique Breaking Space Technique
Emotional balance -	EFT - Basic EFT – Advanced The NO FEAR model for coaches RAIN model Centering A – B – C Conscious breathing The Square Breath Technique 4-7-8 Breathing Technique
Narrative	EFT - Basic EFT – Advanced

<b>Approach</b>	<b>Technique</b>
Relationship -	Shifting between Perceptual Positions
Values	Reframing Values
Beliefs	ACE (Advanced Clearing Energetics) Replacing a Belief Talking with Parts
Embodiment	Body Whisper – Body Shout Centering A – B – C Conscious breathing The Square Breath Technique 4-7-8 Breathing Technique Body Scan
Self-care	RAIN model Six Logical Levels of Change The Medical Coaching Self-Care Matrix
Pain	Parts Integration EFT - Basic EFT – Advanced ACE (Advanced Clearing Energetics) EFT - Tearless Trauma Technique EFT pain (By Nick Ortner)