

EFT tapping workshops: mapped to professional standards

A one-page guide for commissioners, managers and wellbeing leads in social care.

MyTappyPlace workshops teach EFT tapping (Emotional Freedom Techniques) as a practical nervous system regulation tool for frontline teams. A regulated practitioner is better placed to hold different explanations in mind, recognise bias and stay relational with families under pressure. That makes regulation **part of practice quality as well as staff wellbeing**.

WORKSHOP OUTCOME	SOCIAL WORK ENGLAND STANDARDS	PCF DOMAIN	KSS (CHILD AND FAMILY)
Recognising personal stress responses and triggers in practice	4.2 Use supervision and feedback to critically reflect 4.8 Reflect on my own values	Professionalism	Identify where personal triggers are affecting the quality of analysis or help
Clearer decision-making and risk assessment under pressure	3.5 Hold different explanations in mind 3.7 Recognise bias in decision making	Critical reflection and analysis	Test multiple hypotheses about what is happening in families and to children
Staying relational in difficult conversations with families	2.4 Practise with empathy, perseverance and authority 2.5 Actively listen to build relationships	Skills and interventions	Build effective relationships; act respectfully when people are angry, hostile or resistant
Preparing for high-stakes moments, such as court and conferences	3.1 Use professional authority and judgement appropriately	Professionalism	Be both authoritative and empathic
Building a team culture of regulation and co-regulation	4.5 Contribute to an open learning culture 6.2 Reflect on my working environment	Contexts and organisations	Identify strategies to build professional resilience and management of self
Recording learning through the CPD reflection template	4.6 Reflect on learning and its impact 4.7 Record learning and reflection	Critical reflection and analysis	Reflect on the emotional experience of working relationships

BASW Code of Ethics

The Code names professional integrity as a core value. It expects employers to provide appropriate professional supervision and encourages social workers to seek improvements to their working conditions. Practical regulation tools sit alongside good supervision as part of the support that makes ethical practice sustainable.

What every workshop includes

- Hands-on EFT tapping practice on real work-related stressors, delivered by a qualified social worker
- A CPD reflection template mapped to Social Work England standards
- Aftercare: five EFT sessions tailored to your team, plus time-limited access to the full MyTappyPlace app

From a 90-minute taster to a full-day programme, with bespoke and fostering and permanence options.

Packages from £450.

Sources: Social Work England, Professional standards (socialworkengland.org.uk) · BASW, Professional Capabilities Framework and Code of Ethics (basw.co.uk) · Department for Education, Knowledge and skills statement for child and family practitioners (gov.uk)