



# The Tapping Solution FOUNDATION

**Tapping Into Resiliency for You and Your Patients**  
**2015 PENS Conference Savannah, GA**  
**Lori Leyden, PhD**

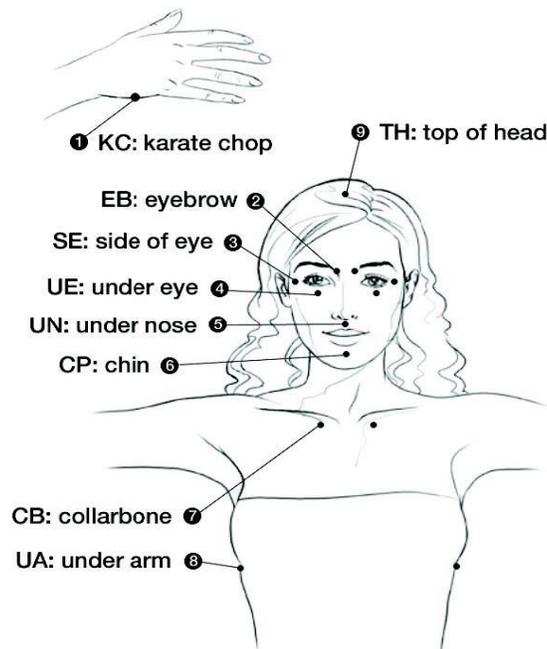
## Objectives:

- List the acupuncture points used for tapping to relieve stress and pain.
- Practice the formulation of reminder phrases.
- Practice the art of tapping on acupuncture points.

**1. What is EFT/Tapping:** Simple, rapid and effective approach to relieving stress, pain and other emotional and physical issues. Based on Chinese Acupressure and cognitive restructuring/positive psychology. Backed by 20 years of research indicating that acupoint stimulation deactivates sympathetic nervous system and decreases activity in the amygdala which regulates emotions and physical pain. Approved by the APA as an effective treatment for PTSD.

## 2. EFT/Tapping Protocol

- Choose your Most Pressing Issue (MPI)**
- Rate MPI with Subjective Units of Distress (SUDs: 0-10)**
- Develop a Set-Up Statement – Name the issue and balance with positive self-acceptance statement.** Repeat 3 times on the Karate Chop
- Choose a Reminder Phrase –** A few words that describe your pain/stress.
- Tap through the 8 points** using the reminder phrase.
- Check-In –** Close your eyes, take a deep breath, notice what you notice
- Keep Tapping –** Use what you notice and keep tapping until your distress comes down to at least 0-2.



3. **Variations on the basic setup statement** that you can use and change to fit your experience/your patient's experience:
  - a. Even though I <describe your issue>, I completely love and accept myself.
  - b. Even though I <describe your issue>, I accept the situation.
  - c. Even though I <describe your issue>, that's where I'm at right now.
  - d. Even though I <describe your issue>, I choose peace and healing.
  
4. **Trauma occurs when there is:**
  - a. **Something extremely unexpected** (diagnosis)
  - b. **A real or perceived threat to our sense of survival**
  - c. **A sense of Isolation** (feeling alone, no one there to help)
  - d. **A sense of powerlessness** (trapped, no resources to escape)
  
5. **The Tapping Tree:** This is an excellent visual representation that shows how your issue might be connected to an emotion, event, or belief—how the “leaf” relates to the “branch,” “trunk,” or “roots.” These connections and insights are vital to get the best pain or stress relief results with Tapping. **To begin, draw a tapping tree or print out a blank copy here:**  
[www.tappingsolution.com/tree](http://www.tappingsolution.com/tree).
  - a. **Leaves: Symptoms and Side Effects.** Where do you currently feel pain? What have you been diagnosed with? Fill in all these visible, tangible issues as the leaves. For example, you might write in symptoms such as “low back pain” and “degenerative spinal condition.” You can also write other side effects of the pain, such as “low energy” “can't work” and so forth.
  
  - b. **The Branches: Emotions.** What emotions do you feel on a regular basis? When you feel pain, what emotions do you feel? Think back over the last day and write in any of the negative emotions you have experienced.
  
  - c. **The Trunk: Events.** What are the events, both current and past, that are still alive for you? What events have been sources of stress in the past week? The past year? The past decade? Your childhood? Just note the ones that seem most obvious and important.
  
  - d. **The Roots: Limiting Beliefs.** What beliefs do you have about your pain? About your body? About living a pain-free life? About your health? About your ability to heal? Don't worry if you struggle coming up with these now, because they often require deeper exploration. Remember, until we recognize them as such, limiting beliefs simply feel like the truth. Some good questions to ask yourself to start bring up some of those beliefs are:
    - i. What do I believe to be true about my stress?
    - ii. What do I believe to be true about myself?
    - iii. What do I believe about the circumstances I find myself in?
    - iv. What do I believe to be true about my future?
  
  - e. **When you're done,** step back and take a look at your tree. This is a brief summary of your current challenges around pain or whatever issue you are working on for yourself or those you serve. You'll likely discover other issues as you begin tapping. You may even discover seemingly unrelated issues that may be impacting your pain/stress.

***The best way you can help others heal is to focus on your own healing first so you can be fully present to those you love and serve.***

## Resources and References

### Websites:

[www.TappingSolutionFoundation.org](http://www.TappingSolutionFoundation.org)

[www.TheTappingSolution.com](http://www.TheTappingSolution.com)

### Books:

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