

Integrating Emotional Freedom Techniques (EFT) Into Your Practice

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What is EFT a.k.a. "Tapping"?

- Simple, rapid, and effective approach to relieving stress and anxiety as well as other emotional and physical difficulties.
- Based on a synthesis of Chinese acupressure and cognitive restructuring.
- Takes the "charge" out of memories, emotions, and physical symptoms.
- Gentle and easy to learn and to self-apply.
- Does not require a specific background although more complex cases of emotional and/or physical distress should be referred to licensed mental health and/or medical practitioners who may or may not be EFT practitioners.

Origins of EFT

- Dr. Roger Callahan, a psychologist, combined elements of quantum theory, kinesiology, and acupressure to assist patients with phobias and traumatic stress disorders.
- Dr. Callahan used a system of different combinations of tapping points for different issues and called it Thought Field Therapy (TFT).
- Gary Craig, a Stanford University engineer who studied with Dr. Callahan, extended the work and devised a system of all-purpose tapping points which was easier to learn and called it Emotional Freedom Techniques (EFT).
- Gary Craig made the basic technique freely available to all.

How does EFT/Tapping work?

<http://www.youtube.com/watch?v=9JTNHHTxG40>

- Stress begins in the amygdala, in the limbic system of the midbrain where emotions and long-term memories are encoded.
- The amygdala is the stress alarm of the body; it triggers the fight-or-flight response when it perceives we are in danger or that a threat is present.
- Tapping on the body's energy circuits, or meridians, sends a calming signal to the amygdala, counteracting the stress of an anxiety-provoking event.
- Tapping resets the hippocampus, the part of the brain which compares past threats with present signals and tells the amygdala whether or not a threat is actually present.

When to use EFT/Tapping

- Stress, Anxiety, Panic Attacks
- Fears and Phobias
- Trauma
- Anger
- Insomnia
- Grief and Loss
- Enhancing Self-Esteem
- Peak Performance
- Pain and Symptom Management
- Addictive Cravings

EFT Research & Trauma

- 4 Attributes of Trauma:
 - Unexpected
 - Threatening a real or perceived sense of survival
 - Isolating (there was no one there to help me; on my own)
 - Powerlessness with no obvious solution
- Acupoint Stimulation in Treating Psychological Disorders Evidence of Efficacy, David Feinstein, Ph.D.**
- *Unless the freeze response is released from the amygdala in the brain, the devastating physical and emotional effects of trauma will be self-perpetuating. To heal trauma we must extinguish post-traumatic procedural memory cues. and you can't do that with words alone.*
Dr. Robert Scaer, author of *The Body Bears the Burden*.

EFT Research & Trauma cont'd

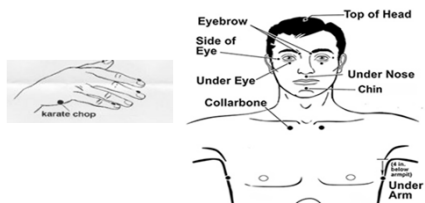
- Based on my clinical experience and reading of the research literature, EFT is the treatment of choice for rapid intervention in traumatic situations like Newtown, that trigger overwhelming emotions in individuals and groups. It's use can prevent the future development of full-blown PTSD by empowering people to develop control over their own nervous systems.

**Eric Leskowitz, MD, Department of Psychiatry,
Harvard Medical School**

Newtown Trauma Relief & Resiliency Project

- Inspired by Newtown resident Nick Ortner, author of *The Tapping Solution* (Hay House, 2013).
- Headed by Dr. Lori Leyden, founder of Create Global Healing and Project LIGHT, a foundation benefiting orphan genocide survivors in Rwanda.
- The NTRRP is a new model for humanitarian aid for trauma care which includes long-term intervention, community-based trained practitioners, and multi-tiered support for both clinical intervention and self-care using EFT/Tapping.

The Tapping Points



Basic EFT for Stress

- How intense is your stress? Rate it on a scale of 0 to 10.
- Do the EFT Setup: Tap on the Karate Chop point (outside edge of hand) and repeat the following three times: "Even though I have this stress, I deeply and completely accept myself."
- Tap 7 to 10 times on each of the meridian points beginning with the Eyebrow point and ending with the Top of the Head point while repeating the reminder phrase: "This stress . . ."
- Stop and take a breath. Notice the effects of the tapping and reassess the intensity level of the stress on a scale of 0 to 10.
- Refocus on the issue and repeat the process, changing the setup phrase to: "Even though I still have some of this stress, I deeply and completely accept myself anyway." Then use the reminder phrase, "This remaining stress . . ." as you tap on the meridian points again.

Demonstration and Practice

- Identify a source of job-related stress.
- Rate the intensity of the stress.
- Group demonstration and practice.
- Individual demonstration and practice.
- Q & A about demonstration and practice.

Foundation Video: <http://www.tappingsolutionfoundation.org>
 Project LIGHT From Rwanda to Newtown: <https://youtu.be/rY09U270o0U>

Using EFT in Your Practice

- What might the challenges and benefits be?
- Tapping for Calming and Containing
- Tapping for Pain
- Using EFT for children and their parents
- Using EFT for trauma

References and Resources: Books

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