EFT (Tapping)

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Agenda

What is EFT?

Philosophy of EFT

Evidence of EFT

Why use EFT?

Tapping POINTS

How to use EFT as a self-help tool?

EFT???

- Did someone say the earth is round ?

What is EFT?

Emotional Freedom Technique, EFT also known as tapping is a powerful holistic healing technique that resolves a range of issues. It's based on the combined principles of ancient Chinese acupuncture and modern psychology

The Philosophy Behind Tapping

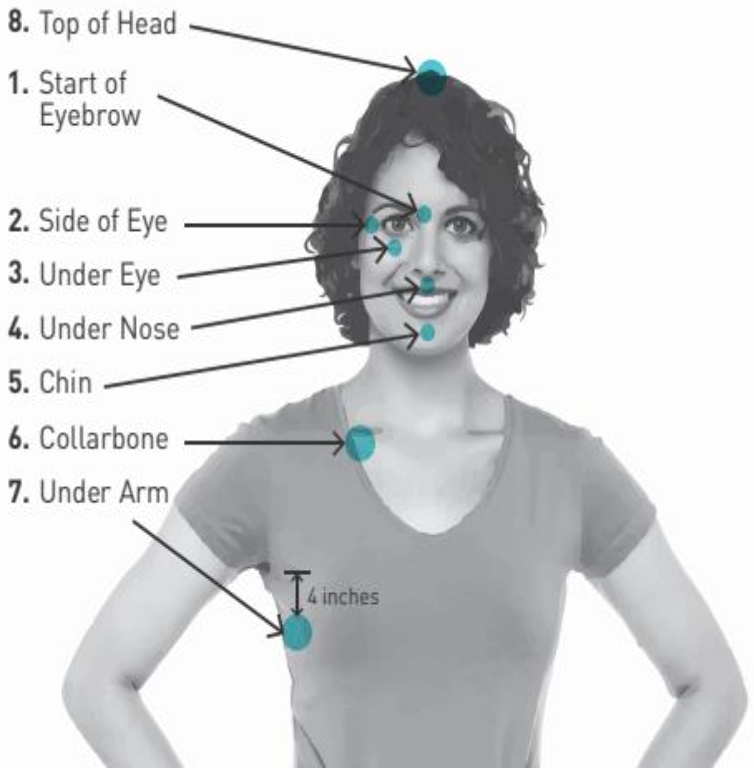
- Disciplines such as yoga, massage, tai chi, and acupuncture rely on a body-mind connection, and evidence shows that these interventions can relieve stress, depression, anxiety, and other psychological disorders. EFT tapping falls into the category of mind-body-centered therapies.

EVIDENCE FOR EFT

- Emotional Freedom Techniques (EFT) Tapping is a simple process, proven in over 100 clinical trials. These show that EFT reduces stress, anxiety, depression and pain.
- Neuroscience studies demonstrate that EFT rapidly calms the brain's emotional centers, and takes your body out of fight-flight mode.
- eftuniverse.com

Tapping points

Figure 1A (above): *Tapping point on side of hand*



5 basic steps on how is EFT done?

1. First recognize what you wish to change and rate your distress/discomfort about this area of your life on a scale of 0 to 10.
2. Next you capture the problem in a setup statement which you state while tapping on the side-of-the-hand point.
3. Next tap through all eight EFT points on the face and upper body while saying a short reminder phrase to keep your mind engaged.
4. Tapping on the eight points is called a round in EFT.
5. Take a breath and re-rate your distress between 0 and 10 on the SUD scale. Remember this can be a subjective, intuitive guess. It is better to use the first number that comes into your mind
6. Keep tapping through additional rounds (using the face and upper body points) until the SUD rating is quite low.

Examples of Set up Phrases

- Even though I … , I accept I have this problem.
- Even though I … , I am taking charge right now.
- Even though I … , I choose to love, honor and accept myself.
- Even though I … , right here right now, I am safe
- Even though I feel my mother never loved me, I choose to love myself anyway.
- Even though I feel deprived when I don't have chocolate, I choose to be fit and healthy
- Even though I'm nervous about giving that talk on Tuesday, I choose to be calm and confident."

SO WHY DO WE STATE THE NEGATIVE?

- Tapping doesn't affirm or implant a problem
- The process allows one to state the truth of what is happening for him or her and acknowledge it.
- We are actually engaging stress center and the emotions in the brain and body with this technique.
- It is the tapping process that calms the physiological response from the body. Once this is released, cognitive shifts (or reframes) may surface naturally.

Does EFT work in a group setting?

- YES.
- Remember the subconscious mind is always "online" and ready to be triggered instantly for the purpose of protecting us.
- Within a tapping group everyone comes with their own emotional challenges
- Very often many, if not all of the members in the group, receive what we call Borrowing Benefits.
- Borrowing benefits simply means that watching someone else do EFT on their own issues, while tapping along with them can help you reduce the emotional intensity of your own issues.
- https://yourstrongestlife.com/

Video clip of tapping with a client

SUMMARY

EFT is the Ultimate Stress relieving tool

It may look different

It is unusually rapid

It can be done anywhere

It is a great self-help too

It is non-invasive

Thank you

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