Intro - Emotional Freedom Technique

EFT is a tapping procedure which stimulates acupressure points on the face and body which can unblock and eliminate emotional issues at their source

- This release allows the body and mind to continue the natural healing cycle
- EFT is safe, a primary self-help technique and non-invasive
- The results can be a sense of emotional relief, awareness leading to better choices and responses to triggers and feeling free to move forward

EFT has been called a stress reduction technique that allows a person to process and change how painful memories and events from the past are experienced. This includes t/Trauma. EFT is able to relax the sensation of being triggered – the fight or flight response, bringing calmness to the mind and body. The usual response individuals notice with consistent use of EFT over time is inner peace and a stronger sense of general well-being.

EFT has been described as a gentle exposure therapy method. The talking in EFT exposes issues, feelings, events, memories and even physical discomfort while the tapping allows the body and mind to stay calm in the process.

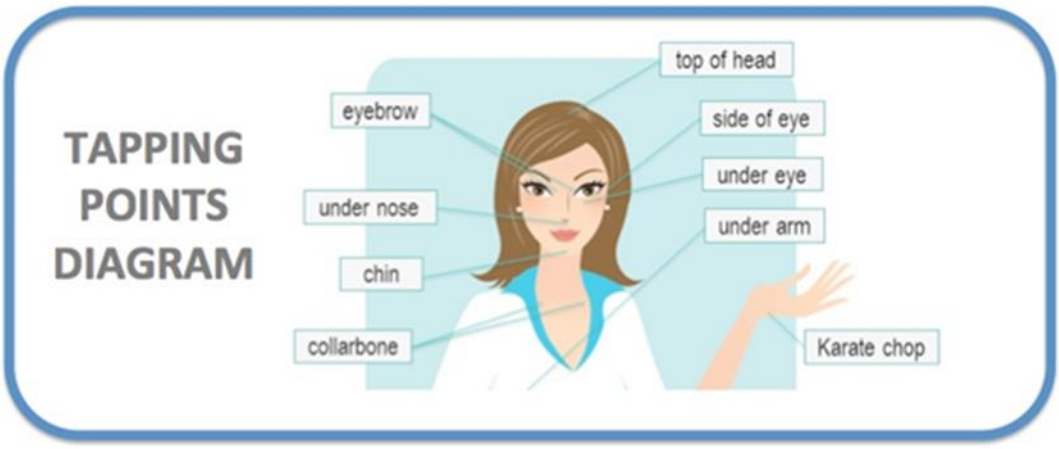
While normally these things might trigger us and cause severe reactions the tapping allows processing, coalescing, and appropriate storage of these triggers to happen. The results can have long-term physical and emotional benefits.

There is a lot of information and videos on the internet about EFT, also called Tapping. EFT is a beautiful tool, that used appropriately along with other tools you have in a well-equipped toolbox can add to positive mental health and emotional well-being.

EFT is a superb self-help technique and is also used therapeutically. There are certainly times and situations where working with a trained professional is appropriate. When issues are serious and long-standing working with a Counsellor and using EFT at home is incredibly beneficial.

Take time to read about EFT and how it works. Watch the how-to video.

http://www.thetappingsolution.com/what-is-eft-tapping/



Healthstream Counselling & Wellness
debra@healthstreamwellness.com
780-660-1428
https://www.facebook.com/HealthstreamWellness/

To learn more about our client services and/or EFT for personal or professional use please contact us.