

Emotional Freedom

Technique

Background History

- Linked to Traditional Chinese Medicine
 - Qi – vital energy force in all living matter
 - Sir Isaac Newton called the electrical force the “subtle spirit”
 - Yale anatomist Harold Saxton Burr – 43 years of research called it L-Fields for Life Fields
 - 1960’s Russian researchers called it bio-energy
- How does Qi circulate through the body
 - Through the meridians which are pathways of migration in the body

Energy Psychology & Energy Therapies

- Clinical Psychologist Roger Callahan - Cognitive Behavior Therapist
 - Energy psychologists' foundational belief is that change is a process that connects to altering body energies which are found in the meridians
 - Trained with George Goodheart – founder of Applied Kinesiology (muscle and energy testing to help diagnose underlying health disorders) using meridian pathways

Energy Psychology & Energy Therapies

- Acupressure/Acupuncture Theory
 - 1,100 acupuncture points on the body where the skin electrical resistance is lower
 - This allows Qi to exit and enter freely
- This led to Thought Field Therapy (TFT) (The Callahan Technique) in 1985

Energy Psychology & Energy Therapies

- TFT Process
 - TFT works on the premise that trauma, stress, phobia, guilt, fear, anxiety, depression can cause a disruption in the circulating flow of Qi along the meridians
 - Callahan developed what he called algorithms/tapping sequence to reduce the SUD (Subjective Units of Distress).
 - There are at least 20 different algorithms for PTSD, anger, panic attacks, physical pain, heart rate, etc.

Emotional Freedom Technique (EFT) Emerges

- Gary Craig: Founder
 - Worked as one of Roger Callahan's first TFT trainees
 - In 1995 Developed one sequence tapping all twelve treatment points to allow for more concerns to be treated
 - EFT is a type of brief exposure therapy which combines somatic and cognitive pieces
 - It is easy to learn, safe, portable, with little to no adverse side effects
 - It is important for long-term trauma to do this with a trained therapist under the therapeutic alliance
 - Can be done individually, with a partner, or with groups

Evidence Based Results

- Studies have shown a single 30 minute treatment for specific phobias were sustained for over 6 months
- Normalization of Electroencephalogram patterns in the frontal lobes and hindbrain occurred in a shorter time frame from EFT than CBT
- Clinical reports showed positive effects on joint pain, allergies, chronic fatigue syndrome, fibromyalgia, rashes, arthritis, colds, and flu with no adverse effects reported
- Trauma often results in hyper-arousal of the amygdala while using EFT was shown to decrease amygdala activity

Evidence Based Results

- Brainwave activity measured before and after EFT showed an increase in the Sensory Motor Rhythm which is linked to treatment for epilepsy
 - Some clients can use EFT to stop seizures if they are aware one is coming on
- Can be utilized to help with food cravings and alcohol and marijuana addiction
- One study of close to 2,500 private clients using TFT showed 85% - 90% reduction of SUD rate and when then using EFT showed equal rates
- By 2013, EFT utilized by an estimated 10 million people worldwide which led to Clinical EFT validated in over 20 clinical trials

Additional EFT Uses

Promote General
Relaxation

Resolve Financial
Blocks

Increase Self-
Esteem

Improve Sleep

Improve
Performance

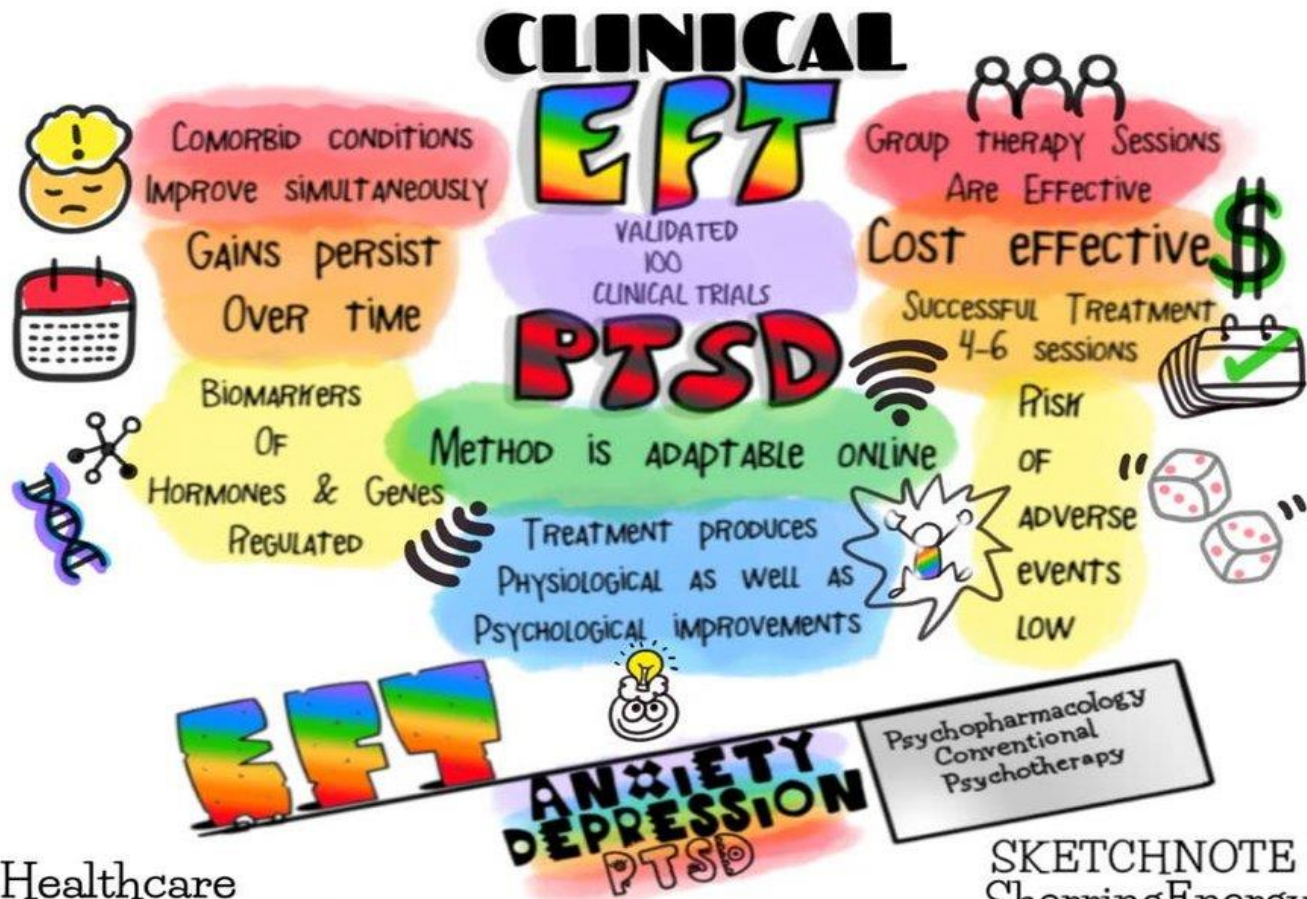
Relationship
Problems

Maximize Creativity

Increase Energy

EMOTIONAL FREEDOM TECHNIQUE

D.Church, P.Stapleton, P.Mollon, D.Feinstein, E.Boath, D.Mackay, R.Sims



Healthcare
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SKETCHNOTE
SherringEnergy
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Clinical EFT

**Identify the
problem**

**Identify how it
feels in the body &
where**

**SUD – Rate 0 – 10
Intensity**



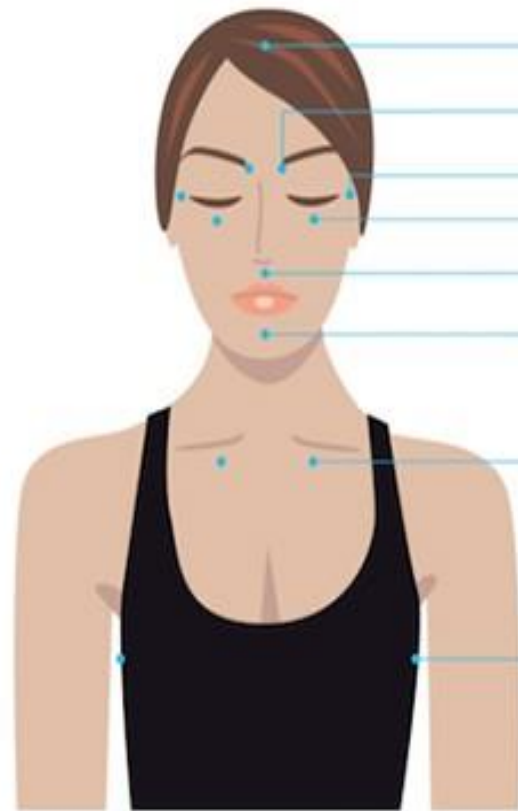
Clinical EFT

- The EFT Setup: “Even though I feel _____, I completely accept myself and all of my feelings.”
 - Karate Chop Point: Repeat the Setup Statement 3 x while tapping on the side of the palm
- Develop Reminder Phrase(s): Related to the identified problem, specific, feeling focused

EFT Tapping Points



● KC: karate chop



● TH: top of head

● EB: eyebrow

● SE: side of eye

● UE: under eye

● UN: under nose

● CH: chin

● CB: collarbone

● UA: under arm

Tapping Sequence

- Karate Chop – 3 x “Even though I am _____ I completely accept myself and all of my feelings”
- Tap 5-7 times each meridian point for 3 cycles
- Ex: I am so stressed today, I am feeling like I do not have enough time in my day, I am feeling exhausted, I am feeling responsible for so much, I hate when this happens, I feel anxious on days like this, it feels like a horrible day, I just want to go home, my head and eyes are hurting, my back aches, I do not have all the answers, I worry about not doing everything correctly

Clinical EFT

- Take a deep breath
- Revisit energy – has it moved or changed
- Revisit SUD Scale
- Repeat process until you feel comfortable with the level

EFT and Related Acupuncture Points

TH - Top of Head - 'Hundred Meeting Points' Meridian

Releases: Inner critic, lack of focus and 'gerbil wheel' thinking
Allows: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

EB - Eyebrow - Bladder Meridian

Releases: Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread

Allows: Inner peace and emotional healing

SE - Side of Eye - Gall Bladder Meridian

Releases: Rage, anger, resentment, fear of change and muddled thinking

Allows: Clarity, compassion and understanding

UE - Under Eye - Stomach Meridian

Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment

Allows: Contentment, calmness, feeling safe... "All is well".

UN - Under Nose - Governing Meridian

Releases: Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals

Allows: Self-empowerment, self-acceptance and compassion

CH - Chin - Central Meridian

Releases: Confusion, uncertainty, embarrassment, shame and second guessing decisions

Allows: Certainty, clarity, self-confidence and self-acceptance

CB - Collarbone - Kidney Meridian - Adrenals

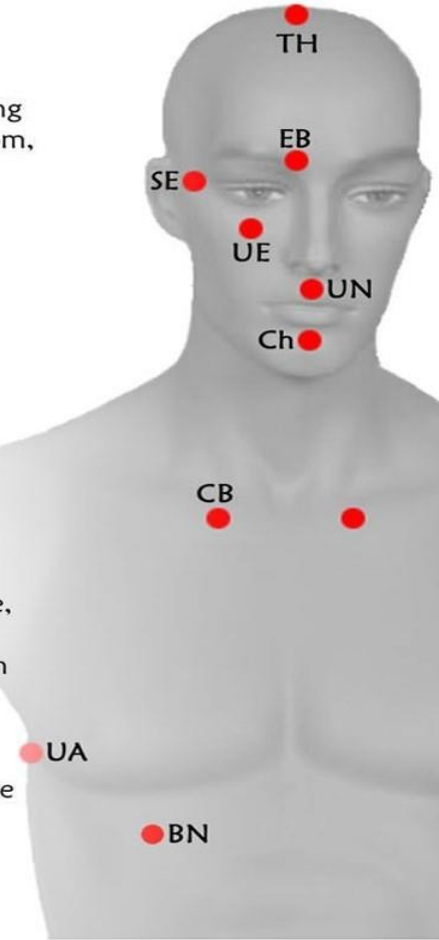
Releases: Psychological reversal, worry, indecision, feeling stuck and general stress

Allows: Ease in moving forward, confidence and clarity

UA - Under Arm - Spleen Meridian

Releases: Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem

Allows: Clarity, confidence, relaxation and compassion for self and others



References

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