

A Practical Introduction to EFT



What I Hope To Do Today

- *INTENTION & WELCOME*

Welcome, it's my intention to offer a brief introduction to the EFT family of techniques, and assist you in finding practical and useful ways to use them in your work and your life. Towards that end, I hope to create a warm and supportive environment wherein you'll feel free to ask questions and practice the technique applications I'll show you.

Before We Begin

- EFT is experiential, so let's simply take a moment to assess our general state of well-being before we begin today
- If I were to ask you to describe your general state of well-being, right now, what would you say? Let's use -10 through +10
- Note your # on the cards you're holding
- We'll check-in on this, later

What is EFT?

Emotional Freedom Techniques

A collection of practical tools for working with our Mind-Body connection, to easily and quickly improve the quality of our lives.

- It's a bridge between talk & touch therapies for therapeutic change
- EFT is a cognitive + somatic modality many refer to as 'emotional acupressure;'
- Similar to EMDR, and can be done on yourself
- Combines traditional Western and non-Western methods, such as ancient Chinese medicine concepts of the body's energy system and mindfulness with verbal, sensorimotor & neurological elements
- A natural stress and pain reduction tool, using fingertip tapping upon the body with focused statements about problem conditions being experienced
- Combines cognitive restructuring, imaginal exposure, desensitization and somatic stimulation

Unusual?

- Although 'Tapping' may look or seem unusual, there was a time we felt that way about other highly useful discoveries – such as airplanes, light bulbs, x-ray, lasars & computers
- EFT is a practical and useful addition to almost any therapeutic activity
- Not a substitute for medical attention or intervention, nor your personal healthcare professional

To Date

- To date, there +50 known studies in the field on EFT
- Simply put, the primary supposed mechanisms are these:

Electrical signals produced by acupoint tapping during imaginal exposure reduce limbic arousal

Stress hormones are impacted: Threat alert hormones like Cortisol are reduced, while opposite, calming hormones such as serotonin are increased, down-regulating our stress response

fMRI and PET scans show that repetitive sensory tapping on acupoints generate large increases in the amplitude of delta waves, seen in brain areas involved with fear memories;

The increased delta waves disrupt activated memory networks, impacting brain activity in therapeutic ways

The Beauty of EFT is Simplicity

It's experiential; can be used by anyone

Quickly shows results

Doesn't depend upon any prior learning

Fosters strong patient relationship

Can be used in real-time

Non-invasive; no known side effects

Encourages client participation in self-care

Cost-effective

Easy to integrate with other methods

Would These Be Useful to You?

- Stress Reduction
- Self-Regulation
- Pain Symptom Management
- Diminished Cravings
- Easy Self-Care / Empowered Clients
- Improved Self-Image
- Performance Enhancement
- Increased Clarity/Perspective on Problem Areas & Limiting Beliefs
- Enhanced Effectiveness of Tools & Protocols

For Example

Wouldn't it be helpful if you could:

- Calm overwhelm quickly
- Prepare for difficult subjects or tasks
- Reduce the impact of stressful news
- Clarify a situation, pain or problem
- Reduce cravings, in the moment
- Desensitize past contributors to present
- Enhance reception of solutions or possibility

Specifically...

The rise in diabetes diagnosis continues

Research continues to provide answers in
nutritional care, physiological interventions

But client self-care is often difficult to initiate
and maintain

Emotional underpinnings about the diagnosis,
family history, current dynamic and other
limitations such as self-image and self-esteem
can interfere with robust patient participation

What if it could be easier?

EFT might be just the solution you're looking for

Easy to teach

Easy and quick to use

Easy and inexpensive to maintain

Fosters client participation & relationship

Let's Try Something Easy

- Breathwork has been recognized throughout history as a helpful intervention
- Check your breath, now
- Breathe normally
- Rate it – guess & note your sense of capacity
- Follow along with me
- Notice any change
- Re-rate your capacity; Observation?

A Brief EFT History

- In the 80's Drs Goodheart, Diamond and Callahan independently noted that verbally focusing on a problem (mindfulness, exposure) combined with somatic intervention (stimulation of acupuncture points) increased their clinical results
- TFT was originally intended for other therapists and professionals to use clinically
- It was expensive & with a big learning curve
- It was diagnostic

Enter Gary Craig

In the 1990's, a Stanford trained engineer, Gary Craig, adapted Dr. Roger Callahan's Thought Field Therapy into an elegantly simple protocol that could be used by anyone: EFT

It removed the diagnosis and algorithm features, and put the therapeutic power in anyone's hands

Mindfulness + imaginal exposure + somatic release and more, in an easy to use format

Since then...

- Since then, millions have been told about and taught EFT
- “Tapping” has become a ‘household phrase’
- Studies into the Mind-Body Connection continue to reveal new information, especially in areas of neuroplasticity & transmission, genomics, memory reconsolidation, chronic pain and trauma recovery
- ‘Tapping’ has been included in many of these

Even though 'Tapping' continues to be clinically researched, its beauty is in its results, speed, ease of use and its identity as 'a people's tool'



A simple Mind-Body experience

Thoughts in our head set off feelings in our body

Where and what do you feel when you think of:

- A slice of lemon, as it touches your tongue?
- A home-cooked meal, with good friends?
- A police siren and flashing lights?
- The smell of cut grass, in Summer



What comes first – thoughts in your head, or feelings in your body?

They're All Connected

Mind, Body & Emotion are all
are all connected



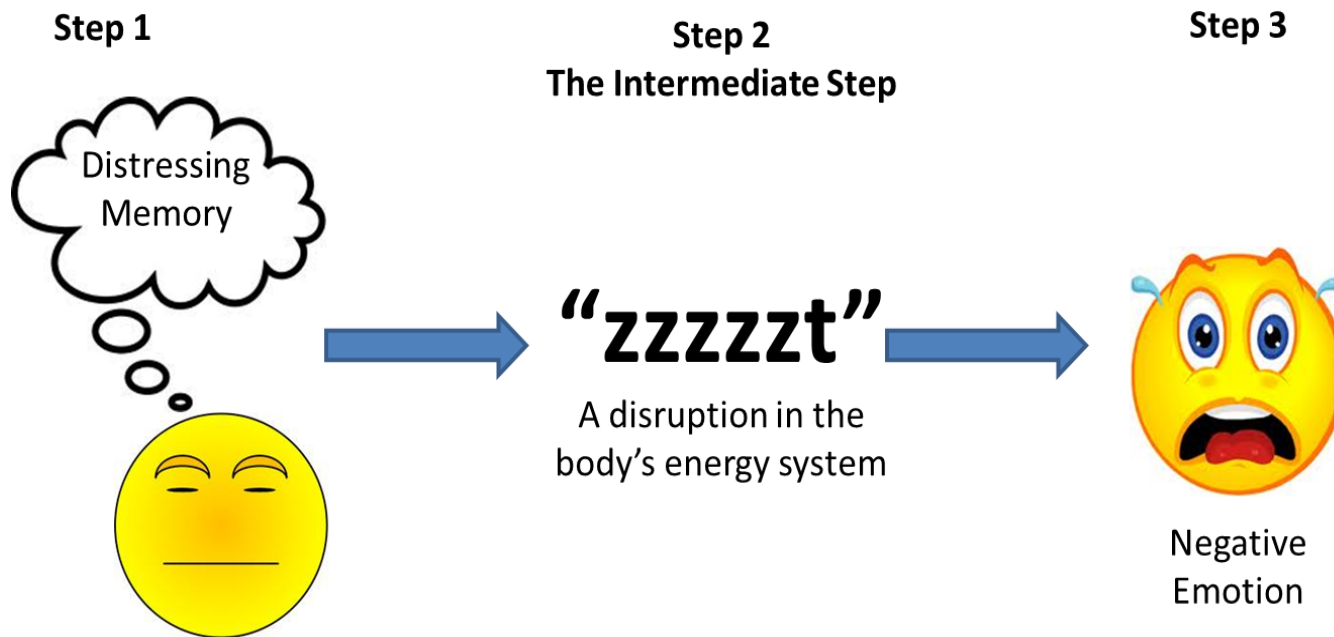
What if, when you became conscious of a distressing thought, there were a tool to help you discharge your negative emotional response? A way to re-set and neutralize?

EFT founder Gary Craig

- His 'Discovery Statement' is: "The cause of all negative emotions is a disruption in the energy system."
- We consciously experience 'disruption' as a negative emotional state. Aim EFT at the disruption (the zzzt in the system), and rebalance the system. We experience the balance as 'relief' or 'calm,' etc. after neutralizing the 'zzzt.'
- EFT can assist physical & emotional healing by resolving the underlying energetic & emotional contributors

Aim at the Disruption

How a Negative Emotion is Caused



Using EFT is Like Using WD-40

- What does WD-40 do?
- EFT is like WD-40 for the emotional upset and underpinnings of our distress
- What's the straw on the can for?



We Aim (Tune-In) With Words

- Words allow us to tune-in to and better focus upon the disruption or problem
- Words for the ‘Zzzt!’ can be expressed as:
 - Emotion: I feel like something’s wrong (anxious, depressed, scared, angry...)
 - Body Sensation: butterflies in stomach, pain in the neck, cold as ice, stuck in my throat, ...
 - Behavior: what we’re doing with our discomfort (reaching for sweets, TV, drugs, calling in sick)
 - Thoughts: There’s something wrong with me/them/the situation

How to Tap

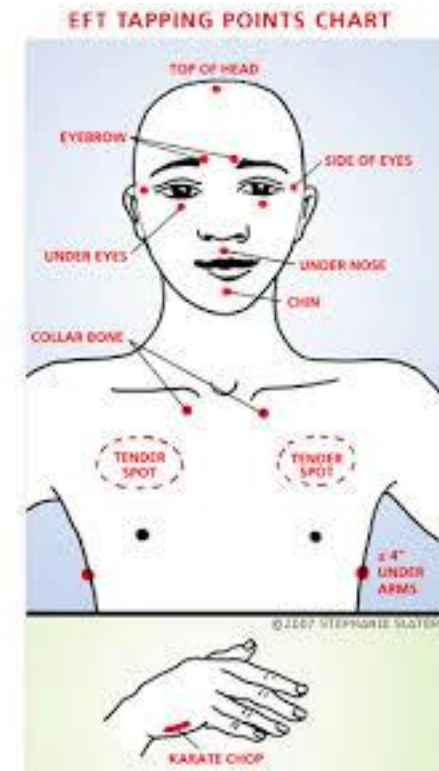
- There's 2 parts to the very basic recipe protocol: The focusing words and the physical tapping on points.
- We use the words in a simple structure called a Set-Up statement
- *At the same time*, we tap acupoints
- “Even though (I have this problem), I deeply and completely accept myself.”
- Yes, the statement can be customized

Basic Modern Statement & Points

Karate Chop with the Phrase:

“Even though I have this problem, I deeply and completely accept myself.”

Now tap the points with a short Reminder Phrase: “this problem”



Why Those Points?

These points are natural self-soothing habits –
How many of you have seen this behavior?



Use Your Index Cards for Notes

Note Area of Discomfort, Amount of Discomfort



Let's Try It, Together

- Perform a simple body scan
- Where do you feel tension in your body, now?
- Describe it on your card ('tightness in neck')
- Rate its discomfort, 0-10, on the card
- Tap along with me
- Notice that area, again
- Re-rate its discomfort on your card
- What do you notice, now?

Basic Brain Design

- We think of the brain in 3 basic parts: Cognitive, Limbic & Hind (the triune brain)
- When stressed, the cognitive brain 'goes offline'; much of our blood supply there is diverted to our muscles; we don't make very good decisions
- By tapping on the acupoints while tuning in to the problem at hand, we calm our stress (flight, fight or freeze) response, allowing our cognitive brain to 'come back online'
- This is our survival design

Using EFT on the Stress Response

- EFT calms the stress response by sending the opposite message:

Everything's ok, now

I'm okay, now

Blood returns to our cognitive function; then we make better decisions. Better decisions lead to better results/consequences – a better LIFE.

Let's Try It On A Simple Annoyance

Demo:

What Simple, Recent Thing Pushes Your Buttons?

Gives you an out of proportion response?

Makes it hard to do things easily?

Driver cut me off

Sales call on my cellphone

Bank line customer unprepared, slow

Stay in the 'shallow end of the pool!'

Now Try This Among Yourselves

- Take turns being the Helper or the Client:
 - **Helpers:** Ask your partner to imagine a recent situation that pushes their buttons. Only ask Client to briefly describe how that situation affects them, in this moment
 - **Clients:** don't explain “why,” or any history
 - **Practice using EFT, using only their exact words**
 - Tap simply on the information given by the client.
 - Switch roles after a couple of rounds
 - **Observe any changes in thought or feeling**

Observations & Feedback

- **What did you notice? What happened?**
- **Notice how you don't have to understand the 'story' in order to help yourself or another**
- **How might that be helpful to you? To your clients?**

And What About Pain?

- Remember Dr. Sarno's back pain studies?
- Let's take a look at a simple pain sensation/symptom.
- Scan your body, right now
- Where do you feel any discomfort?
- Focus on the symptom, use your words, describe that to the person next to you
- Create a simple Set-Up statement, tap a couple of rounds, notice what happens

Testing

Each time we check-in on the breath,
annoyance, pain or tension, we're testing.

What other kinds of tests are possible?

0-10; -10- to +10; numerical

General Sense: lightness, heaviness, tiredness

Vivid imagining / Imaginal rehearsal

Metaphor: flowing river; lifting fog, light as
feather, calm sea, etc.

Can be combined endlessly

Thorough Testing

- Tells us where we started, how much there is left to do
- What has changed, and in what way
- Reveals other Aspects at work
- Clarifies ‘the part’ that is troubling
- Gives new insights
- Reminds us of our own power to help ourselves

3 Experiences

We've tried EFT briefly on 3 things –
Our consciousness of

More Fully Breathing

Annoyance/Daily Problems

Pain Sensations or Symptoms

What Else Can We Use Tapping For?

- In the Moment: Triage, Pain Relief, Upset, Stress & Overwhelm
- In a Client Session: Everything from Pain Relief to Phobias, Trauma or Troubling Memories, Fears, Limiting Beliefs, Reducing Cravings
- For Groups: Support, Self-Care, Maintenance, Outreach...

Next: The Borrowing Benefits Phenomenon

What About Group Use?

EFT works very well in groups

This phenomenon is called 'Borrowing Benefits'

Tapping upon one person's issue, as a group, results in benefits for all, even if each person's issue is unaddressed specifically

Simply be specific on the person's issue being addressed – in other words, use EFT properly.

Works well for both 'Open' and 'Closed' groups

Groups: Borrowing Benefits

• We can often get a benefit just by tapping along to a demonstration. It's still called Borrowing Benefits. Here's how to do it:



- Before tapping, isolate a specific ache, pain, tension, memory, etc., in your body. Give it an intensity level and write it down
- Turn your full attention to the person being helped and tap (and speak) along
- When instructed, check back in on your own issue.
- Measure it again. How intense is it, now? Insights?

Observation & FeedBack

- What did you notice? Where could this be useful in your own life or practice?



Tapping Can Be Modified

- Some clients need more/less stimulation
- Some clients are very sensitive
- Some clients cannot manage to tap themselves; if appropriate, tap on them
- Personal points/Nature's Soothers
- You can modulate your tapping by what the situation calls for; always use sound judgment:
Ask: Have you seen a medical professional?

The Most Important Things

Even though basic EFT is easy and fast, great results depend upon:

- Being specific (Aspect, Symptom, Event)
- Being persistent
- Testing thoroughly, for other Aspects
- Watch for change, adjust
- Exercise sound judgment: Don't go where you don't belong & get yourself out of the way

Why Dwell on the Negative?



Can't wait to 'go Positive'?

- You're not alone, but what might be the benefits of truly neutralizing the problem (negative), first?
- What happens when our own discomfort with a situation gets in the way of the client's?
- Why bandage a wound before it's cleaned?
- Gary Craig says the 'blue sky' that's always there will naturally be seen, once we clear away the clouds.

Doing The Work

- With EFT we can notice, tap, clarify & clear:
- Seeing things more clearly,
- We make better choices,
- Which leads to a better life, overall
- (So why would we NOT do the work?!)

Review: EFT Advantages

- Rapid results
- Easy to Learn
- Cost-effective
- Can be used in most any location
- Non-invasive
- Easily integrates with other protocols
- Can be used by anyone, even at a basic level
- Fosters strong patient/practitioner partnership
- No known side-effects

Check

- So take a look at the first card you wrote – where is that overall number you gave yourself, now?
- -10 to +10, what's your sense of things?
- How do you think this might help you, day-to-day? Your clients?

EFT gives us more power and
better results:

What might be possible when we
give ourselves and our clients this
toolset?

What might be the results of re-
empowering everyone?

Q&A: Where Do We Go From Here?

- Do I have to get certified?
- How does that work?
- What other things will help me grow?
 - EmoFree.com Tutorials
 - EFTradioOnline.com Podcasts
 - Training Workshops & Mentoring

EFT is the People's Toolbox



Thank you for allowing me to talk with you today. Follow up Q&A is welcome

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