

What is EFT or Tapping?



EFT

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive therapy, and somatic stimulation. It is often referred to as 'Tapping' as it uses a two finger tapping process with a cognitive acceptance statement.



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The setup statement you use in EFT usually looks like this –
Even though I have this problem (insert actual issue), I accept myself anyway

EFT- The Technique

Points are stimulated by tapping on them with 2 fingers, the index and middle fingers

The strength of tapping should be comfortable and you should be able to feel a resonance spreading out across the adjacent area of your body from the point you are tapping

Tap on each spot approximately 7 times before moving on to the next spot.

EFT- The Recipe

1. Acknowledge there is something to change and rate distress/discomfort out of 10 (10=most distress, 0=no distress).
2. State problem in setup statement while tapping on karate chop point (3 times).
3. Tap through all 8 EFT points while saying a short reminder phrase.
4. Take a breath and re-rate your distress out of 10.
5. Tap again until rating is 0.

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How Does EFT Work?

EFT appears to affect the **amygdala** (stress centre in the brain) and **hippocampus** (memory centre), and both play a role in the decision process when you decide if something is a threat. EFT has also been shown to lower cortisol levels, which is the stress hormone -too much cortisol can result in lowered immune function and ultimately affect our physical health.

Stimulation of acupoints is believed to send a signal to the limbic system, and reduce limbic hyper arousal (Feinstein, 2010).

This in turn, leads to “rapid reciprocal inhibition” and “long-term counter-conditioning” (Feinstein, 2010).

EFT can decrease activity in the amygdala, which is part of the brain’s arousal pathway (Dhond, Kettner, & Napadow, 2007).

The process of EFT has possible effects on the body’s physiological systems that regulate stress, emotional intensity and associated neural transmission frequencies (Diepold Jr & Goldstein, 2009).

What Can EFT be Used For?

Every Feeling Thing, i.e. everything you have a feeling or sensation about -

- Food Cravings
- Body Shape-change and fat burning
- Stress and Anxiety
- Sports Performance
- Trauma, Memories
- Physical Pain
- Illness
- Addiction

The Generalization Effect

After you address a few related problems with EFT, the process starts to generalize over all those problems. For example, someone who has 100 traumatic memories of being abused usually finds that after using EFT...they all vanish after neutralizing only 5 to 10 of them.

Why Do we State the Negative?

- Tapping doesn’t affirm the problem.
- It states the truth and acknowledges it.
- Tapping calms the physiological response.
- Once released, cognitive shifts (reframes) that come from the client will surface.
- Going positive too soon will only bring on a palliative result.

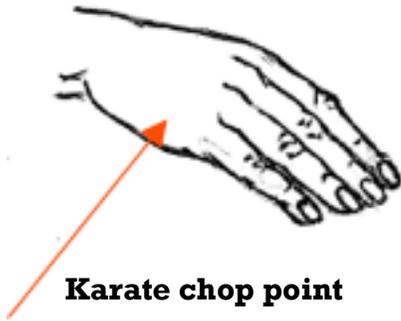
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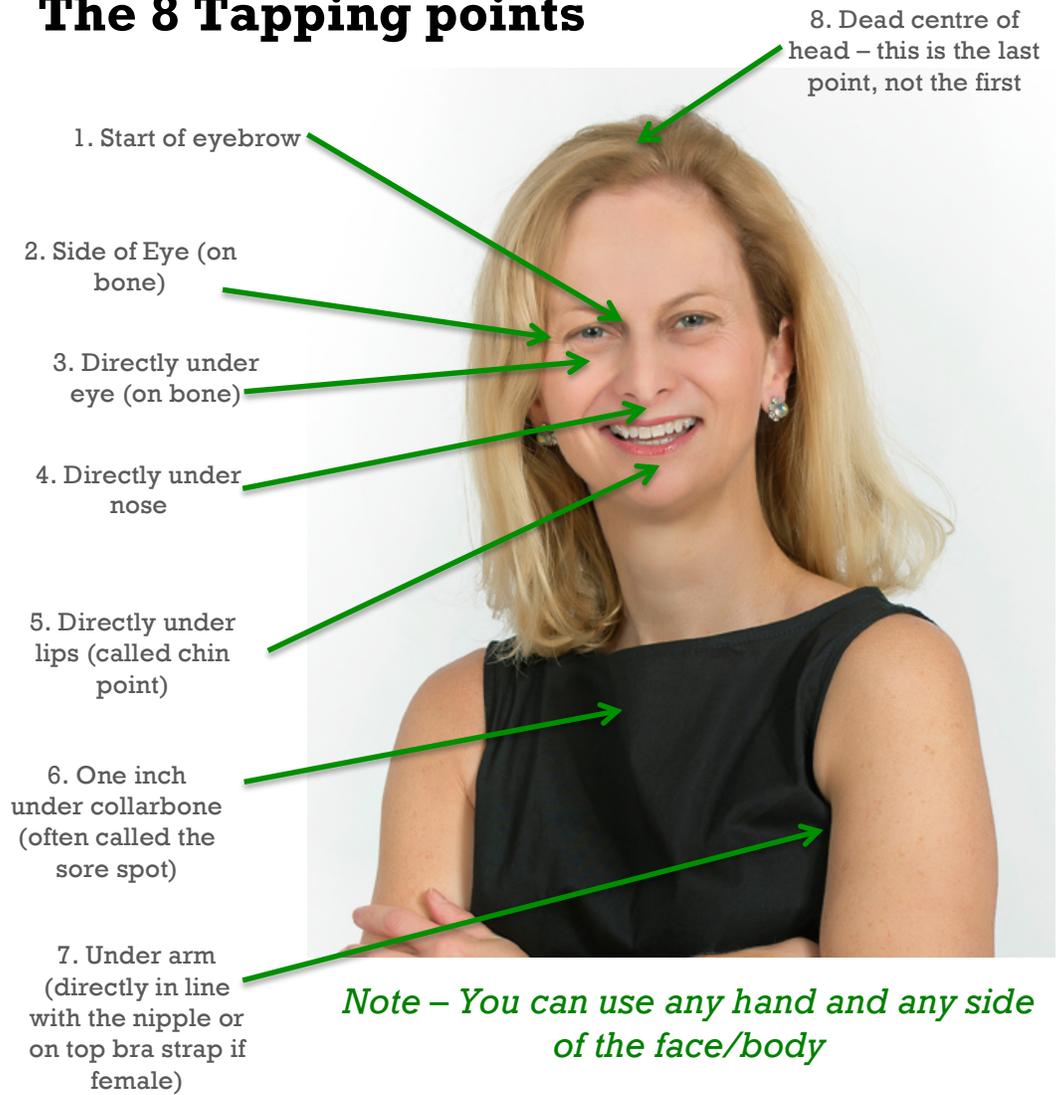
Tapping - The 5 Steps

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The 8 Tapping points



Note – You can use any hand and any side of the face/body



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