



evolutionwellness

Introduction to the Emotional Freedom Techniques



Presented by: Ellie Steele, Advanced Certified Practitioner of EFT from the Association of Comprehensive Energy Psychology



**Today you are learning the EMOTIONAL REGULATION/
STRESS REDUCTION application of EFT. Do not delay in
getting competent care if you are suffering from serious
disorders of thought.**

While EFT has been shown to be helpful for serious mental health issues such as post-traumatic stress disorder, clinical depression and anxiety disorder, **clinical application for these disorders should ONLY be used under the supervision of a licensed mental health professional.** EFT should not be seen as an alternative to competent medical advice or licensed mental health care.

What are the Emotional Freedom Techniques?

- Body-Mind Techniques developed by founder Gary Craig to address unresolved emotions and traumas that interfere with optimal flow of energy in the body's' vibrational matrix. His daughter, Tina Craig is a master EFT Trainer based on Gold Standard Techniques.
- We focus our awareness on the issue to be resolved while tapping with our fingertips on specific locations of the body.
- May be used as BOTH a self-help emotional/down regulation tool or as a clinical tool for mental health professionals.



Science Behind Energy Psychology

As of August 2021 over 275 studies, review articles and meta-analyses have been published , many in professional, peer-reviewed journals.

This includes:

- Over 70 randomized controlled trials
- Over 50 clinical outcome studies

All but 1 of the above 120 studies document EP effectiveness (99% effectiveness)

- 5 meta-analyses
- 45 systematic reviews , 12 comparative reviews (EP & other therapies-all document EP effectiveness)

The evidence base for energy psychology continues to grow—in quantity and quality (methodological rigor)

- 2000–2012 18 randomized controlled trials
- As of 2016 45 randomized controlled trials
- 2014–2016 5 meta-analyses show energy psychology effective for depression and anxiety
- 2017–2018 Meta-analysis shows EFT effective for PTSD
2 randomized control trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019-2020 First fMRI study documents neural changes after EFT
2 studies show significant drops in cortisol with EFT
Documented physiological and immunological changes and gene expression

Where do we need
Emotional Freedom?



Well, well, well,
if it isn't the feelings
I've been trying to avoid

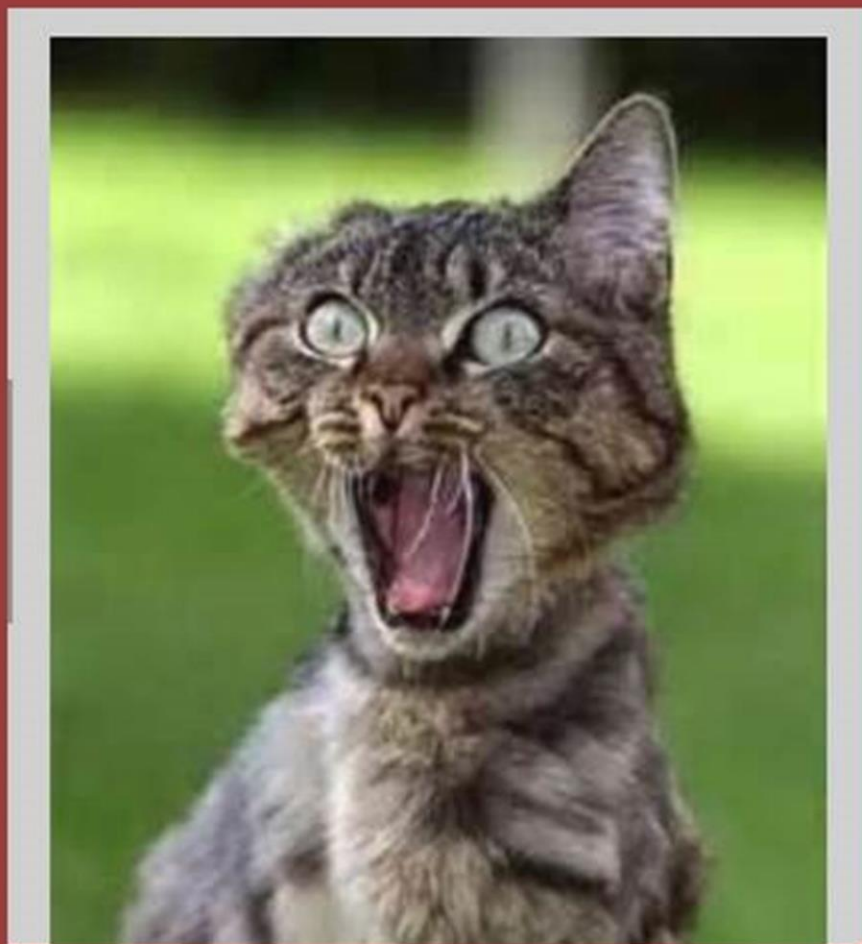



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Low mood

**Is STRESS having a negative impact
on your life?**



A photograph of a soldier in a desert environment. The soldier is wearing a tan uniform and a wide-brimmed hat, and is holding a rifle. In the background, an American flag is visible against a clear sky. The foreground shows some sparse desert vegetation.

EFT:

Emotional Freedom
for War Veterans

Can't SLEEP?





Little "t"
trauma...

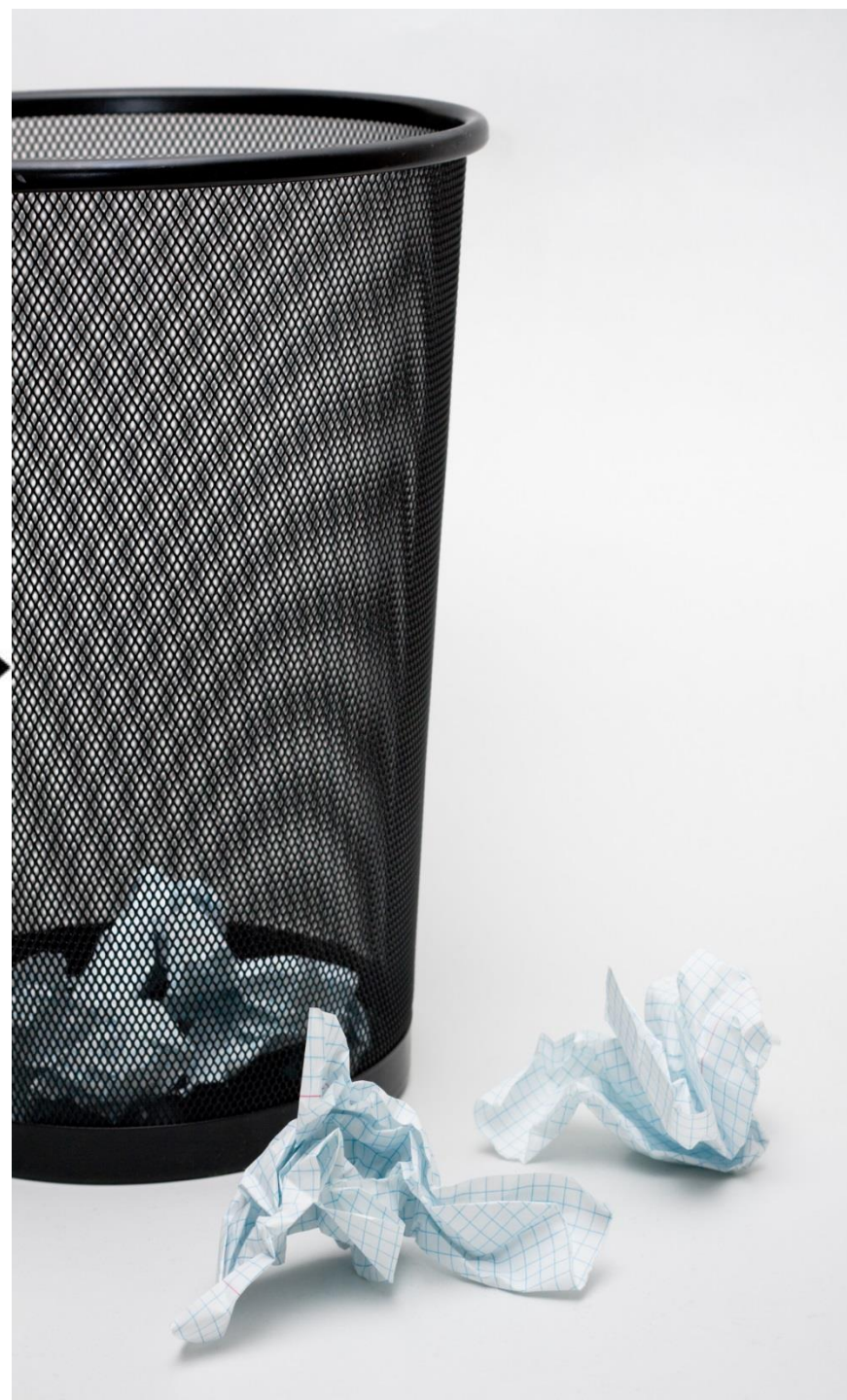
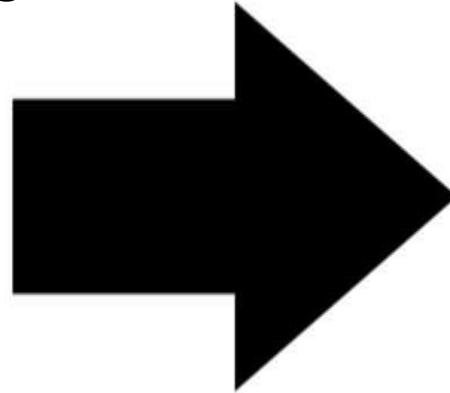
**C
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Are you dealing with limiting beliefs, fears or phobias that you'd like to overcome?



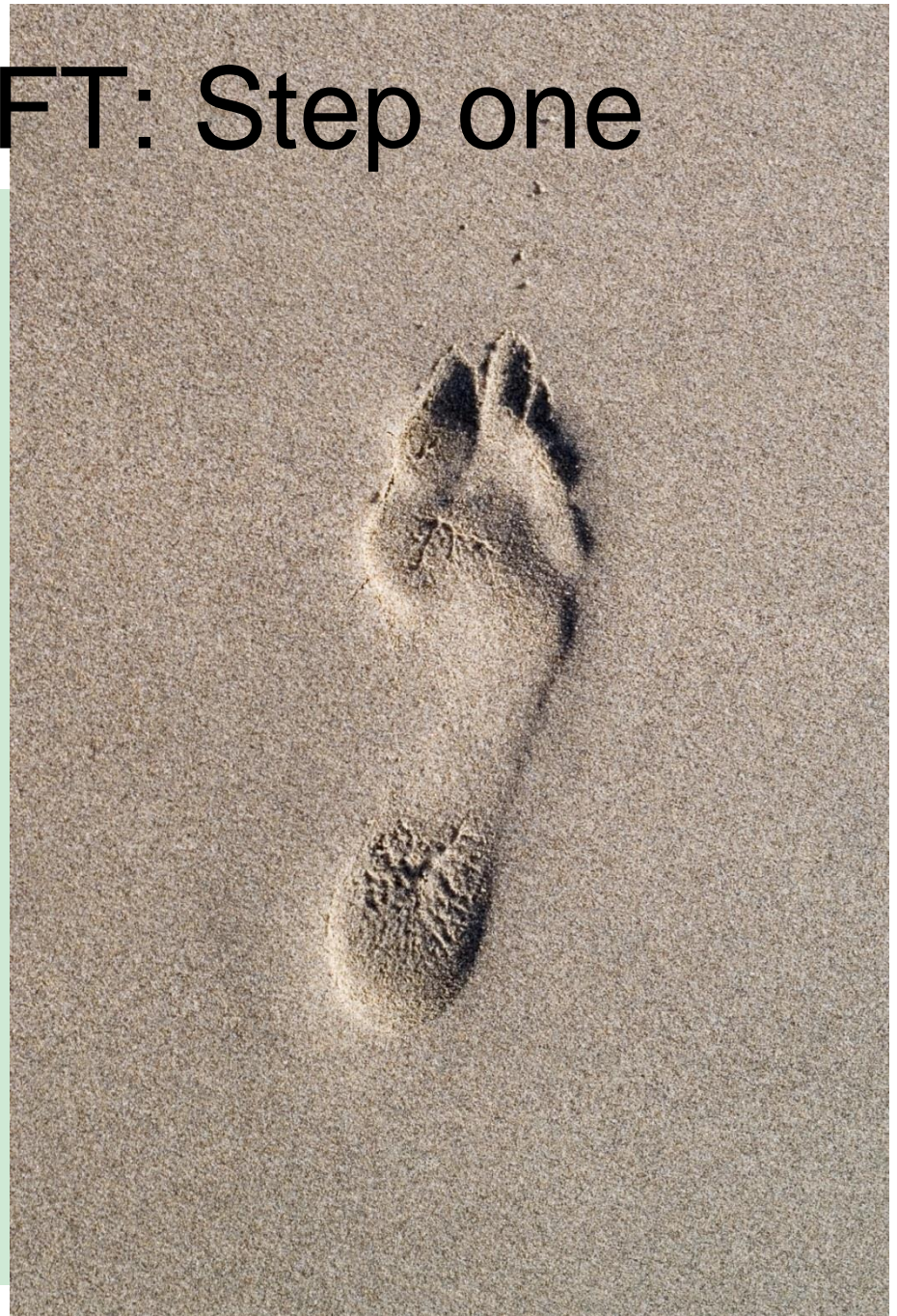
Grief and Loss
Addictions
High Blood Pressure
Fibromyalgia
Headaches
Chronic Fatigue
Test anxiety
Anxiety/Panic Attacks
Anger Management
**Childhood stresses
and issues**
**Dyslexia and learning
difficulties**
Vision problems
Hearing issues
Allergies
Carpal Tunnel Syndrome
**Low Self Worth/Self
Esteem/Self Compassion**
**Sports Performance
Issues**
**Blocks to spiritual
connection and
meditation**



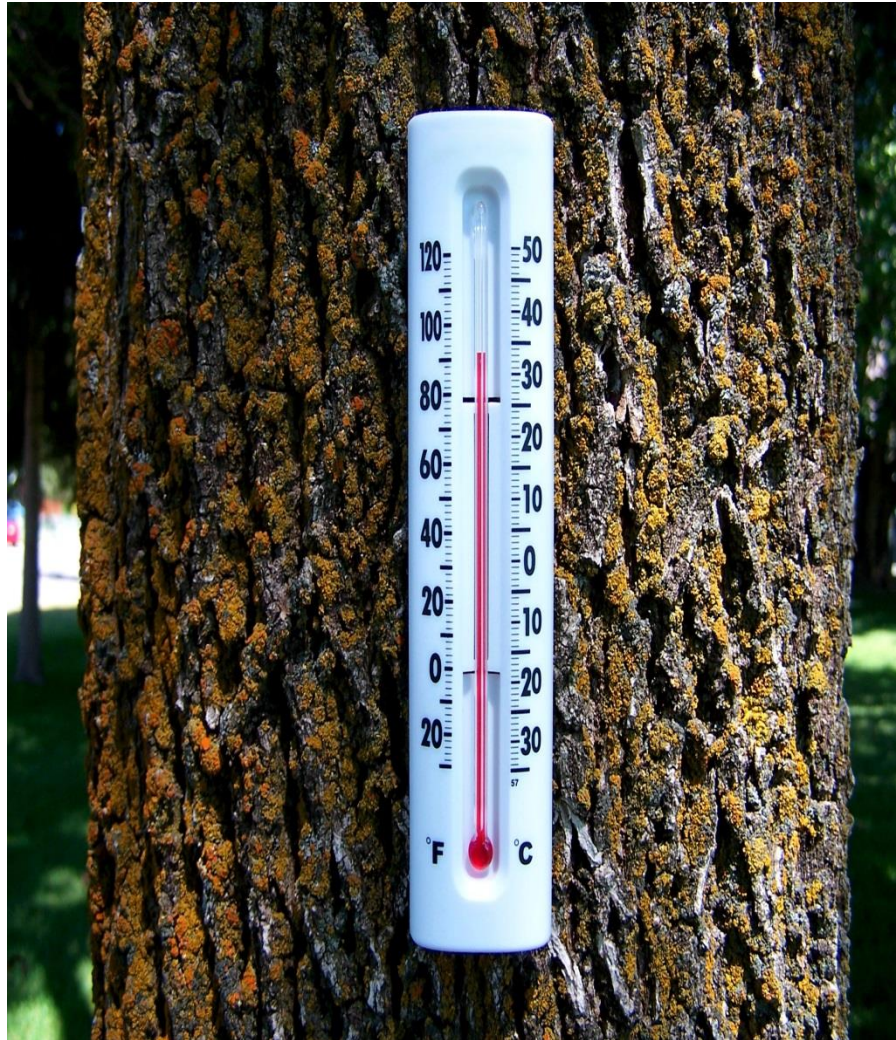
How to do EFT: Step one

Identify an issue
you'd like to
resolve:

- Physical?
- Emotional?
- Specific enough?



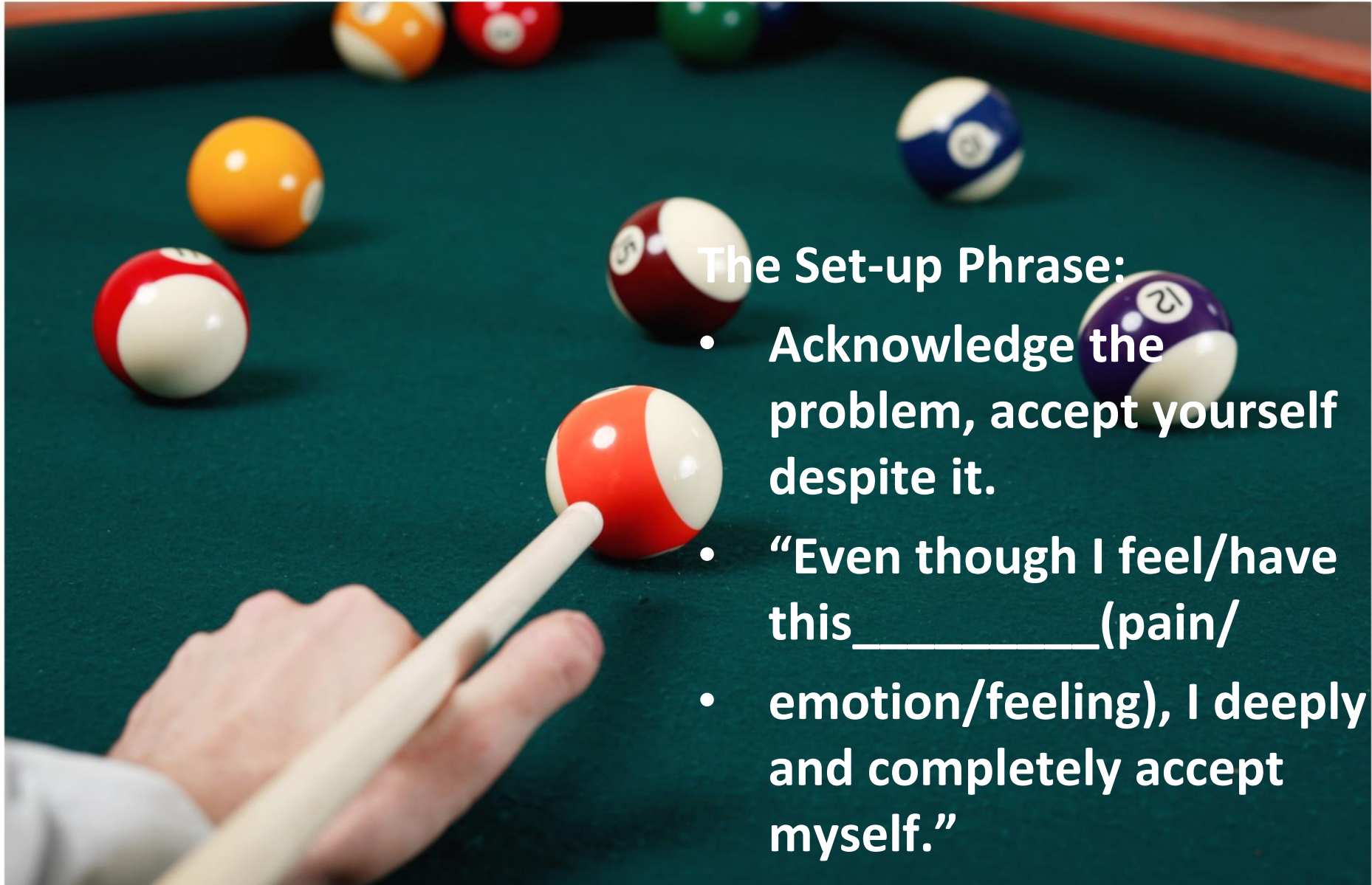
How to do EFT: Step two



Gauge the intensity of the problem:

- How bothersome is it on a scale of 0-10? 0= not at all, 10=extremely bothersome

How to do EFT: Step three

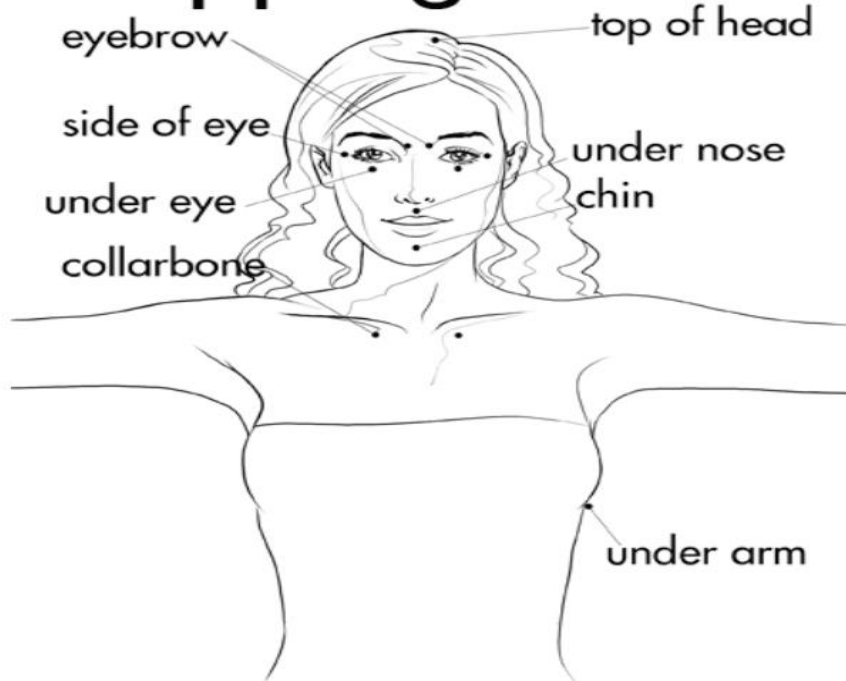


The Set-up Phrase:

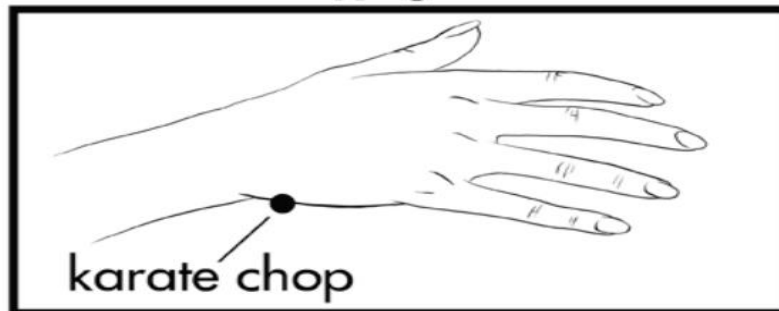
- Acknowledge the problem, accept yourself despite it.
- “Even though I feel/have this _____ (pain/
- emotion/feeling), I deeply and completely accept myself.”

How to do EFT: Step four

Tapping Points



www.TheTappingSolution.com



Tapping through the points:

- top of head (TOH)
- eyebrow (EB)
- side of eye (SE)
- under eye (UE)
- under nose (UN)
- chin (CH)
- collarbone (CB)
- under arm (UA).

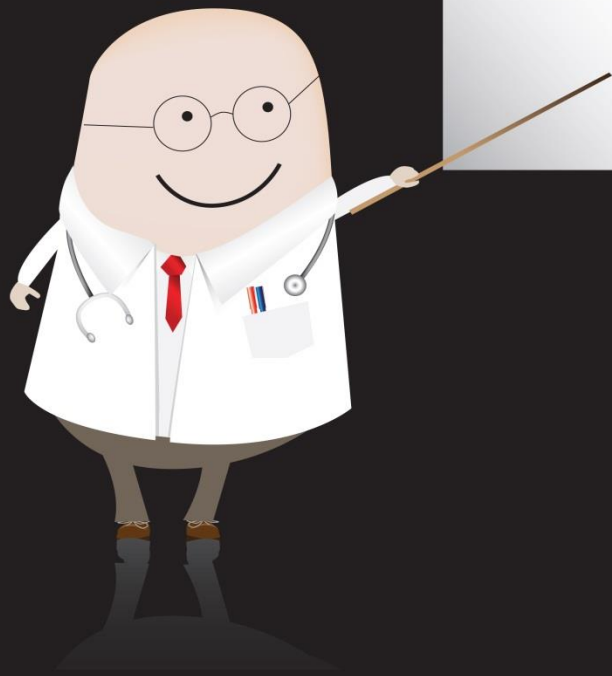
How to do EFT: Step five

Take a breath and reassess.

- Did the 0-10 change?
- Is it gone?
- Find a new number and repeat steps 1-5 until your initial complaint is a ZERO.



Let's try it with...
The Constricted
Breathing
Technique



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Format: Abstract ▾

Send to ▾

[Explore \(NY\)](#). 2018 Mar - Apr;14(2):131-136. doi: 10.1016/j.explore.2017.10.009. Epub 2017 Dec 21.

Naturally Thin You: Weight Loss and Psychological Symptoms After a Six-Week Online Clinical EFT (Emotional Freedom Techniques) Course.

[Church D](#)¹, [Stapleton P](#)², [Sheppard L](#)³, [Carter B](#)³.

⊕ Author information

Abstract

BACKGROUND/OBJECTIVE: Traditional methods of delivering therapeutic interventions have increasingly been supplemented by online courses. The current study investigated the effects of Clinical EFT (Emotional Freedom Techniques) in 76 participants enrolled in a six-week online course called Naturally Thin You. Weight, restraint, the power of food in the external environment, happiness, and posttraumatic stress disorder (PTSD) symptoms were assessed before and after the course and at one-year follow-up.

METHOD: Participants received six live group teleclasses, access to online course materials and a private social media group, and a year of monthly support teleclasses. No particular diet was recommended; the course focused instead on controlling emotional eating, and using EFT to treat the emotional triggers associated with food. Clinical EFTs Borrowing Benefits protocol, in which the group facilitator works with a single participant while others simultaneously self-apply EFT, was used during the teleclasses.

RESULTS: Repeated measures ANOVA compared scores pre- to 12-month follow-up, and significant improvements were found for body weight ($P < .001$), depression symptoms ($P = 0.010$), restraint ($P = 0.025$), and the subjective power of food in the external environment ($P = 0.018$). Weight decreased an average of 1lb/week during the course, and 2lb/month between pretest and one-year follow-up. On follow-up, no change was observed in PTSD symptoms measured by a brief civilian trauma checklist, or anxiety, and increases in happiness were non-significant. The results indicate Clinical EFTs utility to address the influence of food in the external environment and assist weight loss, and to promote beneficial long-term change when delivered in an online format.

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KEYWORDS: EFT; emotional freedom techniques; online; psychological symptoms; weight loss

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[Indexed for MEDLINE]



Resistance may be futile, but tapping isn't!



Where to learn EFT

Professional use

- Association for Comprehensive Energy Psychology (ACEP) www.energypsych.org
- Canadian Association for Integrative and Energy Therapies (CAIET) annual conference www.epccanada.ca

Personal Interest

- Free tutorial at www.emofree.com
- Watch for upcoming courses with me at www.EFTTapping.ca

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