

Clinical Use of the Emotional Freedom Techniques (EFT)

Sponsored by the Hudson Valley Psychological Association
March 5, 2023

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Goals for the Day

- Learn EFT
- Understand the theory, research and history of EFT
- Understand when and why to use EFT
- Understand the versatility of Clinical EFT
- MY GOAL and YOUR GOALS?

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Assignment

- Write down some issues that cause you stress or distress
- Rate the level of distress from 0 (no distress) to 10 (the WORST you could feel)
- Pick one issue that you want to resolve today
- Highlight that issue
- Tap on that issue at some point today

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● BACKGROUND

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What is EFT?

- Energy Psychology : “acupressure for the emotions”
- Energy Meridians, Acupuncture, Acupressure
- Emotional and Physical Challenges
- Blocked Energy
- Tapping
- Change
- Healing

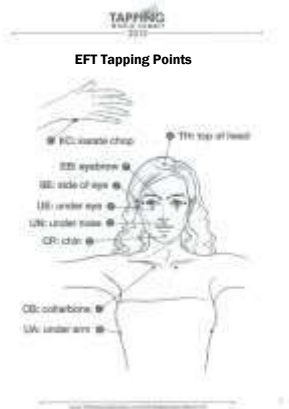
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Introducing EFT to a client

- Present concept and titles: EFT/Tapping
- Show points on your face and body: also EFT points
- Note Energy Meridians and Acupuncture
- All disease, dysfunction results from blocked energy

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The Basic EFT Protocol

1. **Choose** a problem or issue (this craving for chocolate; this anxiety, etc.)
2. **Rate** the level of disturbance (SUD) from zero (0) to ten (10).
3. **Set up Phrase:** "Even though I have this-----, I deeply and completely accept myself." (3 times)
4. **TAP** about 5-7 times on each point, saying "this ----"
5. **Take a deep breath. Observe thoughts and feelings. Check SUD.** If not zero,
6. **Repeat** #3 and #4 saying: "Even though I **still** have this --" and "this **remaining** -----".

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EFT Research

• **The Effect Of EFT On Nurses' Stress, Anxiety, And Burnout Levels During The COVID-19 Pandemic: A Randomized Controlled Study**

- **Results:**
- **Intervention Group**
- Reductions in:
 - stress ($p < .001$)
 - anxiety ($p < .001$)
 - and burnout ($p < .001$)
- **Control Group**
- No statistically significant changes ($p > .05$)
- **Conclusion: A single online group EFT session** reduced stress, anxiety, and burnout levels in nurses treating COVID-19.

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EFT Research

- **Emotional Freedom Techniques To Treat Posttraumatic Stress Disorder In Veterans: Review Of The Evidence, Survey Of Practitioners, And Proposed Clinical Guidelines**

- **Practitioners:** 63%: Complex PTSD remediated in 10 or fewer EFT sessions
- **65%** : 60%+ of PTSD clients FULLY rehabilitated
- **89%:** less than 10% make little or no progress
- EFT is combined with cognitive therapy, group therapy, online self-help resources and social support.

- **RECOMMENDATION:** Five EFT sessions for subclinical PTSD
- Ten EFT sessions for Clinical PTSD

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EFT Research

- **Clinical EFT As An Evidence-Based Practice For The Treatment Of Psychological And Physiological Conditions**

Evidence based practice in accordance with APA Division 12 criteria

23 Randomized controlled trials and 17 within-subject studies

Psychological: anxiety, depression, phobias, PTSD

Physiological: pain, auto immune conditions

Essential Ingredients: exposure, cognitive shift and acupressure (not a placebo)

Epigenetics, Neural plasticity, Psychoneuroimmunology, Evolutionary biology:

Central link between emotion and physiology and somatic stimulation common to emerging psychotherapeutic methods.

Conclusion: Clinical EFT is a stable, mature method with an extensive evidence base and growing acceptance as safe, rapid, reliable and effective treatment.

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EFT Research

- **The Manual Stimulation Of Acupuncture Points In The Treatment Of Post-Traumatic Stress Disorder: A Review Of Clinical Emotional Freedom Techniques**
- **Results:** Remediation of PTSD and comorbid conditions is brief: one session for phobias to between four and 10 sessions for PTSD.

- Clinical EFT regulates stress hormones and limbic function and improves neurologic markers of general health

- Epigenetic effects: upregulation of immunity genes and downregulation of inflammation genes.

- **Conclusions:** Strengths of the approach:

1. Depth and breadth of treatment effects;
2. Brief time frames required for successful treatment;
3. Low risk of adverse events;
4. Minimal training time to be applied effectively;
5. Simultaneous reduction of physical and psychologic symptoms;
6. Utility and cost-effectiveness of Clinical EFT in a large group format;
7. Adaptability to online and telemedicine applications.

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EFT Research

- Veterans: Five Studies
- Rwandan Genocide Survivors (single session)
- Refugees and Immigrants to the US
- Peruvian Male Adolescents (single session)
- Kurdistan, Iraq mental health patients
- Covid-19 Patients
- Athletics: Soccer, Basketball, Grief
- San Quentin State Prison
- Chronic Disease Healthcare
- Disaster Mental Health

• SEE [www.EFT Universe.com/research-studies/](http://www.EFTUniverse.com/research-studies/)

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Opposition to EFT

- **The opposition to EFT** is understandable. EFT's combination of Western psychotherapy and acupuncture is controversial. Any new therapy faces an uphill journey to acceptance, since research funding goes to established methods, while a large body of existing professionals are trained in and familiar with these methods.
- This results in a "translational gap," a very long lag between the discovery of effective new therapies, and their implementation in primary care. According to a US government analysis, the translational gap averages 17 years ([Institute of Medicine, 2001](#)). Only 20% of new therapies succeed in crossing what the report calls a "quality chasm"; the benefits of the remaining 80% are forever lost to patients.
- While the skeptics are successful in blocking the majority of new treatments, it is our goal to see that the millions of people suffering from devastating conditions such as PTSD and major depression have EFT as an option in primary care.

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Energy Psychology

- Recall + Physical Stimulation = Relief
- Focus + Physical Stimulation = Change
- **Methods:**
 - Thought Field Therapy TFT : Roger Callahan, PhD
 - Meridian Tapping Techniques
 - Tapas Acupressure Techniques
 - **Emotional Freedom Techniques:** Gary Craig: The cause of all emotional problems is a disruption in the body's energy system.

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Energy Psychology

- EINSTEIN: $e = mc^2$ Matter = Energy
- Therapies that work directly on and in the body to produce psychological change
- Visualization and Verbalization
- SPECIFIC Routines: tapping, touching, breathing, massage

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EFT

Combines powerful EASTERN ENERGY TECHNIQUES OF ACUPOINT STIMULATION

with

The best WESTERN APPROACHES, embodied in COGNITIVE and EXPOSURE THERAPIES

to

PRODUCE RAPID PSYCHOLOGICAL SHIFTS.

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When to use EFT

- Stressors
- Anxiety, fear, disappointment, uncertainty, anger
- Pain: Headaches, backaches, bunions ☺
- Finances
- Self-sabotage
- Weight Loss
- Self Care
- Identity Issues
- Saying NO
- Fear of Change
- Relationships
- Sports Performance
- Whenever!

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EFT Key Concepts

- Unfinished EMOTIONAL BUSINESS from the PAST
- “Don’t medicalize emotional problems. And don’t emotionalize medical problems.” Dawson Church
- SUD TESTING: WHERE in the body is the disturbance?
- The three most important things about EFT: **specific** events, **specific** events, **specific** events!
- Tapping on global issues or generalities does NOT work.
- **Aspects** can be pains, physical sensations, emotions, images, sounds, tastes, odors, fragments of an event, or beliefs: What did you see, hear, taste, touch, smell?

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Questions for Specificity

- How intense is it? 0 to 10
- Where is it?
- How big?
- What shape or size?
- Is it angry, sad, or other emotion?
- Hard or soft?
- Smooth or rough?
- Heavy or light?
- Hot or cold?
- Did it move after tapping?
- What does it keep you from doing?
- What color is it?
- Bright or dull?
- Pulsing or throbbing?
- Grinding or crushing
- Shocking or stabbing?
- Pressing or restricting?
- Does it make a sound?
- Medical diagnosis?
- What does it remind you of?

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EFT Aspects

- EFT breaks traumatic events and other problems into smaller pieces called **aspects**. The reason for this is that the highest emotional charge is typically found in one small chunk of the event, rather than the entirety.. You might need to identify several different aspects, and tap on each of them, before the intensity of the whole event is reduced to a zero.

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EFT Key Concepts

- CORE ISSUES
- Does the problem that's bothering you remind you of anything in your childhood? Tune into your body and remember when you felt that way as a child.
- What's the worst similar experience you've had?
- If you were writing your autobiography, which chapter would you like to delete?
- If no event surfaces, ask client to make up an event that matches the current feeling.
- THE GENERALIZATION EFFECT.

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Generalization Effect

The generalization effect is a phenomenon you'll notice as you make progress with EFT. As you resolve the emotional sting of specific events, other events with a similar emotional signature also decrease in intensity.

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Specific EFT Techniques

- Tell the Story
- Movie
- Identifying Tailenders
- Identifying the Writings on your Walls

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Tell the Story Technique

Bodily Sensation Based

- Think of an experience that disturbs you
- Rate the disturbance; locate it in your body
- Tell the Story as you remember it
- Check often for clearing or blocks
- Tap through the feelings when apparent

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Tail-Enders

- Undermine Affirmations
- That's a laugh. No way, Jose. Yeah, right! NOT!
- Tune in to bodily sensations while saying T-E
- Locate origin of the belief and tap on it
- Determine the Validity of Cognition (VOC) for both the Affirmation and the Tail-End
- Affirmation: High VOC; Tail-End: Low VOC.

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Writing on your Walls

- Beliefs picked up as children. Clichés.
- It's a dog-eat dog-world. True love never lasts. Money doesn't grow on trees. All the good men are taken.
- Trace back to origin and validating experiences.
- Tap on these and rate the Validity of Cognition (VOC)
- Rate the reverse positive statements to high VOC

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GENTLE TECHNIQUES

- Sneaking up on the Problem
- Tearless Trauma Technique
- Chasing the pain
- Sneaking Away from the Problem
- Touch and Breathe (TAB)

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Sneaking Up on the Problem

- Hopelessness, catastrophizing, core belief problem cannot be solved
- I'm not lovable. Nothing I've tried has worked. No one in my family has ever changed. No pain, no gain.
- AGREE with the client and use the belief in the Setup Statement
- Use for lack of memories
- Exaggerate the belief
- Outer Ring of circles that surround the core issue

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Tearless Trauma Technique

- Specific Traumatic Incident
- Title less specific to induce dissociation
- ESTIMATE SUD if **imagined**
- Tap and repeat tapping on imagined event to 0 to 3
- Imagine the incident itself
- If not zero, use Movie or Tell the Story

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Chasing the Pain

- Tap on each of the client’s reported pain spots from the highest to the lowest pain site, one after the other, until a low SUD is reached.
- Pain as proxy for emotion when emotion cannot be expressed.
- Safe, non-triggering way to resolve trauma

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Sneaking Away from the Problem

- End an incomplete EFT session
- Name and describe the problem affirming there will be time later to address the problem fully
- Even though I just started to get this issue resolved, there will be time to complete this later. OR
- There’s plenty of time for me to heal; I don’t have to do it all today. OR
- I can put this away and finish it next time.

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Touch and Breathe

- Touch each point gently with fingertip(s)
- Take an easy, deep breath at each point and let the breath out slowly
- Repeat your tapping phrase still touching the spot with your fingertip(s)
- Use to go to sleep, in public places, or to create a quiet, meditative mood

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WHEN EFT DOESN'T WORK

- SECONDARY GAIN
- DEHYDRATION
- OVERCONFIDENCE
- LIMITED INNER RESOURCES: No Positive Beliefs
- SABOTAGE because client doesn't deserve to feel better
- Resistance and Disbelief

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THE 9 GAMUT TECHNIQUE

- Tap Gamut Point with index and middle fingers
- 1. Eyes closed
- 2. Eyes Open
- 3. Eyes down hard right, head steady
- 4. Eyes down hard left, head steady
- 5. Roll eyes in a circle
- 6. Roll eyes in a circle in opposite direction
- 7. Hum two seconds of a song (Happy Birthday)
- 8. Count rapidly from 1 to 5
- 9. Hum two seconds of a song again

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The Choices Method

- Patricia Carrington, PhD
- "Accept myself" ????
- Use CHOICE phrase instead
- "Even though I have this -----, I CHOOSE to have -----."
- CHOICES TRIO:
 - Negative Phrase
 - Positive Phrase
 - Alternate Phrases

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CHOICES DEFAULT PHRASES

- I choose to be calm and confident.
- I choose to feel comfortable and at ease.
- I choose to be in harmony with (name the person with whom you are experiencing some difficulty).
- I choose to enjoy myself and be happy.
- I choose to be loving, kind and compassionate.
- I choose -----

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PTSD

Post Traumatic Stress Disorder

PTSD

Should it be

Post Traumatic Stress

PTS?

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Emotional Trauma and Disease

- 30 times more likely to attempt suicide
- Cancer
- High Blood Pressure
- Heart Disease
- Diabetes
- Hypertension
- Depression

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Impact of PTSD

- 6.8% of all Americans in their lifetime
- 3.8% in the past year
- 5.2% of women in the past year
- 1.8% of men in the past year
- 10-17% of all military

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Costs: PTSD and MD

- \$4 Billion to \$6.2 Billion for two years
- \$6,000 to \$25,000 per case
- Direct Medical Care
- Lost Productivity and Suicide
- \$591M to \$910M for 2700 DX with TBI for one year

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Male Veterans 10-17% Diagnosed PTSD

- Within one year
- If IN combat: 90-120 days for symptoms
- Multiple Causes
- Combat trauma: best predictor
- Intelligence not a factor in long term com

• PTSD In Men
4 out of 100 men (4%)

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PTSD in Women Veterans

- 20% of Military are women
- VETS OIF/OEF: 70% at least one violent combat experience (direct fire, IED, human remains)
- Military Sexual Trauma (20% are 5-8 times more likely to have PTSD than non-MST females

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PTSD in Women

- Lifetime: 10-12%: ONE IN TEN
- Nearly 25%: rape or attempted rape
- One in three sexually assaulted (91% of total)
- 80% Sexual harassment (men: 43%)
- One in five girls is sexually abused

- 133, 600 to 330,000 children are sexually abused in one year; 1 in 4 females; 1 in 5-7 males

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Clinical Presentation

- Crisis
- Adjustment/Coping
- Family: Changes, Identification of Problem
- Relationship Difficulties
- Career
- Educational
- Somatic Symptoms

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ASSESSMENT FOR PTSD

- Sleep
- Exercise
- Diet, Drugs, Alcohol
- Social Support
- Stress Management: Spirituality, Diaphragmatic Breathing (DB), Progressive Muscle Relaxation (PMR), Meditation, Talking Calmly Word by Word for Coping with Anxiety

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EFT for PTSD

- Immediate
- Simple
- Continual
- Focus: Mind: Thoughts, images
Body: Sensation, Location, Intensity
- Persistence
- Dissociation
- Create Meaning?

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Other Energy and EFT Options and Methods

Something for Everyone.
JUST Do It.

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The SORE Spot

- Two locations, one on each side of the chest
- Painful to press on
- Use in a crisis or when full tapping is not possible
- Rub or palpitate the spot
- Breathe
- Release
- CALM will come (most of the time)

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Discreet Tapping

- Fingertip Tapping
 - Use thumb to tap on ends of fingers
- Touch, rub or hold any of the energy points
- Simple Energy Techniques (SET)

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Simple Energy Techniques (SET)

- Tap lightly on the Energy Points while focusing on a problem
- Focus on bodily feelings, anxiety, or thoughts
- Regularly check emotional intensity
- Continue and be aware of other issues, aspects, thoughts, events, memories
- PERSIST and recognize many possible ASPECTS
- Tap daily for ENERGY TONING

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EFT with Power Memories

- Positive Personal Resources
- Effective Coping Experience
- Personal Memory
- Borrowed Memory
- Collect Power Memories DAILY
- Regularly TAP on Power Memories
- Use them when you really **need** toand when you think you don't!

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Tapping with Children

- Tap on YOURSELF first
- Match the tapping to the child
- Match the child's language
- Tap at the child's pace
- Use books and pictures to help
- Introduce tapping as a game:
 - Dance with your fingers
 - On special points on your body
 - Help you feel good

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Children's Book

- "The Wizard's Wish: Or, How He Made the Yuckies Go Away – A Story about the Magic in You" by Brad Yates
- A bad storm disrupts a village. The Village Wizard discovers a way to make himself and the people in his village feel better. They simply need to use their finger tips to tap on some magic points to get rid of the yuckies. They end up feeling even happier.

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Personal Peace Procedure

- **Write down** every specific troublesome event
- Give each event a specific **Title**
- **Rate** the events starting with the worst
- **Tap** on one event at a time to a SUD of zero
- Clear one to three events **DAILY**
- **Pay attention** to your body, your emotions and your relationships for over time
- Check for the **EFT Generalization Effect**

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Borrowing Benefits

- Go back to the issue you started with this morning
- Rate the level of intensity of the disturbance now
- Review some of the other issues you wrote about
- Just tapping with another person or other people can help reduce and heal our own issues because we are still changing the energy in the body.

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EFT Testimony before Congress

- Innovative Treatments for PTSD and TBI
- House Veterans Affairs Committee
- July 20, 2010
- Iraq Veterans Stress Project
- David Feinstein, PhD, Dawson Church, PhD, and Wayne Miller
- Research, Evidence Based, Rapid Results
- Request for VA and DOD Implementation

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EFT Humanitarian Projects

- The Tapping Solution for Newtown: Stress and Trauma Relief Project - Nick Ortner
- Iraq Veterans Stress Project - Gary Craig, Marilyn McWilliams, Dawson Church, Gary Feinstein
- World Trade Center
- Rwandan Genocide project
- Veterans Stress Project
- PTSD Consultation Program
- Veterans Stress Solution

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THE TAPPING COMMUNITY

- Tapping Circles
- Meetups and Hangouts
- Online Forums
- Facebook
- The Tapping Insiders Club
- Search: Web, U-TUBE, Apps
- EFT Certification

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Selected EFT Resources

- **BOOKS:**
- **The EFT Manual** by Dawson Church
- **The Tapping Solution** by Nick Ortner
- **The Tapping Solution for Weight Loss** by Jessica Ortner
- **The Tapping Solution for Pain Relief** by Nick Ortner
- **Freedom at Your Fingertips** by Brad Yates, et al
- **The Wizard's Wish: Or, How He Made the Yuckies Go Away** by Brad Yates
- **EFT for PTSD** by Gary Craig; or 2nd Edition by Dawson Church:
-
- **WEBSITES:**
- www.eftuniverse.com: Website of Dawson Church: **Free Tapping Mini Manual**;
- **Tapping Tuesdays: Free Tapping Circle**
- www.thetappingsolution.com: Website of Nick Ortner: **App Download**
- www.emofree.com: Website of Gary Craig, Originator of EFT: **Free Tutorial**
- www.bradvates.net: Website for the Wizard's Wish, a Children's Book about EFT
-

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World Tapping Summit Websites:

- 1. www.AttractingAbundance.com
- 2. www.EnergyPsychEd.com
- 3. www.CarellLeak.com
- 4. www.theTappingInsideClub.com
- 5. www.MyUltimateYou.com
- 6. www.CherylRichardson.com
- 7. www.MargaretMarich.com
- 8. www.guestin@tappingtotheaven.com
- 9. www.Bek@Tappingnow.com
- 10. www.Mycoachmary@yahoo.com or Mary@tappingtoaction.com
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- 12. www.gfdoumoude.com
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