



# Introduction to EFT: Tapping Into Health



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# Disclaimer

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EFT/Tapping is still considered experimental in nature. This session is intended to promote the benefits of learning and applying EFT for your personal use.

This session is educational and for your knowledge only. It is not a substitute for traditional medical attention, counseling, therapy, or advice from a qualified health-care professional.

Neither EFT/Tapping or the information presented here is intended to be used to diagnose, treat, cure or prevent any disease or disorder.

If you begin tapping and find yourself overwhelmed, distressed or becoming aware of forgotten memories, seek the professional help of a trained EFT practitioner or mental health provider.

# Objectives

- Explain EFT
- Demonstrate the Tapping Points
- Practicing the points on an issue
- Discuss implications for practice

# What is EFT/Tapping?

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“EFT tapping is a somatic intervention to reduce psychological distress through self-stimulation of acupoints on the face and upper body while focusing on sensations in the body, or a distressing thought or feeling (Stapleton, 2020).”

EFT tapping on the body's meridian systems has profound effects on:

- The body's nervous system

- Production of stress hormones

- DNA regulation

- Brain activation

# Multiple Research Studies Show Effectiveness For:

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Pain

Anxiety

Depression

Food Cravings

Trauma and PTSD

Peak Athletic Performance

600 identified forms of psychotherapy, many of which have little to no research.

EFT/Energy Psychology is both evidence-based and in the 10% of published research for psychotherapy modalities.

# 176 Documented Studies

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- 88 randomized controlled trials
- 88 clinical outcome studies
- 99% of the above 176 studies show EP to be effective
- Randomized controlled trials document positive physiological outcomes for energy psychology: gene expression, immunological changes and stress biochemistry.
- 5 fMRI studies document neurological changes after energy psychology interventions

## Plus

- 6 meta-analyses show effective treatment for depression, anxiety and PTSD
- One study showed 86% of veterans no longer had PTSD symptoms after energy psychology treatment.
- 9 systematic reviews of EP modalities
- 23 comparative reviews - comparing EP & other therapies. All reviews document EP effectiveness.
- 8 studies comparing cognitive behavior therapy (CBT) and energy psychology (EP) show that energy psychology is either equivalent to or more effective than CBT. In several studies, EP achieved results in significantly less time.

In total, 390+ review articles, research studies and meta-analyses have been published in professional, peer-reviewed journals.

# 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 - 2018      5 meta-analyses document efficacy for EP methods
- 2017 - 2018      2 randomized controlled trials using biologic or genetic outcome measures document positive outcomes for EP methods
- 2019 - 2023      5 fMRI studies document neural changes after EFT  
3 studies show immediate, significant drops in cortisol after EFT  
Research documents physiological & immunological changes and gene expression with EP methods  
Randomized controlled trials now total 88



## Continuing Validation for EP Methods

- In 2016, TFT (Thought Field Therapy) was validated by NREPP (the National Repertory of Evidence Based Practices and Procedures, a division of SAMHSA in the U.S.) as an evidence-based treatment. Unfortunately, NREPP has been defunded and no longer exists. However, you can read more about it [on our blog](#).
- ACEP and EFT International made a joint submission of the research evidence for EFT and TFT as treatments for PTSD to NICE (the National Institute for Health and Care Excellence) in the UK. NICE has created a specific category for EFT, TFT and Somatic Experiencing called "CSACTS" (Combined Somatic and Cognitive Therapies), and acknowledged that they are "worthy of further research."
- In 2017, the U.S. Veterans Administration added EFT to List 2, approving it as a "generally safe therapy." Next is getting added to List 1, which is a list of approved treatments.
- In 2019, EFT (Emotional Freedom Techniques) was approved for use within the South Korean medical system.

# EFT Tapping: Two Main Components

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1. What you say or think (an ever shifting focus)
  - a. Your initial concern
  - b. It's roots in your history
  - c. The sensations/feelings you experience
  - d. Self-suggestions/affirmations on what you want to change
1. Where you tap
  - a. Based on the basic system of acupuncture
  - b. Acupoints - important points that have a powerful impact on stress and the way the brain responds to stress and processes information

# Tapping Points

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## Tapping Points

- ← **Top of Head**
- ← **Eyebrow**
- ← **Side of Eye**
- ← **Under Eye**
- ← **Under Nose**
- ← **Chin**
- ← **Collarbone**

# 5 Basic Steps

## 1. Rate Your Distress or Discomfort

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10

## 1. Setup Statement

Even though \_\_\_\_\_, I deeply and completely love and accept myself.

## 1. Use a Reminder Phrase while tapping through the points

## 1. Take a breath and Reassess (rerate)

## 1. Tap again until Rate comes down

## Let's Practice the Application of EFT for a Weight Issue: Cravings

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**Situation:** Choose a food you crave that you would like to let go of.

### **Examples of a Setup Statement:**

Even though I love this (insert the food here), I completely accept myself.

### **Example of Reminder Phrases:**

*First Round:* this craving, my craving, I love this food

*Second Round:* this craving, I feel safe making this change, I feel free

*Third Round:* I can do this, I feel safe and free, I appreciate me

# What to do after an EFT Session

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1. Know when enough is enough
  - a. Listen to your body. It will know when it's enough. Observe your client. Don't start anything new during the last 10 - 15 minutes of a session
2. Drink water
3. Get Plenty of Rest
4. Check in with yourself or your client the next day
  - a. Keep a journal for before and after. You may notice great changes.
5. Getting it to stick
  - a. At the end add affirming phrases

# Discussion

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- Q&A

# References

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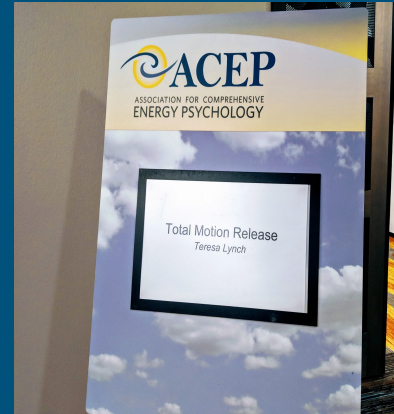
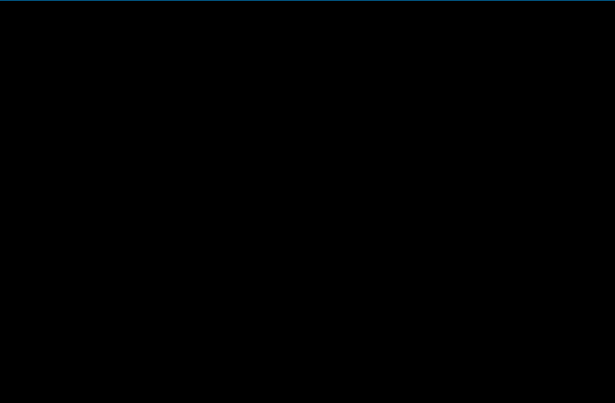
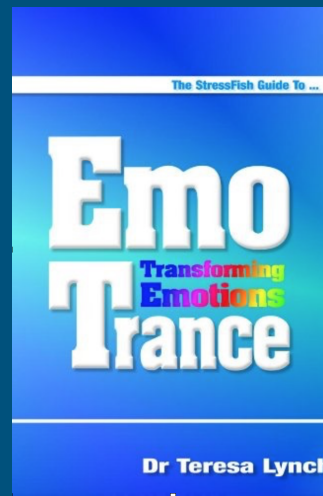
# My Background

Extensive background:

- EFT and many other energy modalities.

Presented internationally

- Committee Chairperson for the ACEP



**Inner Awareness  
Method - a  
Powerful New  
Way to Emotional  
Peace**



An Interview With  
Dr. Terry Lynch,  
Inner Awareness  
Method Creator