

Studies confirm tapping eases emotional, physical and performance issues (Video)



Dr. Dawson Church highlights key concepts that underpin the science and clinical practice of EFT. (Dawson Church, Ph.D., EFT Universe)



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The self-help method known as tapping — or emotional freedom techniques (EFT) — is gaining in popularity. Dr. Mehmet Oz recently featured EFT tapping on his talk show. Best-selling author Kris Carr called tapping her "touchstone." And contestants on NBC's *America's Got Talent* were shown tapping backstage before their performances. In an exclusive interview with Examiner.com, Dawson Church, Ph.D., founder of the National Institute for Integrative Healthcare and author of a new review paper in the journal *Psychology*, explained that there's a reason that more people are learning how to tap.

tap.

"Tapping is a quick behavioral technique that doesn't involve drugs or surgery," he says. "It can be applied by a person with basic training. And the research shows that it is really effective for pain, anxiety, depression and more."

Dr. Church's paper, called *Clinical EFT as an Evidence-Based Practice for the Treatment of Psychological and Physiological Conditions*, reviews about 40 studies evaluating the use of EFT tapping for a variety of conditions. He says the body of evidence is so robust that it meets stringent American Psychological Criteria as an "efficacious" or "probably efficacious"

treatment for several conditions, such as phobias, post traumatic stress disorder, anxiety, and depression. The studies also found that EFT tapping is effective for pain and physical symptoms, weight loss, sports and professional performance, text anxiety, etc.

"The evidence shows that EFT belongs smack dab in the middle of primary health care," he says. "It's not a substitute for medical care. But it's a way to address the emotional parts of a people's problems so that doctors can then take care of their medical needs."

Not only is EFT tapping effective when led by a skilled practitioner, research shows that it also is effective in group situations and as a self-care technique.

"It's not a panacea," he says. "It doesn't solve everything. But tapping is a safe and effective self-care method that people can use themselves for a wide variety of issues. It significantly reduces anxiety, depression and pain. There even are practical ways people can use tapping for first aid for themselves and their family members."

EFT tapping is a technique that combines the ancient practice of acupressure with modern psychology to help people stabilize and often eliminate negative emotions, beliefs, habits, etc. When using EFT, people say some simple statements that relate to the issue they're working on while tapping on some of the body's acupressure points.

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