

Introduction to Emotional Freedom Techniques (EFT)

For health, wellness and happiness





“EFT is the biggest development in medicine since antibiotics”

Dr Candace Pert
Discoverer of the Opiate
receptor and Chief of Board
American Mental Health
Institute

Energy psychology in the form of EFT is, without question, the most effective system I have seen to access powerful healing forces.”



Dr. Joseph Mercola.

Root cause of illness

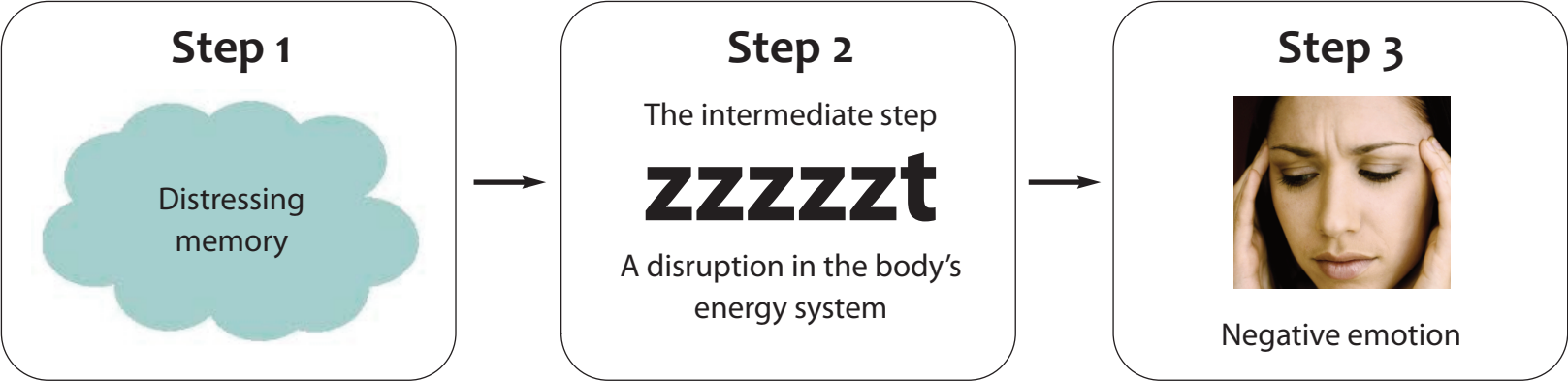
- 85% of illnesses have a root cause in stress
- Unresolved emotional upsets and negativity result in illness, low self-esteem and self-sabotage later on in life, for example
 - Heart & Lung disease
 - Cancer
 - Depression
 - Addictions

Resolve the root cause

- Resolve emotional upsets and stress to increase health, well-being and vitality
- EFT is clinically proven to lower:
 - Stress, tension and anxiety
 - Emotional upsets and negative memories
 - Trauma and fears as well as phobias
 - Negative emotions and depression
 - Addictions and cravings
- Better at regulating cortisol than CBT



How is negativity caused



What is EFT?

- A technique to clear stress and negativity
 - Tapping on the energy meridians
 - Saying specific statements out loud
 - Combines ancient Acupuncture with psychology – and there is no need for needles!
- Provides stress relief in seconds
- It fast, effective with lasting benefits

Acupuncture without needles

- 28 conditions where scientific studies support efficacy
 - Anxiety
 - Depression
 - Addictions
 - Insomnia
 - Hypertension
- 63 conditions with observed benefits



Hypnosis works so will EFT

- Hypnosis is accepted to help with
 - Irritable bowel
 - Surgical pain
- Brain wave scans have shown EFT induces theta wave brain activity



Positive Programming



- 30 – 40% boost in the overall quality of life
 - 53% boost to self confidence
 - 35% increase in ability to achieve desired result
 - Awareness and positive regard for others up by 29%
 - 40% in the quality of connection with others and ability to produce results while working with others

Acupoint tapping works



- Decrease anxiety in people who sustained minor injuries
- Less anxiety and greater accuracy when recounting traumatic events
- Increases opioids, serotonin, GABA and regulates cortisol
 - Reduce pain
 - Slow the heart rate
 - Decrease anxiety
 - Shut off FFF response
 - Create sense of calm
- Decreases activation signals

Energy Psychology Published Research 2010 - 2011

Author(s)	Study (Abbreviated Titles in some Cases)	Publication
Karatzias, Power, McGoldrick, et al.	Controlled Comparison of the Effectiveness and Efficiency of Two Psychological Therapies for PTSD, Eye Movement Desensitization and Reprocessing vs. EFT	<i>Journal of Nervous and Mental Disorders</i> , 199, 2011
Palmer-Hoffman, J. & Brooks, A.	Psychological Symptom Change after Group Application of Emotional Freedom Techniques.	<i>Energy Psychology</i> 3(1), 2011
Stein, P. Brooks, A.	Efficacy of EFT Provided by Coaches vs. Licensed Therapists in Vets with PTSD.	<i>Energy Psychology</i> 3(1). 2011
Salas, Brooks, Rowe	The Immediate Effect of Brief Energy Psychology Intervention on Specific Phobias	<i>Explore</i> , 2011: 7: 155-161.
Baker, A. H.	EFT Reduces Intense Fears: Partial Replication & Extension of Wells et al. (2003).	<i>Energy Psychology: 2010</i> (2)2,
Burke, L,	Single Session EFT for Stress Symptoms After Motor Vehicle Accidents	<i>Energy Psychology: 2010</i> 2(1)
Church, D.	The Treatment of Combat Trauma in Vets Using EFT: A Pilot Protocol.	<i>Traumatology</i> , 2010, 15(1)
Church, D., Brooks, A.	The Effect of a Brief EFT Self-Intervention on Anxiety, Depression, Pain and Cravings in Healthcare Workers	<i>Integrative Medicine Journal</i> , 2010, Oct/Nov
Church, De Asis, Brooks	Brief Group Intervention Using EFT (Emotional Freedom Techniques) for Depression in College Students: A Randomized Controlled Trial	12th Intl Energy Psych Conf, San Diego, June 3-9, 2010
Church, Hawk, Brooks et. al.	Psychological Trauma in Veterans using EFT (Emotional Freedom Techniques): A Randomized Controlled Trial.	Society of Behavioral Medicine, Seattle, Apr, 2010
Church; Piña; Reategui; Brooks	Single Session Reduction of the Intensity of Traumatic Memories in Abused Adolescents: A Randomized Controlled Trial.	In peer review at the journal <i>Psychological Trauma</i>
Feinstein, D.	Rapid Treatment of PTSD: Why ... Acupoint Tapping May Be Effective	<i>Psychotherapy: 2010</i> , 47(3)
Feinstein, D., Church, D.	Modulating Gene Expression through Psychotherapy: The Contribution of Non-Invasive Somatic Interventions	<i>Review of General Psychology</i> , an APA journal; 2010
Sakai; Connolly; Oas	Treatment of PTSD in Rwandan Child Genocide Survivors Using TFT	<i>Intl J Emergency M H</i> , 2010, 12(1)
Salas; Brooks; Rowe	The Immediate Effect of EFT on Specific Phobias: A Randomized Controlled Trial	<i>ExploreJournal</i> 2010, 6(5)
Schoninger, Hartung	Changes on Self-Report Measures of Public Speaking Anxiety Following ... TFT	<i>Energy Psychology</i> , 2(1) May 2010
Swingle, P.	EFT as an Effective Adjunctive...Neurotherapeutic Treatment of Seizure Disorders.	<i>Energy Psychology: 2010</i> , 2(1)
Stapleton et. al.	A Randomized Clinical Trial of a Meridian-Based Intervention for Food Cravings	<i>Behaviour Change</i> , 2010, 28(1)

Energy Psychology Published Research 2008 - 2009

Author(s)	Study (Abbreviated Titles in some Cases)	Publication
Baker; Carrington; Putilin	Theoretical and Methodological Problems in Research on Emotional Freedom Techniques (EFT) and Other Meridian Based Therapies.	<i>Psychology Journal</i> , 2009, 6(2)
Benor; Ledger; Hett; Toussaint; Zaccaro	Pilot study of EFT, Wholistic Hybrid from EMDR and EFT (WHEE) and Cognitive Behavioral Therapy (CBT) for Treatment of Test Anxiety in University Students	Explore, November/December 2009, Vol. 5, No. 6
Church, D.	The Treatment of Combat Trauma in Veterans using EFT: A Pilot Protocol	<i>Traumatology</i> , March 2009, 15:1
Church, D.	The Effect of EFT (Emotional Freedom Techniques) on Athletic Performance: A Randomized Controlled Blind Trial.	<i>The Open Sports Sciences Journal</i> , 2009, 2, 94-99.
Church, D., Piña, O., Reategui, C., & Brooks, A	Single session reduction of the intensity of traumatic memories in abused adolescents: A randomized controlled trial in 2009	in peer review at the Journal of Child Sexual Abuse.
Church, D., & Geronilla, L.	Psychological symptom change in veterans after six sessions of EFT (Emotional Freedom Techniques): an observational study	<i>International Journal of Healing and Caring</i> , 2009 January, 9:1
Craig, G., Bach, D., Groesbeck, G., Benor, D.	Emotional Freedom Techniques (EFT) For Traumatic Brain Injury	<i>International Journal of Healing and Caring</i> , (2009, May), 9(2), 1-12.
Lubin, H; Schneider, T.	Change Is Possible: EFT with Life-Sentence and Veteran Prisoners at San Quentin	<i>Energy Psychology</i> : (2009), 1(1)
Schulz, K.	Integrating EP into Treatment for Adult Survivors of Childhood Sexual Abuse.	<i>Energy Psychology</i> : (2009), 1(1).
Sezgin, N., Ozcan, B., Church, D.	The Effect of Two Psychophysiological Techniques (Progressive Muscular Relaxation and EFT) on Test Anxiety in High School Students	<i>International Journal of Healing and Caring</i> , 2009 Jan, 9:1.
Stone, B; Leyden, L; Fellows, B.	Energy Psychology Treatment for Posttraumatic Stress in Genocide Survivors in a Rwandan Orphanage: A Pilot Investigation.	<i>Energy Psychology: Theory, Research, & Treatment</i> , (2009) 1(1).
Swack, J	Elimination of PTSD and Other Psychiatric Symptoms in a Disabled Vietnam Veteran with Traumatic Brain Injuries Six Sessions Using the Body Level Up Methodology	<i>International Journal of Healing and Caring</i> , September 2009, 9(3).
Brattberg, G.	Self-administered EFT in individuals with fibromyalgia: a randomized trial.	<i>Integrative Medicine</i> : Aug/Sept 2008
Church, D.	Measuring Physiological Markers of Emotional Trauma: A Randomized Controlled Trial	Paper, ACEP conference, May 2008
Church, D.	The Effect of EFT on Psychological Symptoms: A Limited Replication.	S&C EP Conf, Toronto, Oct 24, 2008

Energy Psychology Published Research pre-2008

Author(s)	Study (Abbreviated Titles in some Cases)	Publication
Elder, et al., 2007	Weight loss maintenance	
Lambrou, Pratt, Gaetan	Physiological and Psychological Effects of a Mind/Body Therapy on Claustrophobia.	Journal of Subtle Energies and Energy Medicine (2005) 14(3)
Rowe, J.	The effects of EFT on long-term psychological symptoms.	Counseling and Clinical Psychology Journal, (2005) 2(3)
Swingle, P., Pulos, L., & Swingle, M. K	Neurophysiological Indicators of EFT Treatment Of Post Traumatic Stress.	Journal of Subtle Energies & Energy Medicine. (2005) 15
Baker & Siegel, 2005	Specific Phobia (partial replication of Wells)	
Andrade, Joaquin and Feinstein, David.	Preliminary Report of the First Large-Scale Study of Energy Psychology.	In Energy Psychology Interactive: 2004 Ashland, OR:
Schoninger, 2004	Public speaking anxiety	
Sezgin & Özcan, 2004	Test-taking anxiety	
Bray, R.L.	Working through traumatic stress without the overwhelming responses.	Journal of Aggression, Maltreatment and Trauma, 2003, 12
Waite, W. & Holder,D.	Assessment of the Emotional Freedom Technique: An Alternative Treatment for Fear.	The Scientific Review of Mental Health Practice, 2003, 2 (1)
Wells; Polglase; Andrews; Carrington; Baker	Evaluation of a meridian-based intervention, EFT, for reducing specific phobias of small animals.	Journal of Clinical Psychology, (2003) 59:9
Folkes, C.	Thought field therapy and trauma recovery	<i>International Journal of Emergency Mental Health</i> , (2002) 4
Green, M.M.	Six Trauma Imprints Treated with Combination Intervention: Critical Incident Stress Debriefing and Thought Field Therapy (TFT) or Emotional Freedom Techniques (EFT).	Traumatology (2002) 8(1)
Korber, et al., 2002	Anxiety, pain, and heart rate following injury	
Sakai, C., Paperny, D., Matthews, et al. .	Thought Field Therapy Clinical Applications: Utilization in an HMO in Behavioral Medicine and Behavioral Health Services.	Journal of Clinical Psychology, (2001) 57(10)
Salas, 2001	Specific Phobia (partial replication of Wells)	

Type of evidence

- Anecdotal
- Observations
- Case studies

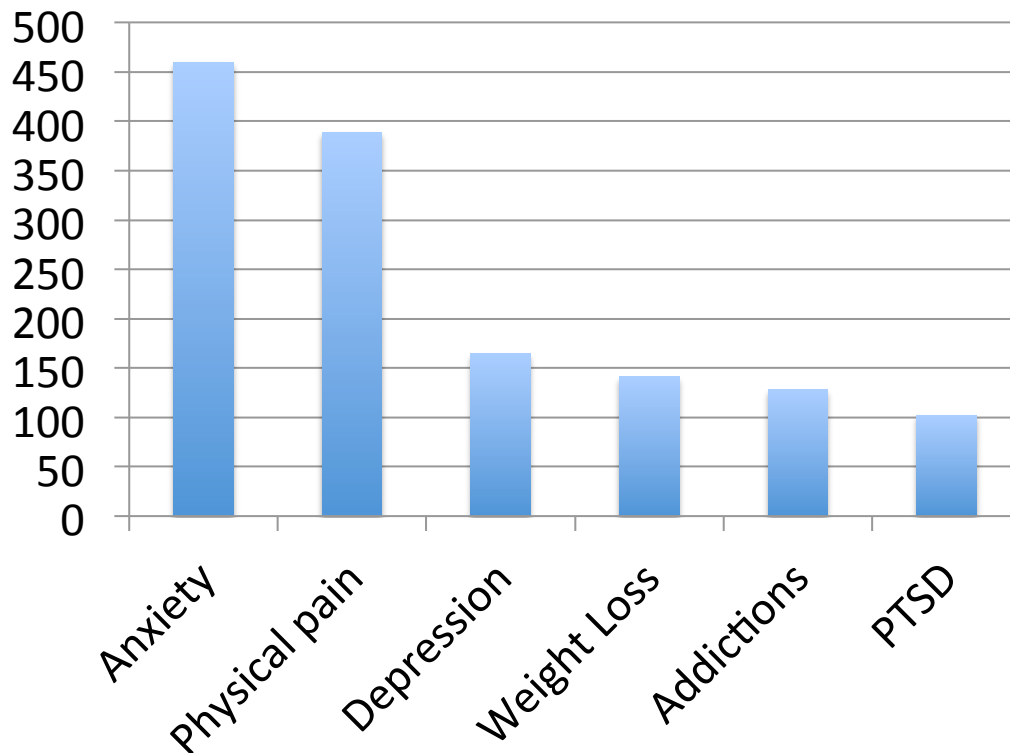
- Uncontrolled outcome studies

- Randomised controlled trials with statistical significance



Anecdotal evidence

**The number of articles on
emofree.com (2008)**



Over 1,982 anecdotal
articles or videos on
successful or partially
successful outcome

There are over 93 articles on TAT on www.TATlife.com and 414 videos on U tube of Faster EFT



Controlled studies

- 5000 patients with anxiety
 - TFT versus CBT
 - 76% TFT patients had complete remission versus 51% in CBT group
 - Statistically significant ($p < 0.002$)
- 190 patients with Phobias
 - 78% of TFT group had partial to complete improvement after 3 session
 - 69% of CBT group partial to complete improvement after 12 sessions
- Phobias
- Social Phobias
- Agrophobias
- Traumatic stress

TFT more effective than CBT
with anxiety

TFT was faster than CBT with
Phobias

Randomised controlled studies

Public speaking

- One hour of TFT
- Anxiety reduced
- Less shyness, confusion and post-speech anxiety
- Increased poise, positive anticipation and interest in giving future speeches
- Four months later more effective self-expression



Test taking anxiety

- Self-administered EFT versus Progressive muscle relaxation (PMR)
- Both groups had a significant reduction in test taking anxiety
- The reduction for the EFT group was greater than PMR



Weight control

- 10 hours of group TAT or Qigong
- TAT was superior on weight loss maintenance and losing additional weight
- Qigong group gained back an additional 1.5 kg at 12 weeks and 2.8kg at 24 weeks



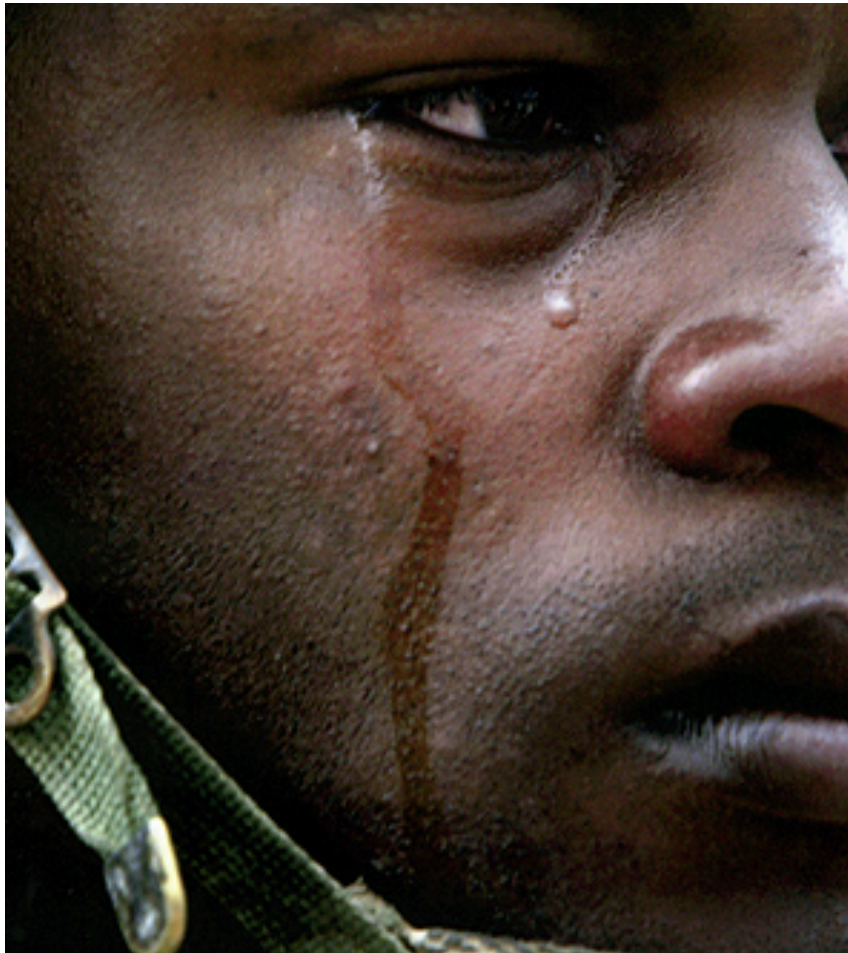
Small animal and insects

Phobias

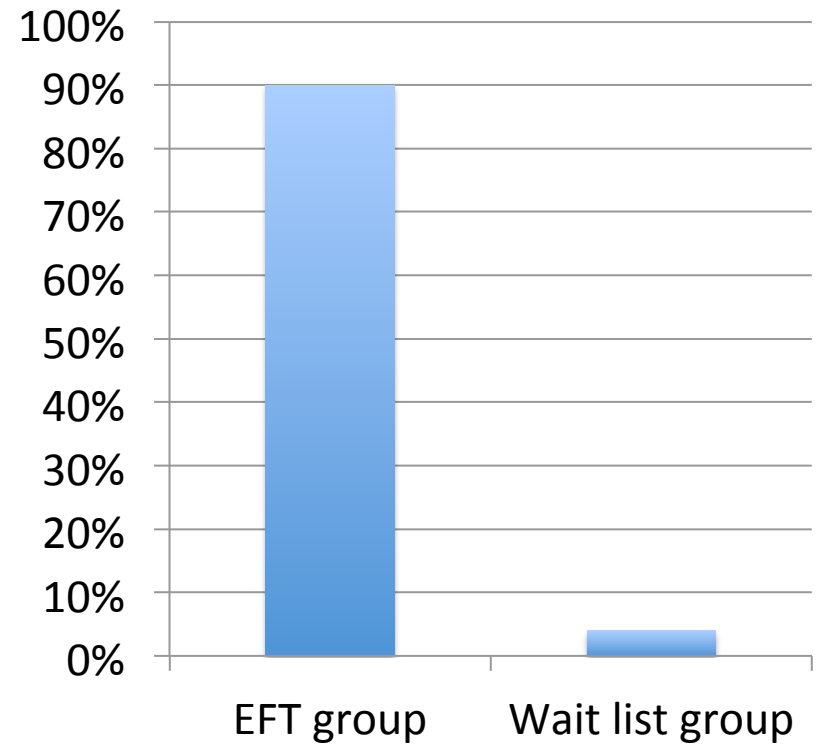
- 30 mins of EFT or Breathing
- 45 mins of EFT or discussing fears
- EFT group improved on SUDs following and during treatment
- EFT group was better on the fear and the fear of animals questionnaire
- The effects of EFT persisted 1.4 years later



Randomised controlled PTSD study in Veterans (2010)



After 6 sessions 90% were
free from PTSD criteria

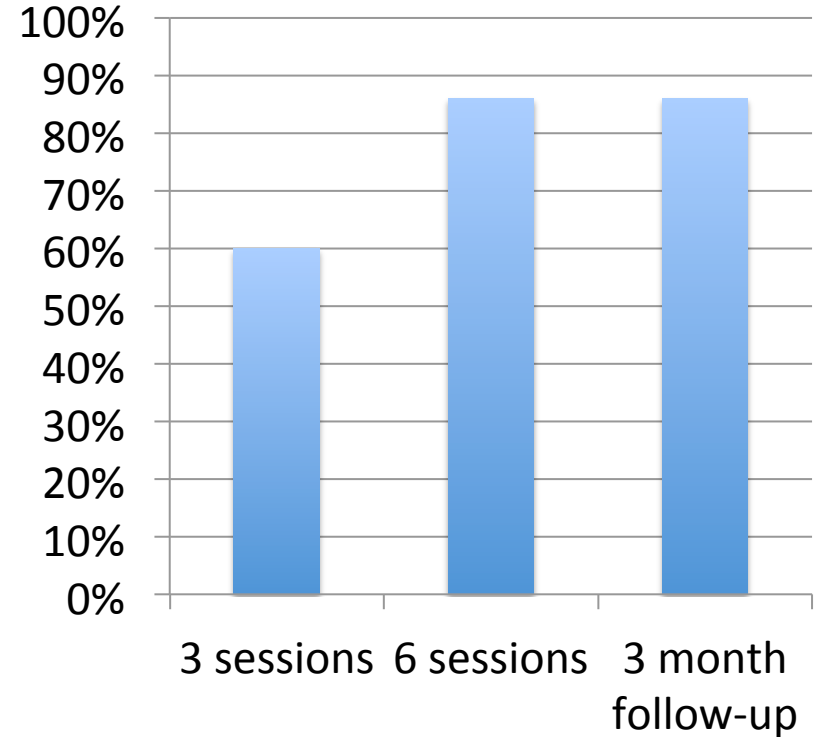


$p < 0.0001$

Randomised controlled PTSD study in Veterans (2010)



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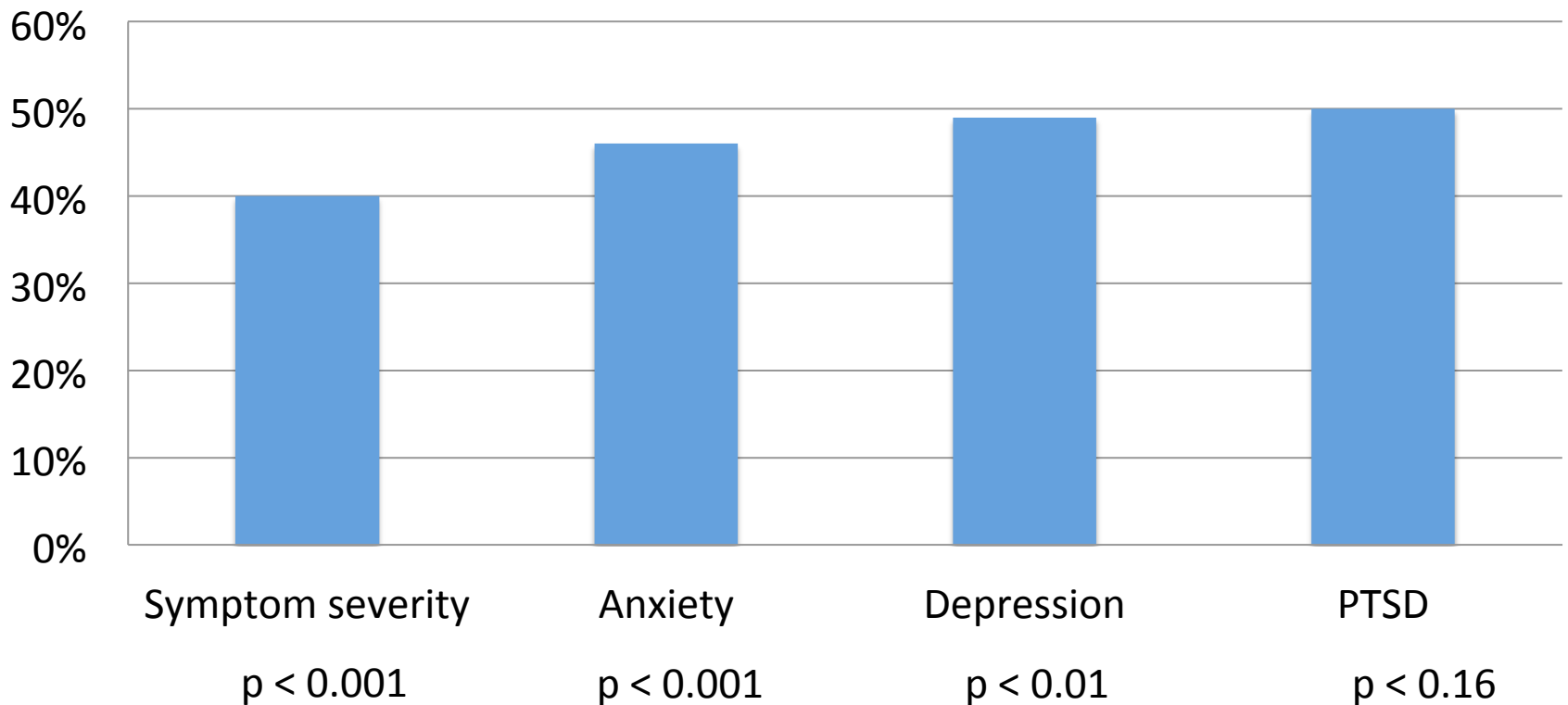


$p < 0.0001$



An observational study on PTSD in Veterans (2009)

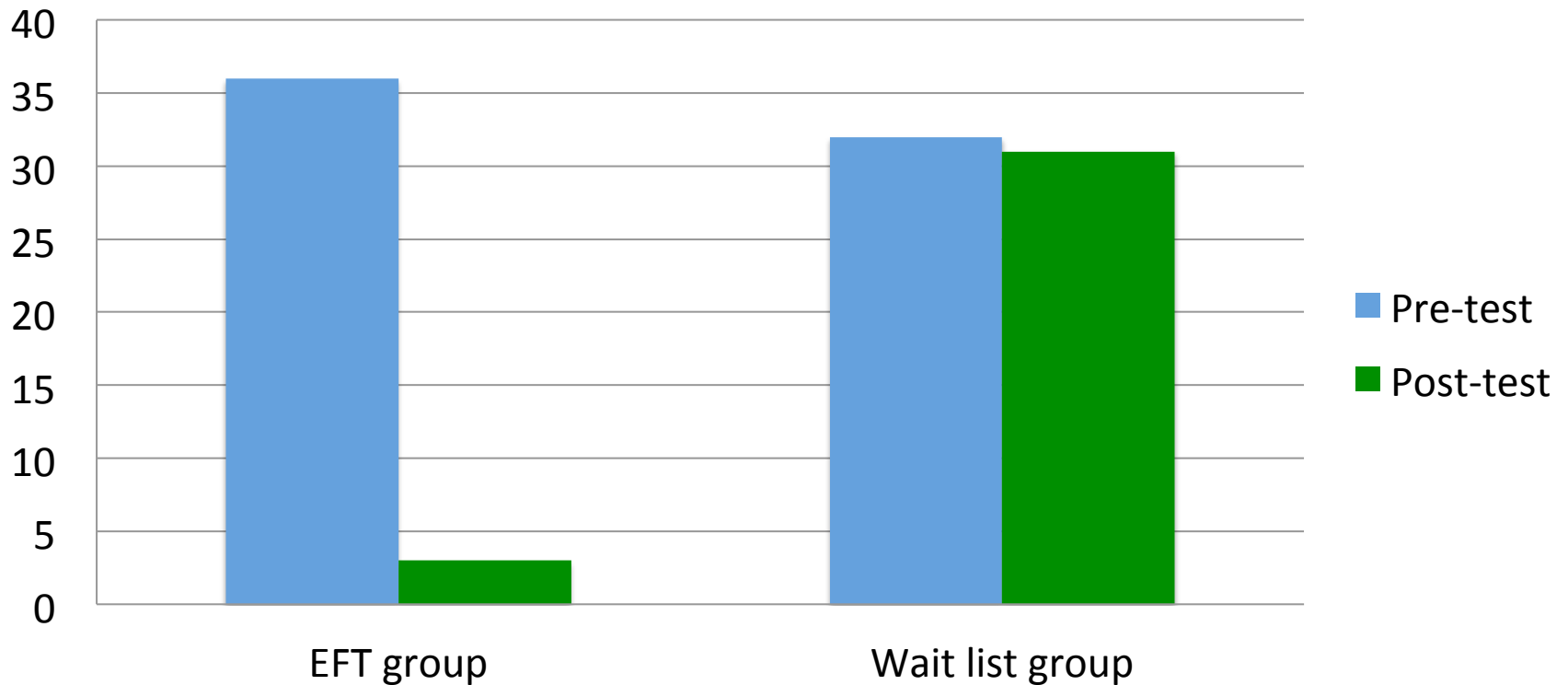
Symptom severity, anxiety, depression and PTSD decreased by 40-50% after 6 sessions and maintained after 90 days





Randomised controlled trial on traumatic memories in abused adolescents (2009)

Single session reduces the impact of the traumatic event by 92% at the 30 day follow up point

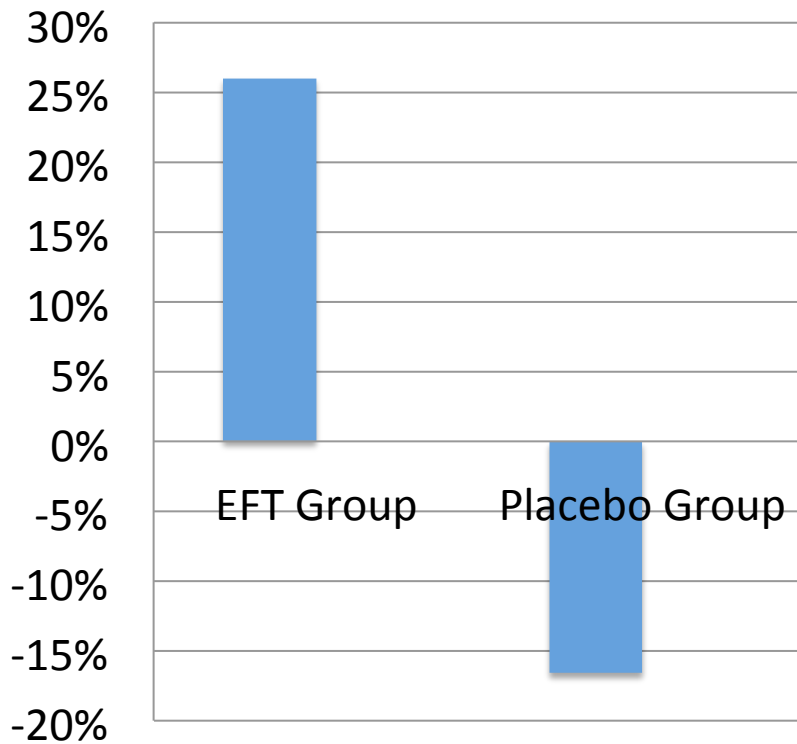


$p < 0.0001$



A randomised controlled study on Athletic performance (2009)

After 15 mins EFT free throws improved by 26%

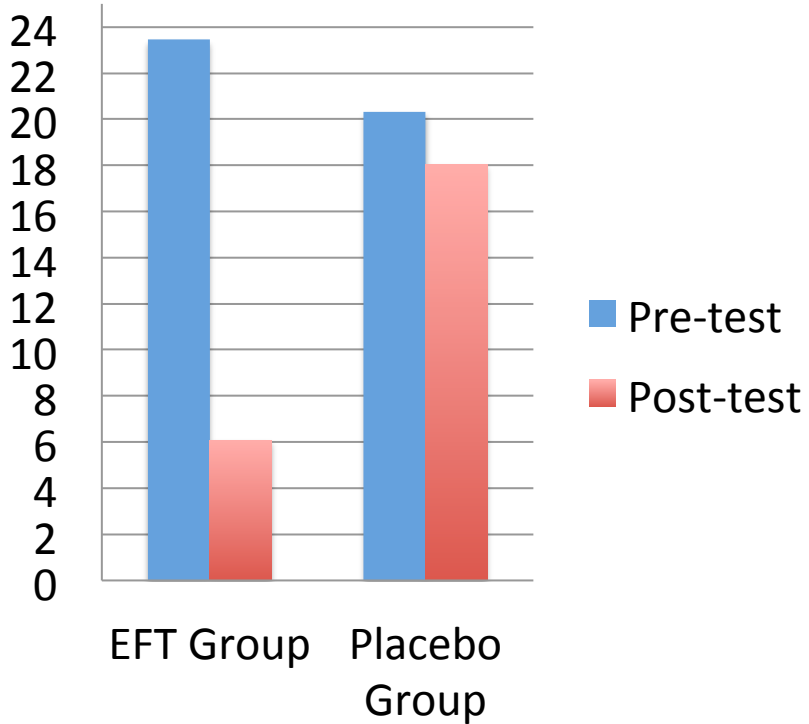


$p < 0.03$

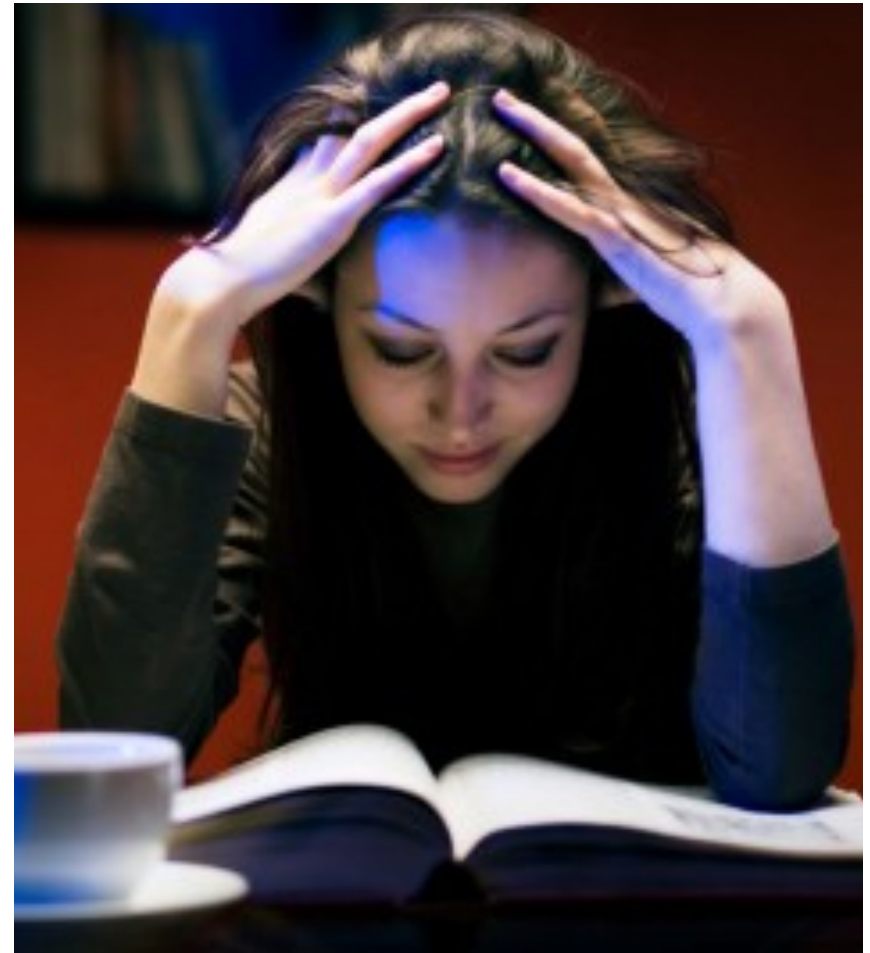


A randomised controlled study on Depression in college students (2010)

After four 90 min sessions
depression reduced by 73%



$P = 0.01$



Other notable studies

Healthcare workers

- 216 Healthcare workers
- Taught and self applied EFT for 2 hours
- Improvement in pain, emotional distress and cravings
- Gains were maintained after 90 days



Rwanda study

- 50 adolescents received acupoint sessions combined with relaxation
- Reduction of nightmares, flashbacks, bedwetting, depression, withdrawal, isolation, difficulty concentrating, jumpiness and aggression



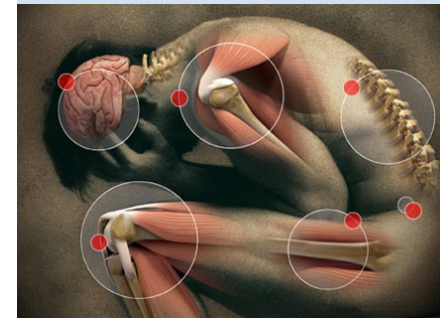
Cravings

- 96 overweight adults
- Improvement of food cravings
- Maintained after 6 months
- Reduction in Body Mass Index within 12 months



Fibromyalgia

- 86 women on sick leave
- Received 8 week treatment program of EFT via the internet
- Improvements in pain, anxiety, depression and mental health
- Improvement in activity levels

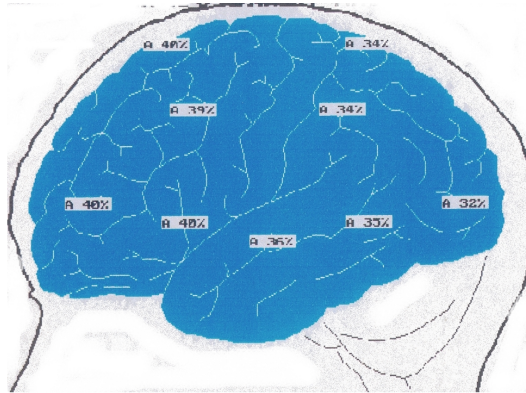


EFT has been used for

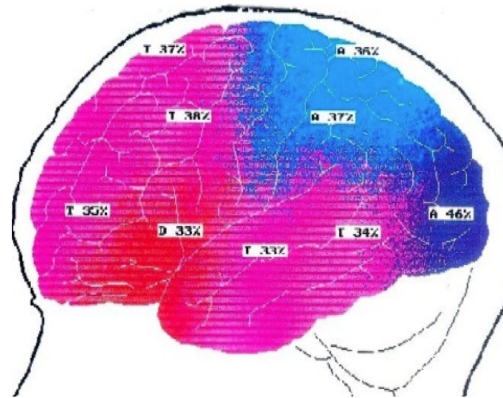
Anxiety	Physical Pain	Phobias/Fears
Auto Accident	Panic attack	–Public Speaking
Boredom	Sadness	–Dentist
Claustrophobia	Shame	–Rats
Depression	Stress	–Spiders
Grief	Self Image	–Roaches
Guilt	Sexual Abuse	–Needles
Headache	Sports Issues	–Driving
Insomnia	Trauma	–Snakes
Limiting Beliefs	War memories	–Heights
Love Pain	Weight Loss	–Water

Brain scan improvements after acutapping

Normal



General Anxiety Dis-order

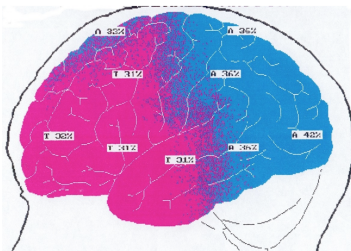


Blue = normal ratio of wave frequencies

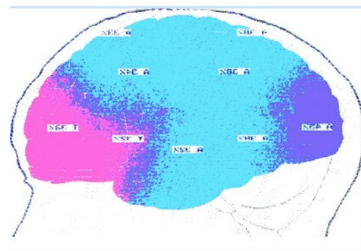
Turquoise = slightly dysfunctional ratio

Pink = moderately dysfunctional ratio

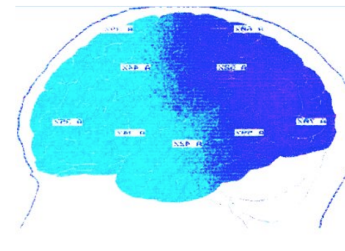
Red = highly dysfunctional ratio



After 4 sessions



After 8 sessions



After 12 sessions



The role of cortisol

- Increased emotional stress can increase cortisol and cause issues with the following systems:
 - Hormonal
 - Circulatory
 - Immune
- After EFT treatment cortisol dropped by 21% versus 14% with CBT

EFT better than CBT at reducing cortisol levels

Next steps

- Get free e-booklet on EFT – <http://vitalitylivingcollege.info/free-resources/> and let friends and family know so that they can also benefit
- Use the tapping on yourself as part of a daily program
- Book a session with an AAMET qualified Practitioner
- Learn the technique as part of a self development program or to become a Practitioner and make a difference to others

EFT Program - 3 Day Training

EFT LEVEL 1 – 1 Day

Foundations of EFT for health and happiness

- lower stress, shift emotions
- eliminate physical pain/tension and reduce cravings
- to work with yourself, friends, family and children

EFT LEVEL 2 – 2 Days

Advanced training for vitality, confidence and empowerment

- clear past traumas, hurts, limiting beliefs, emotional upsets and blocks
- working with deeper emotions and traumatic memories
- practitioner certification track

Matrix Reimprinting 4 Days

- Get to the root cause of powerlessness and trauma
- Clear shock as a result of trauma
- Root out limiting beliefs creating empowering beliefs
- Understand the science of quantum physics as related to Matrix Reimprinting
- Learn to identify field and the 3 keys to clearing trauma
- Work with real life challenges
- Combine the law of attraction with EFT to create a compelling future



Helping you to help yourself and others



- The only personal development and wellness training college in the world
- Offering accredited training in therapeutic skills, coaching and business building for wellness professionals, coaches and trainers
- NLP, Hypnosis, Timeline, EFT & Matrix Reimprinting training