

EMOTIONAL FREEDOM TECHNIQUES

An Introduction by
Janet Riley RN

HOW I GOT STARTED

- Took a Thought Field Therapy course about 12 years ago
- Tunnel experience
- Began using it with patients about six years ago in a clinic setting

EFT

- An Emotional version of acupuncture without the needles
- A unique exercise that calms you so that you can think more clearly about your problem
- Utilizes easy to locate spots on the body
- You can pull up what bothers you and turn it off on purpose.
- You can do it with focus and intention using a series of touches or taps

DISCOVERY STATEMENT

- The cause of all negative emotions is a disruption in the body's energy system
- Negative thought creates energetic imbalance which then produces a negative feeling or emotion
- EFT balances the energy around the thought and by doing so changes the emotional response

POSSIBLE RISKS AND BENEFITS

- Use to calm only, with chronically ill people.
- Chronic issues like long term depression and anxiety can be much harder to resolve.
- Can be a very effective stress reduction tool but need to use caution with some people.
- When using this, or any technique, strong emotions may surface including past memories. Be gentle and cautious regarding when and how you use it.
- Become very familiar with the technique with yourself first.

THE BASIC RECIPE

- Four ingredients:

Set up statement

Sequence

9 Gamut

Repeat the Sequence

WHERE ARE YOU NOW?

- Determine your intensity level (SUD level)

10 = worst ever

0 = no longer a problem

- How much does this problem bother you now?
- Write down your number

SET UP STATEMENT

- Even though I have this problem, I deeply and completely accept myself (students can choose a minor problem at this time)
- State the problem, then add an acceptance statement
- State three times while tapping the karate chop point or rubbing the “Sore Spot”
- Karate chop - side of the hand (see handout)
- “Sore Spot” on the chest below the collar both sides

THE SEQUENCE

- A series of points on the body starting at the head
- The points go down the body
- Can be done out of order and no need to be concerned if you skip one
- Repeat the feeling/sensation you identified in the set up statement at each point while tapping. This is called the reminder phrase
- Tap 5-7 times at each point with light pressure

9 GAMUT PROCEDURE

- Tap on the back of the hand on the groove between the little and ring fingers. Tap continually while doing the following:
 - Eyes open
 - Eyes closed
 - Eyes down left
 - Eyes down right
 - Circle eyes clockwise then counter clockwise
 - Hum a tune
 - Count to five
 - Hum a tune again

REPEAT THE SEQUENCE

- EB – eyebrow
- OE – outside of eye
- UE – under eye
- UN – under nose
- UL – under lower lip
- CB – collarbone point
- UA – under arm
- TH – thumb
- IF – index finger
- MF – middle finger
- LF – little finger
- KC – side of hand

SUBSEQUENT ROUND ADJUSTMENTS

- Modify the set up statement after the first round
- “Even though I still have some of this _____, I deeply and completely accept myself.”
- While taping on sequence, modify the reminder phrase eg. “this remaining _____”
- Can repeat the rounds up to five times or if the SUD level is 0-1

FAQ'S

- Does it matter which hand?
- Can I switch hands while tapping?
- Can I tap with both hands?
- How many taps on each spot?
- Is the Set Up phrase essential? Not always and if you are feeling the emotion strongly just tap the sequence
- Will EFT take away natural and healthy emotional responses to situations?

FAQ'S

- How long do treatment results last? Often forever. Untreated aspects can make it appear like it “comes back”
- Does the treatment need to be repeated? Some times on a different aspect, but if it worked once, it usually works when repeated
- Do I have to believe in the treatment for it to work?
- Do I use the same EFT process for every issue? Yes.

ITS BEST TO BE SPECIFIC

- If you are not getting the results you want, it could be the set up statement is too general.
- EFT can be used for general relaxation but if there is a specific issue then addressing it clearly in the set up statement may improve results.
- Do not relive memories that may cause intense emotional responses. If they surface on their own, the tapping may reduce the emotion. Repeat the sequence repeatedly until the emotion is reduced.

YOUR POINT

- Often a person will say: I really felt it when I tapped THIS spot!
- Notice WHICH spot seems to have the most or fastest effect.
- Use that point as an emergency point or use this point more often.

TRY IT ON EVERYTHING

- Repeat, repeat, repeat
- Anxiety, auto accident, sadness, shame, stress,
- Boredom, claustrophobia, love pain, physical pain
- Depression, grief, guilt, headache, insomnia, limited belief, self image, sexual abuse, sports issues, trauma
- War memories, weight loss, phobias and fears

THE MOVIE TECHNIQUE

If it was a movie, how long would it last? What would the title be?

Step 1-5:

1. Run the movie in your mind
2. Evaluate the intensity you are having NOW
3. Take edge off: EFT on “this _____ movie”
4. Verbally narrate the movie (or run the movie mentally)
5. Stop at any upset and use EFT - Repeat

PHYSICAL ISSUES

- Be specific as to where the pain is located
- Be specific as to type of pain
- Be specific as to degree of pain (give it a number)
- Eg. Even though I have this sharp pain on the left side of my head and it's an 8, I choose to deeply and completely accept myself
- Reminder phrase: “this sharp pain” while tapping on sequence.

FOOD CRAVINGS

- Identify how much you want to eat the chocolate – 0 to 10
- “Even though I really want this chocolate I deeply and completely accept myself?”
- Reminder phrase “this chocolate craving”
- Tap on the points
- 9 Gamut
- Tap on the points
- Reassess SUD number

UNLIMITED FREEDOM

- Consider using EFT on everything
- Persist until all intensity is gone, all aspects, all variations
- Test out changes in the real world
- Use caution with sensitive persons
- Get familiar with EFT yourself before helping others
- Talk and tap

PRIVATE APPOINTMENTS

- One hour private appointments are available for patients.
- Fee is \$70 payable by cash or cheque to “Bowen Training Academy”
- Call 613 848-2083 to book an appointment or if you have any questions or concerns.
- www.bowentrainingacademy.com