


Emotional Freedom Technique

"Tapping", an alternative approach to managing anxiety, stress, mood & more.

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What is the Emotional Freedom Technique (Tapping) ?

- ▶ EFT or Tapping is an alternative treatment for emotional and/or physical distress.
 - ▶ Tapping is a brief intervention combining elements of exposure therapy, cognitive therapy, and somatic stimulation of acupressure points on the head, face and body.
 - ▶ Tapping purports to access Meridian lines (energy lines) to soothe and regulate physical and emotional distress.
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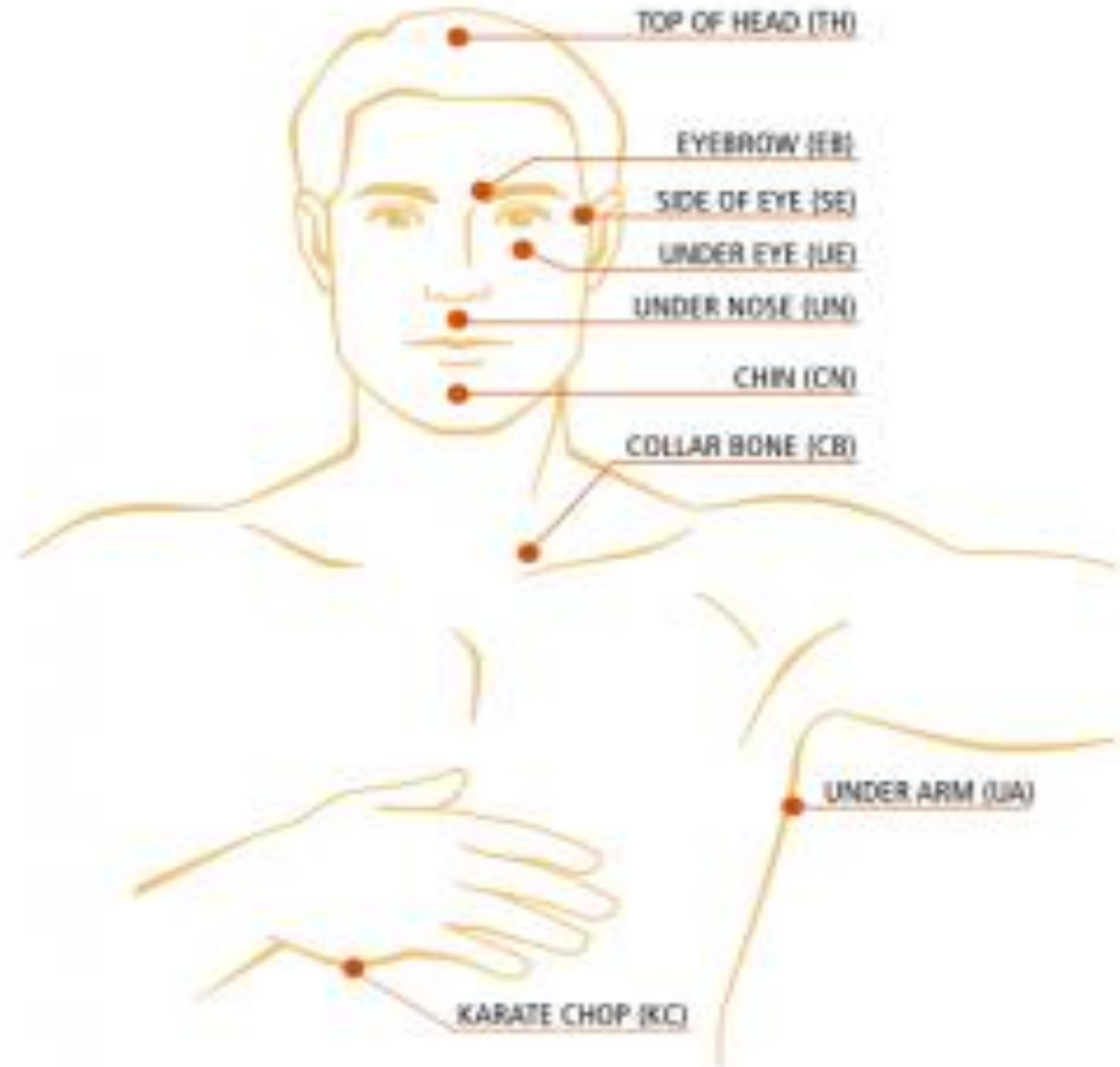
How does Tapping work?

- Tapping is done in a circuit. It is generally repeated at least three times and when guided, scaling of symptoms is monitored.
 - The subject will “tap” on various points along the head, face, and upper body while combining acknowledgment of an emotion and a positive affirmation with deep breathing.
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Tapping Circuit



Tapping Points



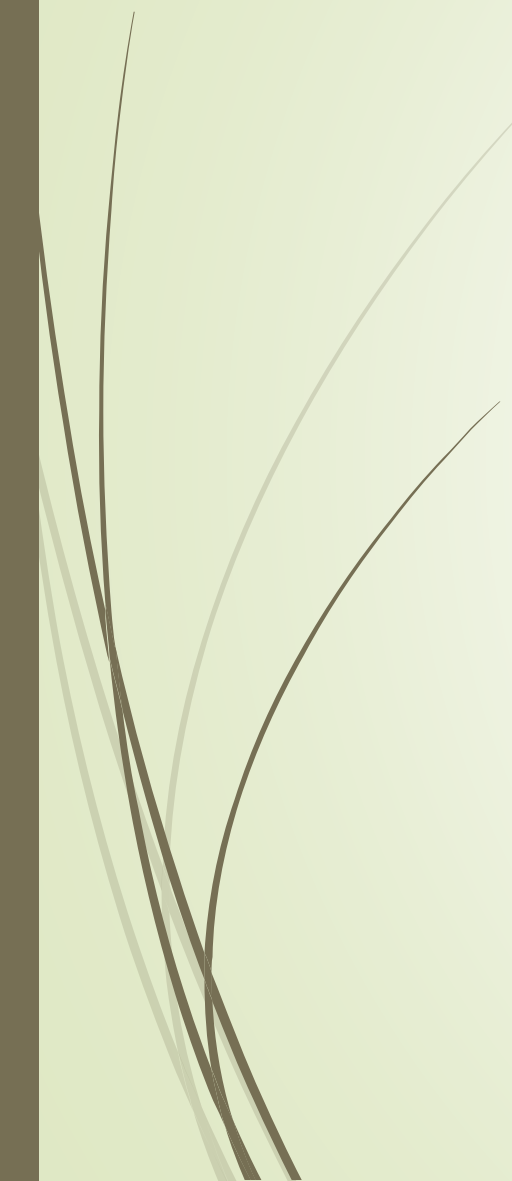


Brief History of EFT

- 1962 – Dr. George Goodheart, DC began studying Acupuncture and developed a technique he called “Applied Kinesiology”.
- 1970’s – Dr. John Diamond, an Australian Psychiatrist built upon this by developing “Behavioral Kinesiology” adding affirmations to treat emotional problems.
- 1980’s - Dr. Roger Callahan, an American Psychologist studied the Meridian system of Acupuncture and furthered this approach calling it Thought Field Therapy.
- 1990’s – Gary Craig, an enthusiastic student of Dr. Callahan began marketing his own version, calling it EFT, to the general public.




EFT Uses & Controversy

- EFT is used by medical, psychological and alternative health practitioners to treat a variety of issues such as Anxiety, Phobias, Depression and PTSD.
 - Proponents of EFT claim that EFT is widely studied and evidence based.
 - Opponents of EFT claim it is pseudoscience and essentially “quackery”.
 - During the course of preparing this presentation, it appeared that some of the research that is often presented as evidence in favor of EFT had repeating authors names and potential conflicts of interest.
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My (Limited) Clinical Experience

- I have seen EFT used with clients who have severe PTSD from the 2018 Camp Fire in Paradise, CA with successful outcomes.
 - Every time I have used EFT with a client it has produced results with at least mild improvement.
 - As someone who practices “energy work”, I can’t claim to be completely impartial, but whatever the reasoning for positive outcomes – I find EFT to be a beneficial tool.
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A Chaplain Speaks

Tapping to release emotional & physical stress

➤ https://www.youtube.com/watch?v=Vsnr2t7_-Bg





References:

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- <https://www.additudemag.com/eft-tapping-emotional-wellbeing-adhd/>
- https://www.army.mil/article/45727/tapping_method_eases_stress_in_many
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