

An Introduction to EMOTIONAL FREEDOM TECHNIQUES™ (EFT)

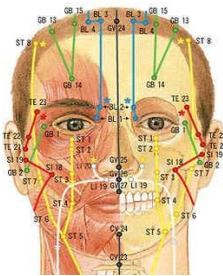
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This article was submitted to Arizona Choices Journal in September of 2006. It was published in April of 2007. Revised 2016

Emotional Freedom Techniques™ (EFT) falls under the umbrella of Energy Psychology, which addresses the relationship of the human energy systems to emotion, cognition (how we make sense of our world), behavior, and health. These systems include electrical activity of the nervous system and heart, acupuncture meridians, chakras, and energy fields surrounding the body. Although not yet empirically proven or accepted by licensing boards, EP applications include psychotherapy, education, vocational guidance, physical health, pain management, sports and peak performance. EFT is now widely known as “tapping” which is short for acupuncture meridian tapping. (www.energypsych.org).



EFT effectively deals with many issues that traditionally fall into the realm of psychotherapy, and many psychologists object that something so simple could really be effective. They are not alone – many skeptics think EFT is nothing more than a new term for the power of suggestion or merely a distraction. But there are thousands of documented stories of relief from depression, anxiety, stress, Post-Traumatic Stress Injury, addictive cravings, and a host of other emotional and physical issues are available on www.emofree.com. You will find there endorsements from highly regarded medical doctors and psychotherapists – because IT WORKS! My own stories of amazing success with EFT are up there too – and I also dismissed EFT when I first heard of it in 2001. Now I use it in 100% of my private sessions. After 16 years of using EFT as a clearing tool with ALL my clients during Beyond Talk Therapy™ sessions, I have used it on upwards of 50 widely different emotional and physical challenges – see my [Testimonials page](#).

Neurologists even now cannot prove how EFT works – this is what I think:

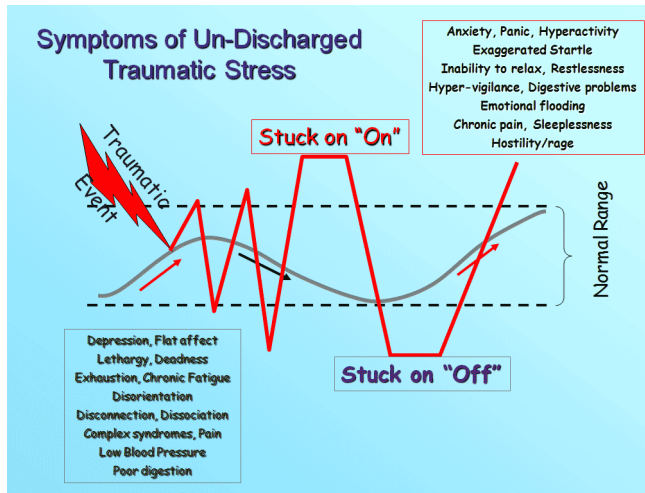


“Emotional and physical problems can be rooted in the neural structure of the brain. A neural pathway in the brain is like a groove in a record album or CD created by habitual thinking - If you keep thinking about the same event the same way, neural pathways become entangled into neural nets. EFT works by interrupting the way thoughts and emotions are chemically recorded in the neural nets while you are tapping on acupuncture meridians and speaking about core issues.”

Developed by Gary Craig using NeuroLinguistic Programming™ (NLP) and Callahan’s method of finger-tapping on acupuncture meridian points to relieve emotional distress, EFT is an innovative, gentle method of reframing intense feelings about past events or traumas, and it’s nothing short of AMAZING! It’s a bit like clearing a logjam that’s blocking a stream where the logs represent a stuck emotion in the energy streams of your body. It can be used by a highly skilled practitioner to help you resolve life-long and intense core issues, or it can be a user-

friendly, self-help technique to quickly banish a headache. The key is the language you use. It must be specific to your experience in order to work in a spectacular way.

HOW DOES IT WORK?



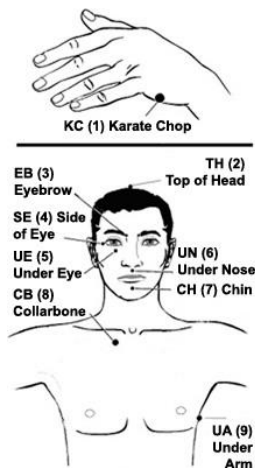
Emotional Freedom Techniques

TM (EFT) is a controversial mind-body self-help tool that brings rapid resolution to physical and emotional distress. It works by re-setting the body's electrical system much like re-setting a circuit breaker after an overloaded fuse blows in your house! You don't have to believe the theory (below), just as you don't need to know how a car works to drive one – you may be happy simply to have your problem resolved!

With EFT you become your own therapist, and your EFT practitioner is your guide. Practitioners of basic EFT show you how to use the techniques so you can manage emotional distress and resolve your own problems and issues. Highly skilled practitioners help you resolve more complex issues. EFT is a powerful tool in the hands of an educated and experienced therapist.

Let's add several body-mind principles together to explain how EFT works:

Did you ever notice that you're not emotional about a past event unless you think about it? This is the *window of opportunity* for using EFT or other energy psychology modalities because, as Neurobiologist Candace Pert says: "*remembering a trauma or event triggers emotions that activate specific neural pathways and neural nets in the brain, releasing neuropeptides (chemical messengers) in the brain that instantaneously communicate new information to every cell in the body. This is a moment where true transformation can happen.*"

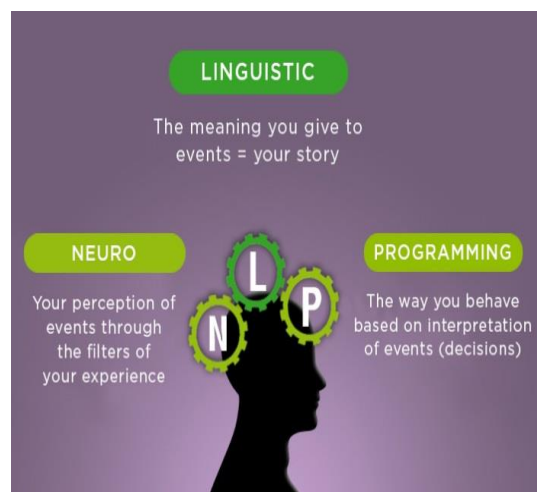


How? Tiny electric signals go from your fingers through your acupuncture meridians straight to the area of the brain (and the body) where the memory is stored, and the electricity changes the chemical structure of the memory while you are speaking. You immediately feel differently about a past event. The late Dr. Pert endorsed EFT as being "at the forefront of the new healing movement."

The only way to change a neural pathway is to interrupt the electrical process in the brain that created it in the first place – and recreates it every time we think about the same event! For example, if this happens in your sleep you may have or develop Central Nervous System Sleep Apnea at some point in your life. This is a specialty area of mine and I have helped over 100 people get rid of CNSA and their CPAP machine (see the Sleep Apnea page of www.BeyondTalkTherapy.com)

Neural Nets: Unless you happen to be a neurologist you are probably saying, “What the heck is a neural net?” A neural net is a web of neural pathways that “fire” together and “wire” together from a habitual way of thinking about a past event. That’s taken from Joe Dispenza in the “Bleep” movie, but it comes from Hebb’s Law: if one neuron stimulates another neuron, the intensity of the connection between the two is strengthened. Example: let’s say a parent hits or belittles a child. The child will associate her love for the parent with disappointment, fear of repeated hurts, and feelings of low self-esteem: all four of those emotions create a web of neural pathways = a neural net. Then, whenever the child thinks about love, all of the other emotions ride along with it creating future relationship problems until the pattern is broken. This is a complex core issue but can be reframed in 2 or 3 sessions!

Core Beliefs are basic assumptions upon which our everyday thoughts and actions are based. Our thoughts create reality: physics and metaphysics are now seamlessly and scientifically joined together by quantum theory: shamans, secret societies and Einstein know that all there is in the universe is energy and matter is NOT solid at the atomic level, our bodies ARE vibrating energy patterns, and what we focus on causes possibilities to ‘collapse’ from energy patterns into matter and experience. So, if your basic assumptions (even if unconscious) about yourself are negative, experiences and events you draw into your life will be negative too. Your beliefs, and how you speak about them, define your life.



What if you fail at creating change with affirmation and meridian based therapies like Emotional Freedom Techniques™? **The law of attraction is not powerful enough to over-ride your subconscious mind if it has an agenda that differs from your conscious mind's stated affirmation. That is where it becomes necessary to address the decisions you made during past traumatic events.**

Taking Back Your Personal Power: EFT makes you responsible for your well-being: the way you see and talk to yourself, consciously and unconsciously, can make you sick or make you well; so when you are speaking during EFT, you speak words in the present tense and you emphasize self-acceptance. You cannot change anything about yourself until you first accept yourself the way you are. Disease isn't a thing that victimizes you; it's a way of acting out your life. You may not want to recognize yourself as the source of your ailments, but until you do you are not in the 'driver's seat' of your own vehicle. Remember: your body believes every word you say, positive or negative!

Stay tuned for..... "Who's Driving Your Bus? - Find out how childhood traumas are running your life today!"