

**EFTi EMOTIONAL FREEDOM  
TECHNIQUES  
Levels 1 & 2**



**Day 2**

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**OBJECTIVES FOR DAY 2**

**REVIEW MATERIAL FROM LEVEL 1**

More on Psychological Reversal  
Alternatives to the setup statement  
The Full EFT Basic Recipe



**INTRODUCTION TO  
LEVEL 2 CONCEPTS**

Working with others  
**Trauma** and the Gentler  
Techniques

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**REVIEW**



- What did you come up with as review questions?
- Level 2, p. 19

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**THINGS TO CONSIDER WHEN WORKING WITH OTHERS**

- Don't go where you don't belong
- The therapeutic environment  
(Clean: free of smoke, mildew, toxins, free)
- May need an energy exercise before tapping  
(Donna Eden Energy Exercises)
- Building Bridges
- Rapport (High intensity. No intensity)
- Ethics and Informed Consent
- Hydration  
(Provide water and tissues)
- Intuition



Level 1, p. 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

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**HYDRATION AND EFT**

Since water conducts electricity, it is logical to think that being dehydrated can affect EFT results. Many practitioners believe strongly that hydration makes a difference in effectiveness of EFT.



It also flushes the system of toxins that are released during energy work.

If nothing else, providing water for your clients makes for a more welcoming environment.

Level 1, p. 114

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**DEVELOPING RAPPORT**

- Set a clear intention for healing on all levels before the client enters. "Through you, not from you."
- Release attachment to the outcome.
- Release judgment.
- Eliminate distractions.
- Listen deeply and use the client's own words rather than your interpretation.
- Be aware of the client's responses and reactions: body movements, tone of voice and language.
- Avoid giving advice, analyzing, or problem solving.
- Trust and use your intuition, but always check in with your client.



Level 2, p. 83, p. 138-139

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### THE APEX EFFECT Skepticism



- Even when the EFT process has been successful some clients may not give credit to the EFT work.
- This Apex Effect was first noted by Dr. Roger Callahan (2002).
- He used the term to describe the tendency of some clients to give credit to any other reason besides tapping.

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### REMEMBER PSYCHOLOGICAL REVERSAL ?

**STOPS EFT "dead in its tracks"!**

**In our lives PR results in self-sabotage**



It is a lot easier to correct for PR than it is to test to see if it is present every time you start working on a new issue.

PR can come and go in seconds.

Level 2, p. 115 - 118 Criterion Related Reversals Handout

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### Correcting for Psychological Reversal

On chest area just above the breasts, about where you put your hand to say the pledge of allegiance.

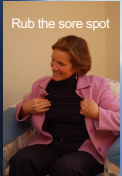
**The Setup** uses **either** of these two points

**... not both**



Tap the Karate Chop Spot

Rub the sore spot



The place on the side of your hand that would make contact if you were to do a karate chop

Level 2, p. 78 - 83

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### OPTIONAL WORDINGS FOR USE IN THE SET UP STATEMENT

"Even though I have this problem I respect myself."

"Even though I have this problem I am doing the best I can."

"Even though I have this problem I forgive myself, and anyone who may have contributed to it."

"Even though I have this problem I believe in myself."

"Even though I have this problem I honor myself."

"Even though I have this problem I know I am a good person."

"Even though I have this problem I release any attachment I may have to keeping it."

Level 2, p. 73 - 74

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### Issue String(s)

*Body "protects" itself by never showing happiness in public. Presenting issue: "It is unsafe to show happiness."*

Many other events forming more nodules on the same string

Reinforcing Event – age 6

I show my artwork with a star on it to Daddy and he says he's busy and get out.

Reinforcing Event – age 4

I am happy to run to meet my friends. Neighborhood bully yells, "What are you so happy about?!"

Personal Occurrence with learned perception (trauma/biological conflict shock/specific event)

Mom yelled at me for making Mud pies. I learned "Showing happiness is bad."

**Starts here – "Core Event"**

Level 2, p. 65 - 70

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### FULL BASIC RECIPE

The Setup: Tap the Karate Chop point or rub the Sore Spots and say 3 times: "Even though I have this problem, I accept myself."

EFT Tapping Points

Level 1, Chapter 7, p. 99

**THE SEQUENCE**

Top of the head    Thumb  
 Eyebrow        Index Finger  
 Side of the eye    Middle Finger  
 Under the eye    Ring Finger  
 Under the nose    Little Finger  
 Under the lip (Chin point)  
 Under the arm

**9 GAMUT (BRAIN INTEGRATION)**

Tap the Gamut Spot on the back of the hand

Close eyes  
 Open eyes - keep head still  
 Look down to one side  
 Look down to the other side  
 Roll eyes around in a circle  
 Roll eyes in a circle in the opposite direction  
 Hum a tune \*Count to 5. \*Hum a tune.

**REPEAT THE SEQUENCE**

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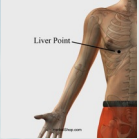
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### Additional Points


**Wrist Points**



**Liver Point**



**Ankle Points**



Level 2, p. 23

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### HIGH INTENSITY

An abreaction is a normal, but sudden and intense emotional reaction to a specific stimulus such as a memory of a traumatic event, especially if that memory has been repressed.

It is most likely to happen when a person has suffered or continues to suffer from the effects of severe or repeated trauma that has been dissociated.

When the memory becomes re-associated, it is usually a 9 or 10 on the SUDS scale.

When a person is crying, no words are needed to keep the person tuned into the problem. With permission, you may want to tap for the client.



Level 1, p. 72

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### High Intensity



- Remain calm
- Tap without words
- Break the state – 9G
- Tap on/for client
- Know when to refer

Level 2, p. 44 - 46

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### Put It In A Box



- If the intensity is too high have the client imagine putting the issue in a box and just tap on "this box".
- This is also useful if you are at the end of a session and don't have time to finish.

73 Level 2, p. 44 - 45

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### No Emotional Response?

**How are you?**

broken, sad, lonely, hurt, upset, alone, depressed, suicidal, angry, hateful, breaking down, screaming, dead, empty, nothing, crying, shouting, giving up, hiding, wearing a mask, cutting, horrible, down, hollow, worthless, misunderstood, incapable, distressed, lost, pathetic, abandoned, bitter, forced, uneasy, tense, dominated, pessimistic, distrustful, tearful, crushed, offended, aching, wronged, shaky, timid, wary, victimised, tortured, pained, lifeless, cold, dull, nervous, scared, suspicious, alienated, numb, stressed, bruised

I'm fine

Tap on *not* feeling.

EFT can be effective without words (Movie Technique).

Do EFT on the client's inability to get in touch with the emotion.

EFT several rounds for relevant memories and aspects even if there is no emotion.

If client is dissociated break the state – 9 Gamut.

Level 1, p. 76, Level 2 p. 46 - 47

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### Physical Response Associated with Emotion

Emotion registers in the body as sensation


FEELING BLUE



**My body feels:**

- Shaky, slow
- Low energy
- Low/no motivation
- Brain fog


GOOD-TO-GO!



**My body feels:**

- Relaxed
- Motivated
- Energized
- Focused
- Smiling


GETTING YELLOW



**My body feels:**

- Muscles a little tense
- Jaw clenched
- Voice louder
- Restless
- Fidgety

RED ALERT!



**My body feels:**

- Very tense
- Jaw firmly clenched
- Breathing quickly
- Heart beating fast
- Can't think clearly
- Face feels hot
- Very restless

twoemb.medium.com

Level 1, p. 42, 59

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**Locate the sensation in the body and tap on it when client is unable to identify the emotion or the event.**

Drop your awareness into your body and see where your attention is drawn.

SET UP STATEMENT: "Even though I have this **SENSATION** in my **BODY PART**..."

REMINDER PHRASE: This **sensation** in my **body**.



*FOR EXAMPLE:*  
"This anger in my head."  
"My mother in my stomach."  
"This tension in my gut."

Physical Feeling Exercise Level 1, p. 58 - 59, 77

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**GROUP ACTIVITY**  
**DO THE WHOLE BASIC RECIPE**

Tune into the problem.  
Get the SUDS  
Do the PR setup  
Tap the sequence including fingers  
Do the 9 Gamut Treatment  
Repeat the sequence  
TEST  
Repeat if necessary

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**BREAK**



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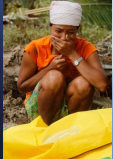
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A trauma is the reaction to a specific event that causes a highly emotional reaction.

Triggered by **SHOCK**




Unexpected

Dramatic

Isolating

No strategy



Level 1, p. 63

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**UNRESOLVED SHOCK**  
LEADS TO TRAUMA



Unresolved trauma leads to distorted beliefs about self and the world.

If a traumatic event happens before the age of 6 it becomes "hardwired" into the system and is often not remembered.

It becomes an unconscious "paper clip" on our energy meridians.

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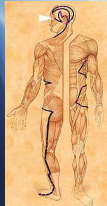
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**Process of Trauma in the Body**



- Something unbearable happens (A SPECIFIC EVENT)
- **Amygdala** activates the fight, flight or freeze response
- **Hippocampus** stores the story.
- **Thalamus** stores the sensory information (body memory)
- The **Reticular Formation** sensitizes the system to similar events
- Causes disturbances in energy meridians
- Meridian disturbances cause physical and emotional symptoms
- Recreates symptoms in presence of triggers (traumatic pattern)
- Leads to *distorted beliefs about self and the world*

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### Symptoms of (PTSD) Traumatic Stress Disorders



- Flashbacks
- Hypersensitivity to triggers
- Panic and anxiety disorders
- Insomnia and nightmares
- Dissociation
- Depression & despair
- Inability to cope with daily life
- Physical symptoms

Level 2, p. 95 - 96

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### Tell the Story Technique



Who, What, When  
Where, How  
Doing, Thinking  
Describe 5 Senses

★ Like talking to a friend – stop at each intensity

Level 1, p. 66 - 70

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### Vet With PTSD VIDEO



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**Testing your work: Challenging the results**



- Check intensity (SUDS) along the way.
- Ask pointed questions or reenact the scene.
- Re-tell the story of the event and literally TRY to get back the intensity.
- Tap on whatever comes up.

•“How will you know, as you go through the next few days, that this issue is clear? What will be different in your life?”

Level 1, p. 35, 43, 88 - 91;  
Level 2, p. 29 - 30, 84 - 85

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**Tell the Story Practice**

Assess intensity **currently** felt on story and each scene.

1. Address any anxiety about telling story
2. Tell story *beginning* at a point *before* event.
3. Go scene by scene. Stop at *any* intensity to tap.
4. Go back over story until *no* intensity.
5. Test: Vivid Visualization  
Exaggerate scene and senses
6. Tap for any remaining intensity.



Level 1, p. 68. Level 2, p. 54 Tell the Story Handout

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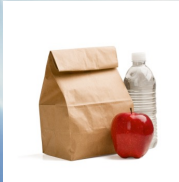
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**LUNCH**



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**WAYS OF MAKING EFT  
EVEN MORE GENTLE**

The Movie Technique

Sneaking Up on the Problem

Tearless Trauma Technique

Following the physical sensations

HANDOUT

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**WHEN TO USE THE  
GENTLER TECHNIQUES**



When the client is telling the story change to "The Movie Technique, or one of the other gentle techniques if the client gets intense and a round of tapping doesn't clear it.

If the person knows ahead of time that telling the story is going to be traumatic use one of the gentle techniques.

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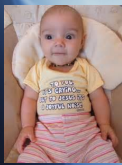
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**THE GENTLER TECHNIQUES**



- The "Gentle Techniques" are all good ways for "protective distancing" to help protect clients from high intensity and to slow down the process, so they feel safer to address the issue.
  - Movie Technique
  - Tearless Trauma Technique
  - Sneaking up on the Problem
  - Put it in a box

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### TOUCH AND BREATHE



**USE WHEN:**

- client is uncomfortable with tapping
- client is likely to feel discomfort or pain with tapping
- client is elderly or
- a baby



Level 2, p. 26

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### The Movie Technique



- Provides some distance to help prevent re-traumatization
- The concept of a movie helps in visualization.
- Begins at a specific place and time.
- Has a beginning, a middle and an end.
- Has plot and characters.

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### The Movie Technique



- Completely private – no dialogue.
- Practitioner never knows the story.
- Taps on movie title – on the emotion
- Notice how frequently Tina checks the intensity
- Crescendo # 1 – taps on physical sensation
- Crescendo # 2 – Taps on emotion (feeling inadequate)
- Tests by having client go through the movie again, and then exaggerate to try to get it back.

Movie Technique Handout

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### Movie Technique



- Identify specific event
- How long to run movie
- How many crescendos
- Title: Tap on it if there is intensity
- Run movie in your mind
- Stop at any intensity and tap
- Test
- When SUDS is 0 narrate the movie

Level 1, p. 66, 70  
Level 2, p. 51 - 53 Movie Technique Handout

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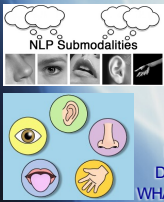
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### SUBMODALITIES

A term for the aspects of the 5 senses we use to code our experience and describe it to others.



NLP Submodalities

SHAPE, SIZE, COLOR  
MOVING VS STILL  
SHARP VS FUZZY  
VIVID VS DULL  
LOUD VS SOFT  
HOT VS COLD  
SMOOTH VS ROUGH

DOES IT HAVE EMOTION?  
DOES IT HAVE A MESSAGE?  
WHAT DOES IT REMIND YOU OF?

Level 1, p. 85, 88  
Level 2, p. 30, 65

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### Examples of "Movie Titles"

Even though I have this:

... *First day of school* movie

... *Disastrous birthday party* movie

... *"He just wanted to be friends"* movie

... *Losing Mom in the department store* movie

... *Homesick at camp* movie

... *Hearing my parents argue* movie

... *Car crash* movie

Until you are more experienced avoid big "T" traumas.

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**TEST FOR RESOLUTION:**

When the intensity related to the movie has diminished significantly, have the client narrate the story (Tell the Story Technique) stopping to treat with EFT at any intensity.



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**Demonstration**

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**PRACTICE MOVIE TECHNIQUE**



A traumatic memory  
Try to find a single event "movie"  
Any intensity. Full Basic Recipe  
Raise your hand if you need help  
The person with the least experience is to be the first practitioner  
Write down any questions that come up

Movie Technique Handout

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**DO THE WHOLE BASIC RECIPE**

Tune into the problem.  
 Get the SUDS  
 Do the PR set up  
 Tap the sequence including fingers  
 Do the 9 Gamut Treatment  
 Repeat the sequence  
 Test and repeat if necessary

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**TEARLESS TRAUMA TECHNIQUE**  
 when the issue is too painful to talk about

Key element is **having the client guess what the emotional intensity of the incident would be if they were to recall it.**

The major advantage of the Tearless Trauma Technique is that it minimizes having to re-experience the trauma by enabling the client to dissociate from the event until their intensity level has been reduced to a manageable level.



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**Tearless Trauma Technique**

- Identify specific trauma from the past
- Instruct client NOT to focus on it
- Ask, "If you *did* focus on it what would the intensity be? - Just guess."
- Develop a reminder phrase such as: "This father-hitting emotion"
- Do a round of EFT and GUESS again what the intensity would be if you were to think about it.
- Repeat until guessed intensity is below a 3.

Level 2, p. 35 - 37

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**Sneaking Up on the Problem**  
**Strong Emotions Not Necessary**



1. Avoid the Core Issue: General approach:  
"The Big One"
2. Rank intensity of physical response
3. Tap for a general issue:  
"Even though I this seems too big to deal with."
4. Take the edge off
5. Gradually spiral in closer
6. General tapping, more specific - repeat

Level 2, p. 37 - 40

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**GENTLER TECHNIQUES DEMONSTRATION**

**DO NOT TRY TO ACCESS THE MEMORY NOW**  
 For this demonstration I'm looking for someone who has:  
 A specific single major traumatic memory with an intensity of 7 - 10. **Do NOT access the emotions now.**



The memory can be put into "movie form".  
 You can locate that intensity in the body

**DO NOT TRY TO ACCESS THE MEMORY NOW**

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**PRACTICE IN DIADS**



- ✓ Identify a traumatic memory of any intensity.
- ✓ Try to find a single event "movie"
- ✓ Do the Full Basic Recipe
- ✓ Raise your hand if you need help
- ✓ The person with the least experience is to be the first practitioner
- ✓ Write down any questions that come up

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### INTRODUCING POSITIVE CHOICES

- Tap for the intrusive thoughts, worry or problem
- Use the 'rational' approach:

Even though I feel great responsibility for what happened I choose to remember that I was just a child.

Even though I still agonize over what happened, I choose to remember it was a long time ago, and I'm safe now.

Even though this terrible thing happened, I choose to release the grudge so that I can truly be free of it finally.

*Life is all about choices*

Level 2, p. 77 - 78, p. 119 - 121  
The Clinical Manual For Certified, Ph.D. www.elft.com

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### When EFT Doesn't Appear to Work

Problem is too global <b>Get more specific.</b>	Persistence: Use EFT more often.	Consider secondary gains.
Do long version - no short cuts.		Core issue - root cause may be interfering.
Locate the emotion in the body and tap on the sensation.	Watch for shifting aspects	Negative belief, often about deserving, may be in the way.

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### ENERGY TOXINS MAY AFFECT EFT

FOOD

ENVIRONMENTAL

Level 1, p. 113

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**MUSCLE TESTING  
PRESENTATION WILL BEGIN  
SHORTLY**

What is Muscle Testing?

A non-invasive way to receive information about the body's intelligence and what is happening at an energetic level

An energetic dialogue with the unconscious

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**Components of Informed Consent**

Informed consent is a legal document that is used to give you permission to use EFT with a client.

By signing the Informed Consent document, the client is confirming they are fully aware of all the implications of using EFT as well as the risks and side effects of the taking of certain medications.

- Risks
- Benefits
- Client Choice
- Have client sign

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**EXAMPLE OF INFORMED CONSENT**

**Emotional Freedom Techniques** is a method of treating emotional and physical distress by utilizing the body's energy systems. It is based on the belief that the cause of all negative emotions, is a disturbance in the body's energy system, and it draws upon techniques from ancient Chinese medicine, and other time-honored systems of treating the body, mind and spirit by bringing them into a thoroughly modern application. Gentle stimulation of acupuncture points located on the surface of the body, paired with mental activation of troubling concerns or desired outcomes affects the brain's neurochemistry.

- to help overcome anxiety, fear, guilt, shame, jealousy, or anger
- to change unwanted habits and behaviors
- to replace negative thoughts with the enhancing ones
- to release the emotional contributors to physical pain, thus reducing the pain itself
- to enhance the ability to love, succeed, and enjoy life.

Energy treatments for physical and emotional issues are intended to complement, not replace, medical or psychological care. Because these methods are relatively new, the extent and breadth of their effectiveness, including risks and benefits are not fully known. I have been advised of the following:

- The intensity of previously vivid or traumatic memories may diminish. This could adversely impact the ability to provide legal testimony regarding a traumatic incident.
- Reactions may surface during a session that are unanticipated, including strong emotional or physical reactions or additional unresolved memories revealing the need for further treatment.
- Emotional release may continue to surface after a session and give indication of other incidents that may need to be addressed.

Evidence is mounting that these techniques are significant and powerful tools for both self-help and clinical treatment. There is increasing data in the form of clinical experiments and case studies in published journals indicating many consistent practice outcomes. I understand that even as the clinical effectiveness of these methods is scientifically established, results will vary from person to person.

I have thoroughly considered all of the above and have obtained whatever additional input and/or professional advice I deem necessary or appropriate to make an informed decision before commencing the Energy Psychotherapy.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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