

**EMOTIONAL FREEDOM
TECHNIQUES
EFTi LEVEL 1**




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**HOUSEKEEPING
AND INTRODUCTIONS**

- Starting on time
- Location of bathroom
- Breaks and lunch times TBD
- **PLEASE TURN OFF CELL PHONES**
- CONFIDENTIALITY
- INTRODUCTIONS



2

DAY 1 IS ALL ABOUT YOU

Today you will be introduced to the basics of as Emotional Freedom Techniques for self use.



You will be able to describe and demonstrate EFT to others.


After a brief history of the tapping techniques, you will have the opportunity to personally experience the benefits of EFT.

LEVEL 1 DOES NOT CONFER PRACTITIONER STATUS

3


FOLD PAPER IN HALF 3 TIMES

- You should have 8 sections.
- Keep this with you during the day.
- Write down key points that you want to be sure to remember.
- As "homework" tonight you will be asked to make review questions for the class for tomorrow.




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OUTLINE for Day 1



- Background and History
- EFT Basic Shortcut Recipe
- EFT and Phobias
- EFT and Cravings
- Borrowing Benefits
- EFT and Physical Issues
- Personal Peace Procedure

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What is EFT?

Emotional Freedom Techniques is one of several Energy Psychology modalities that bypass the cognitive and treat emotional distress at its source – the body's energy.

EFT is an emotional version of acupuncture, except that we don't use needles. Instead, we stimulate certain release points by tapping on them with our fingertips.

Level 1, p. 18

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WHY EFT?




- EFT often works when nothing else will.
- EFT is easily learned and self-administered.
- You can tune in to what bothers you and turn it off on purpose, simply using focus and touch.
- EFT is safe, and results are often permanent.
- EFT uses no drugs or medication.
- EFT can be used anywhere.

Level 1, p. 11

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**You do not need to believe in EFT
Tapping for it to be effective.**




**You simply need to
be willing to try it.**

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Building Bridges

Use language that makes sense to your client

It is helpful to **preframe** EFT by introducing as something similar to what the client already knows.



It's like Systematic Desensitization but is much faster, more gentle, AND you don't have to keep re-experiencing the old triggers.

You could say:


- It's like acupuncture for the emotions except there are no needles.
- It's like talk therapy except it's much faster and issues resolve more rapidly.
- It's like hypnotherapy only you don't need to be in trance.
- It's like anxiety medication without the drugs. *Faster than a speeding Xanax.*
- It's like quantum physics in that everything is energy.

Level 1, p. 19 - 20
Level 2, p. 139 - 138

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EFT Discovery Statement

The cause of all negative emotions is a disruption in the body's energy system.



Distressing thought → Energy Disruption → Negative emotion

Level 1, p. 21 - 22 2007 Energy Disruption Negative emotion

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In EFT we...

focus on a **negative** feeling or event while stimulating acupressure points.

Why do we focus on the negative?

The problem is a disruption or a "clog" in our energy system.

We clear the clog by tapping on the meridian points while focusing on the bothersome issue.



Level 1, p. 22 - 23, & 39

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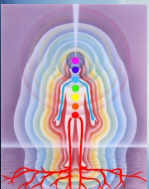
WE ARE MADE OF ENERGY

Electromagnetic fields do exist and can be measured.

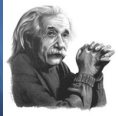
They run through and around each of us.

Don't see or usually feel them.

They are responsible for our physical and emotional health.



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Albert Einstein, in the 1920's, discovered that ALL physical matter, including our bodies is **MADE OF ENERGY**.

Unfortunately, the healing sciences have ignored this obvious avenue ... at least until recently. EFT is still a pioneer in this "new" field of healing through the body's energy.

EFT by-passes the cognitive and treats emotional distress at its source

THE BODY'S ENERGY

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ENERGY EXERCISE

We are all connected



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Acupuncture Meridians



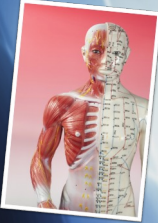
For over 5000 years, Chinese medicine has shown us that there are electrical circuits running through the body as lines of energy. Along these meridian lines there are over 500 points used by acupuncturists to positively effect related organs.

5000 BC – Archeologists have found that Neolithic people marked acupuncture treatment points.

Level 1, p. 13

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Why Tapping?




Energy runs along pathways along the body's Meridians.

Negative emotions are like blocks in these pathways.


Tapping or stimulating points on the meridians pushes through those blocks and restores the flow of the body's energy system.

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How It All Began




A Chiropractor, Dr. George Goodheart



A psychiatrist, John Diamond, M.D.



A psychologist, Roger Callahan, Ph.D.



And an engineer named Gary Craig

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1964 Dr. George Goodheart discovered "Applied Kinesiology"



Testing the strength or weakness of any muscle could be used to gather information from the body. He called this method "Applied Kinesiology".



Truth strengthens every muscle in the body.


Sometimes called *Muscle Testing* or *Energy Testing* this method is a way of communicating with the body to obtain a person's deepest truth or determine the best form of treatment.

He also discovered that he could substitute simple manual pressure with gentle tapping instead of acupuncture needles.

Level 1, p. 14

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In the 1970's Australian psychiatrist, John Diamond, M.D., discovered the link between the acupuncture meridians and the emotions.



Points on each meridian relate to very specific emotional attributes of that meridian.


Book: *Your Body Doesn't Lie*

Diamond's use of verbal affirmations along with the stimulation of acupuncture points was a major step forward producing even higher success rates in the healing field.

Level 1, p. 15

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In 1981 Roger Callahan, Ph.D. developed THE CALLAHAN TECHNIQUES



Callahan combined the work of Goodheart and Diamond.

He constructed a tapping protocol with *the conclusion that there is a specific tapping sequence for clearing every emotional issue.* This sequence is determined by using manual muscle testing.

If a person is focusing on a specific emotionally disturbing thought, fear or memory at the time they *tap* the specific sequence of meridian points, distress is eliminated.

The Callahan Techniques have now become known as


Thought Field Therapy (TFT)

Level 1, p. 15

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BEYOND THOUGHT FIELD THERAPY

Although Dr. Callahan's work, is brilliant and was groundbreaking at the time, it is *quite complex* because, unless one utilizes a complicated form of diagnostic muscle testing to determine which points need to be tapped *different algorithms are required for each emotional problem.*




Phobia = under eye, collar bone, under arm

Phobia with traumatic memory = eyebrow, under eye, collar bone, under arm

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Gary Craig and Emotional Freedom Techniques



- In the early 1990's Craig studied Thought Field Therapy with Roger Callahan, and developed a simplified, single-algorithm that does not require complicated muscle testing diagnosis - Emotional Freedom Techniques.
- Craig also studied many self-help methods including Neuro-Linguistic Programming (NLP) which helped him develop some of the specific language used in EFT.

Level 1, p. 17

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CONSTRICTED BREATHING VIDEO



10 Minutes

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EFT Basic Recipe

- Clarify the issue
- Determine the intensity of the issue.
- Perform a simple Setup that links your issue to an acceptance statement.
- Tap on meridian points while stating reminder phrase
- Check the intensity again.
- If necessary repeat.



Level 1, p. 27 - 35 HANDOUT

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THE EFT TAPPING POINTS

Tapping is quick, free and effective. The ultimate self help tool!

Karate Chop Point Used in the setup

Top of Head
Eyebrow
Side of Eye
Under Eye
Under Nose Above Chin
Collarbone
Under Arm 4\"/>

Karin Davidson - HowToTap.com President

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LET'S TRY IT!

Constricted Breathing Exercise

Setup EFT using KC, "Even though I'm not breathing to my full capacity, I accept that this is how it is right now." Do this 3 times.

Tap each point saying, "Not breathing to full capacity."

Level 1, p. 37

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Clarify by Getting Specific

Even though I'm a terrible mother...

vs.

Even though I lost it and yelled at Maggie because I was overwhelmed, I accept myself anyway.

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BEING SPECIFIC

Table-Top - Table Leg Metaphor

Global issue is the "table-top"
Specific events are the "table legs"

The time I yelled at Maggie when I was overwhelmed.

Global Issue: "I'm a terrible mother"



The time I spanked my 2-year-old.

The time I embarrassed Cindy when she wanted an extra piece of cake.



The time I only noticed what was wrong on Greg's report card.

Level 1, p. 47 - 49, Level 2, p. 66 - 68

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The Generalization Effect: Relief of one issue can sometimes relieve other issues

Sometimes after several logs have been removed, the log jam releases and all the logs flow down the river.


Similarly, after several specific events around an issue have been cleared, the intensity to all the related memories of similar events will be eliminated.

Level 1, p. 59 - 60

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HOW TO FIND CORE ISSUES

Ways to get your client to be specific




- Fill in the blank: "The time when..."
- When was the first time you remember feeling this way? The worst time? The most recent time?
- If there was a deeper emotion underlying this problem, what might it be?
- What does this issue/person remind you of?
- If there were one person or event in your life that you would just as soon have skipped, what would it be?

If the answer is, "I don't know," just guess!

Level 2, p. 65

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USE THE CLIENT'S OWN WORDS




One of the primary goals in EFT is **BEING SPECIFIC**.
Listen carefully to their exact words.
 Ask as many questions as it takes to get to the specifics.
The doorway to a person's subconscious is his or her own words.
 Therefore, it usually works best to **use their words** to help them access the event.

Roger's story

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CALIBRATE THE INTENSITY

SUDS: Subjective Units of Distress




The purpose is to **assess the degree of intensity** or distress a person is experiencing **NOW**, not what it was at the time of the event.
 There are several ways of "testing" in EFT
 The most common way of testing is the **SUDS** scale - an intensity scale developed by Joseph Wolpe in 1969.
 "On a scale of 0 to 10 with 0 being no distress at all and 10 being the worst it can be, where is the distress **NOW**."

Level 1, p. 35, 43, 88 - 91,
 Level 2, p. 22 - 20, 84 - 85

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INTENSITY SCALE - (SUDS)

SUBJECTIVE UNITS OF DISTRESS



0 1 2 3 4 5 6 7 8 9 10

No pain Discomforting Distressing Intense Utterly horrible Unimaginable unbearable

Very mild Tolerable Very distressing Very intense Excruciating Unbearable


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After getting the SUDS we do
A SETUP PROTOCOL

The set up prepares the body's energy for the tapping
by correcting for **Psychological Reversal**.

In our lives PR results in self-sabotage **PSYCHOLOGICAL REVERSAL**
An unconscious blocking of EFT

Destructive behaviors
Reversal of concepts like right and left
Chronic conditions
Addictions
Fear of success
Victim mentality



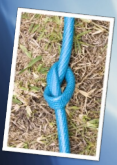
In a session PR **stops** EFT "dead
in it's tracks"

Next time we will learn more about PR

Level 1, p. 32

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Finding the right words



- The purpose of the words in the Setup and Reminder Phrases is to communicate or describe the issue in a way that triggers the original energy disruption, so that the tapping can clear it.

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The Setup Consists of 2 Parts



- Stimulation of an acupoint, called "The Karate Chop Point" prepares the energy system for the tapping.
- Acknowledgment of the problem along with a statement of self acceptance, even though you have the problem.
- The Setup Statement helps the client tune into the problem**
- The theory is that it can often overcome subconscious resistance to change.

It is not necessary to believe the statement of self-acceptance

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THE SET UP

Gently tap the Karate Chop Point continuously.

Repeat the self-acceptance statement while naming the problem:

“Even though I have this problem (be specific) I deeply and completely love and accept myself.”

Do this 3 times.

Level 1, 32 – 34, Level 2, p. 73 – 85

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The blank is filled in with a brief description of the problem you want to address. Here are some examples:



Even though I'm feeling anxious, I deeply and completely love and accept myself.

Even though I have this fear of snakes, I'm brave in lots of other ways.

Even though I have this pounding headache, I accept that this is how I feel.

Even though I feel guilty because I drank last night, I'd like to be able to forgive myself.

Even though I have this craving for a cigarette, I'm still a good person.

Level 1, p. 39


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Reminder Phrase

The Reminder Phrase is a shortened part of the setup statement - used to keep the mind focused on the problem during the EFT tapping sequence.

Examples:

- > Anxiety
- > Fear of snakes
- > Headache
- > Feel guilty
- > Drank last night
- > Craving for a cigarette



Level 1, p. 34

Tap on the meridian points while saying the reminder phrase.

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Mini Reversal
 Used when progress stalls *during* treatment

"Even though I **still have some** of this problem, I deeply and completely love and accept myself."

Tap the points using the reminder phrase: "**remaining problem.**"

Level 1, p. 43

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TESTING AN ESSENTIAL PART OF THE EFT PROCESS

- It gives the practitioner and the client the opportunity to ascertain whether the issue has been fully cleared or whether there is more work to be done.




Level 1, p. 43

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TESTING YOUR WORK
 Challenging the results

- Check the intensity (SUDS) along the way.
- TRY to get the intensity back.
- Focus on each of the aspects or different scenes separately.
- Vividly imagine the problem.
- But the very best of challenging our work is to test it in real life.

Fear of heights after EFT



Level 1, p. 50 - 51
 Level 2, p. 29 - 30

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MOST PROBLEMS HAVE MANY ASPECTS

An aspect can be:

- Different part
- Different scene
- Different emotion
- New event
- Body sensation



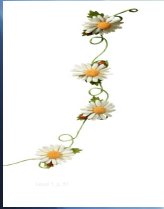


Fear of bees

p. 50 - 53

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Daisy Chain Effect



Tapping on one aspect or event often leads to another similar or related one.

After each round of tapping, ask "What comes up now?"

As you shift to a new "daisy," *make a note, so you can go back to test intensity of each aspect.*

Level 1, p. 51 - 53

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YOUR POINT


Your very OWN EFT Shortcut

- "I really felt it when I tapped THIS spot!"
- Use points which seem faster or have the most effect.



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ASKING QUESTIONS




- What comes up for you now?
 - Event-related – another event or memory
 - Emotion-related – current emotion may trigger previous event with same emotion
 - Sensation-related – sub-modalities. Current sensation may remind client of previous event
 - Belief-related – may trigger negative core belief

Level 1, p. 46-47, Level 2, p. 71-72 Handout

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Aspects Activity

Fear of Flying has many aspects.



How many aspects can you think of?

Questions to uncover aspects:
Who, What, When, Where

Sub-modalities:
Visual, Auditory,
Kinesthetic, Smell, Taste

Include all the senses:

Level 1, p. 53

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BREAK



48

FEARS & PHOBIAS

Irrational fears that are out of proportion to the situation
Resistant to traditional psychotherapeutic interventions
Sometimes, but not always, based in trauma
Often accompanied by shame and anxiety
Don't make sense




HANDOUT Level 1, p. 57, Level 2, p. 25 - 26, 100 - 104

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How Does a Phobia Start?

Phobias develop in a few ways:

- Direct conditioning** (scared by a barking dog).
- Modeling** (saw mom scared by a barking dog).
- Authority instructions/information** (mom told you that dogs are dangerous, will bite you).
- Non-associative** (a dog barked at the same time you saw your brother hit by car. The association is usually unconscious, as the dog barking is not important to the main event but serves as an unconscious trigger to the traumatic response).




Liz Hart

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Phobia Video

[Fear of Water Video:](#)



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Borrowing Benefits




Borrowing Benefits is a process that allows someone with little or no experience in EFT reduce the intensity of his or her own issue by tapping in a group, or along with someone else's issue while watching an EFT demonstration during a seminar or on tape.

Level 1, p. 86 - 87

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Borrowing Benefits


- Choose a single **recent event** that is disturbing, but not traumatically so.
- Fill in the blank, "The time when..."
"The time when I got a flat tire and didn't have my AAA card with me."
- Give the event a short title. "Flat tire"
- Determine the intensity as it is right now. SUDS.
- Write all this down and put it away
- Follow the demonstration and tap along.



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BORROWING BENEFITS FOLLOWING THE DEMONSTRATION

- Put the paper away and follow the demonstration.
- It is not necessary to follow the words of the practitioner, or those related to your issue - just tap.
- When the demonstration is finished reevaluate your SUDS and write down the number.



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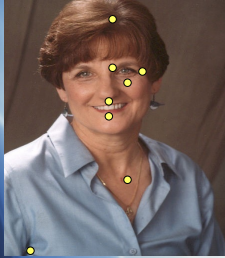
Phobia Demonstration



Follow the exact wording of the demonstration regardless of what your issue was.

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Sequence



- ← Top of head
- ← Eyebrow
- ← Side of Eye
- ← Under Eye
- ← Under Nose
- ← Chin
- ← Collarbone
- ← Under Arm

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RE-EVALUATE THE INTENSITY




- Notice any changes in your body, or if the event has become more specific - one particular aspect.
- Re-evaluate and write down the intensity of the SUDS at this time (SUDS: 5 -> 2)
- If zero - CONGRATULATIONS
- If you have dropped by only one point it may be wishful thinking.
- If not zero, write new number down and continue on with original issue, focusing on whatever is left.
- If it's a 3 or less try the Floor to Ceiling Eye Roll

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FLOOR TO CEILING EYE ROLL

Use when intensity is less than 3



Tap Gamut Spot on back of hand

Close eyes and think about "remaining problem"


- Open eyes: Don't move head
- Look down at floor
- Slowly roll eyes straight ahead from floor to ceiling
- Re-evaluate the intensity - should be 0
- If it isn't, try to focus on a more specific aspect.

Level 2, p. 25

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LUNCH

- After lunch we will be working with cravings.
- I will have dark and milk chocolate and chips.
- Feel free to bring your favorite trigger.




Level 2, p. 25

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WHAT IS ADDICTION?

One is too many and a million is not enough.



We can address cravings with EFT, but true addiction is beyond the scope of this training.


- All addictions are attempts to find solutions to our pain through something or someone external to ourselves.
- The problem is that they DO work in the short term, because **the true cause of an addiction is an underlying anxiety disorder.**

Level 1, p. 94 - 95

60

Cravings and Addictive Urges

Try it for ANY Craving or Addictive Behavior



- 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 phrases: “this chocolate”, “I really want it.”
- Tap the points
- Re-evaluate intensity

Level 1, p. 95 - 98

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Testing Your Results

Has your craving diminished?




- Is there a difference in the physical feeling?
- Check the smell and taste
- How much desire is still there?
- Can you pass it up for now?
- Imagine turning it down in the future!
- Now you have a **choice!**

Level 1, p. 95 - 98

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PERSISTENCE – PREVENTATIVE TAPPING

Especially when using it for Addictions and other Chronic Problems:

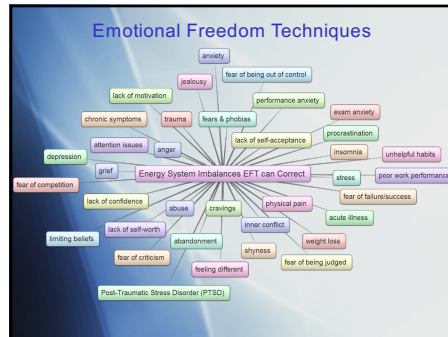


- Repeat several times a day
- Connect it with something you do regularly like going to the bathroom.
- Put it on your “to do” list
- Program your cell phone to alert you

View it as a prescription: Do EFT every 4 hours, or as needed.

Level 1, p. 88


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EFT AND PHYSICAL CONDITIONS

Be sure to consult a doctor first



EFT is *NOT* a substitute for medical care.

***NEVER* recommend any medication.**

***NEVER* suggest that a client stop current medication.**

EFT doesn't *CURE* anything.

Level 1, p. 78 - 79, Level 2, p. 40 - 43, 105 - 109

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WHY USE EFT FOR PHYSICAL ISSUES?

- It requires no drugs
- It requires no appointment
- It is always available
- There are no invasive procedures
- It is self-administered
- It can often provide immediate relief



"EFT is faster than a speeding Xanax!"

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Emotional Contributors to Pain
 YouTube (Gary)

0 1 2 3 4 5 6 7 8 9 10
 No Pain Mild Moderate Severe Very Severe Worst Pain Possible
 0 1-3 4-6 7-9 10

6 minutes

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EFT FOR PHYSICAL ISSUES

- Tap on the symptom
- Tap on the emotion
- Tap on related trauma
- Tap on the diagnosis
- Tap on the metaphors of pain – sub-modalities.

Level 1, p. 78 – 85, Level 2 p. 40 - 43
 Handout

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Clarify by Getting Specific
 Example of finding what to tap on.

My back hurts.

EMOTION
 Anger, frustration, hopelessness, resignation.

ENVIRONMENT WHEN/WHERE
 When I drive
 When I do yard work. It's worse when I'm stressed.


THOUGHTS
 I have to live with it. It's part of aging. It will never get any better.

PHYSICAL
 Dull, constant ache on my left lower side of my back. **METAPHOR:** Pain is like a knife, it's a hammer, a fire, a drill.

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Chasing the Pain

Follow the predominate pain



Often pain 'moves' and/or changes nature.


"Has it changed location?"
"Is it the same kind of pain?"
"Did any negative thoughts come up?"
"Did any memories come up?"

"Even though this pain keeps moving around, I accept myself. I forgive myself for anything I may have done to contribute to it."

Level 1, p. 79, Level 2, p. 40 - 43

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Emotional Contributors to Pain



Consider secondary gain.

- Pain that moves often has an emotional cause or contributor.
- Tap on the emotional contributor. Ask, "If there were an emotional contributor to this pain what might it be?"
- Example: "I'm really angry at my mom, but I can't let her know because she's so old, and she can't help it"
- Could there be a benefit to keeping the pain? Example: "My husband never helps around the house unless I'm sick."

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SECONDARY GAINS


Getting something positive out of a seemingly negative situation

- What might be the "downside" of healing this issue?
- Who wouldn't like it if you resolved this?
- Could there be a benefit to keeping it?
- What would you have to give up?
- What would you have to do that you don't have to do now?

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WORKING WITH PAIN DEMO


BORROWING BENEFITS



Locate the pain in your body. Be very *specific*
 Give it a SUDS rating
 If there were an emotional contributor or cause to this pain, what might it be? Best guess.
 If the pain had a color or shape, what would it be?
 What would be the "down-side" of getting rid of this pain?

73

Personal Peace Procedure




- Make a list of all the distressing events you can remember. Most people have well over 100.
- Tap on at least one aspect of one issue per day.
- Keep tapping on all aspects of the one issue until it is gone.
- Go on to the next issue.
- In one year you have resolved 365 or more of your aspects and issues!
- Ideally you should aim to resolve your own issues before working with other people using the PPP or by working with a therapist or a group.

Level 1, p. 115 – 116 HANDOUT

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TAKE 5 MINUTES NOW

- Write down as many issues as you can think of from today all the way back to your birth.
- Remember to give each issue an entire page.



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The Elevator Test



- On a piece of scrap paper write down the answer to the following question: "What is EFT"?
- Then we will get into groups and discuss your answers. Come up with a group answer.
- When the bell rings again we will discuss.
- Write down your favorite answer.

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Frequently Asked Questions

- Does it matter which hand? NO
- Can I switch hands while tapping? YES
- Can I tap with both hands? YES
- How many taps on each spot? Tap for as long as it takes to say the reminder phrase
- Is the SETUP essential? Not always, but we use it anyway just in case.
- Will EFT take away natural (and healthy) emotional responses to situations? No
- How long do treatment results last? It depends on how complicated the issue is, and whether all aspects have been addressed.
- Does the treatment need to be repeated? Sometimes on a different aspect, and always with anything chronic.
- Must I use the prescribed sequence? **NO**
- Do I have to believe in the treatment for it to work? NO, NO, NO
- Do I use the same EFT process for every issue? YES

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