

# Emotional Freedom Techniques (EFT)

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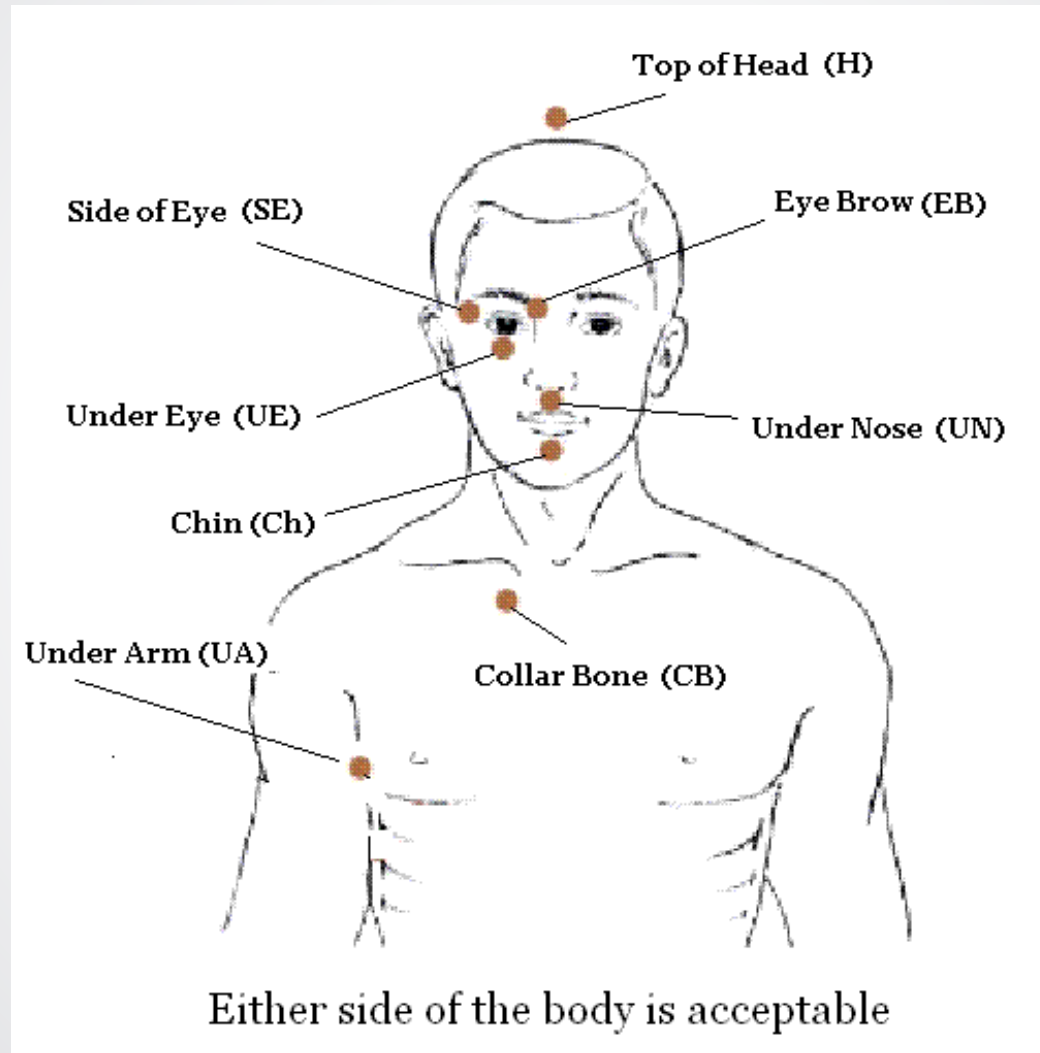
## Objectives

- Introduction to Energy Psychology
- Introduction to Tapping
- Describe the difference between TFT & EFT; and EFT and 'Tapping'
- Provide an overview of EFT's uses
- Big T vs little t
- Provide an overview of research and applications
- Invitation to Professional Skills Level One

## Energy Psychology (from: <https://www.energypsych.org/page/AboutEPv2>)

- A collection of mind-body approaches used for understanding and improving human functioning.
- The approaches focus on the relationship between thoughts, emotions, sensations, and behaviors, and known bioenergy systems (such as meridians and the bio-field).
- These systems and processes exist, and interact, within individuals and between people; and are influenced by cultural and environmental factors.
- Within an EP framework, emotional and physical issues are seen, and treated, as bio-energetic patterns within a mind-body-energy system.
- The mind and body are thought to be interwoven and interactive within this mind-body-energy system, which involves complex communication involving neurobiological processes, innate electrophysiology, psychoneuroimmunology (PNI), consciousness, and cognitive-behavioral-emotional patterns.
- Includes TFT, EFT, EMDR and other techniques.

# The Facial/Torso Points



# Thought Field Therapy vs Emotional Freedom Techniques

- Extremely similar.
- TFT (& EMDR) often thought of as the only truly 'evidence based' energy psychology techniques.
- EFT is widely accepted as evidence supported and has been included in VA protocol for addressing trauma.
- Increasing evidence moving EFT toward evidence based practice for trauma/PTSD.
- TFT uses specific sequences to down regulate different emotions vs EFT uses a single 'basic recipe'.
- EFT includes a spoken 'set up' vs few words with TFT.
- Both effective.

## EFT's uses

- Down regulation/palliative management of symptoms.
- Address trauma, including PTSD, acute stress disorders.
- Depression.
- Anxiety and phobia.
- Addiction.
- Chronic Pain.
- Self development such as enhancing academic and sport performance.
- Easily learned for self use.

## Big T vs little t

Little t:

- Down-regulation/palliative
- Use when outside the window of tolerance

Big T:

- Deconstructing trauma





## Restructuring neural pathways

- Memory reconsolidation.
- Behaviors, emotions, thoughts & somatic dysregulation disappear.
- Less reactivity.
- New learning overrides old circuits.





EFT & physical issues?

## Research:

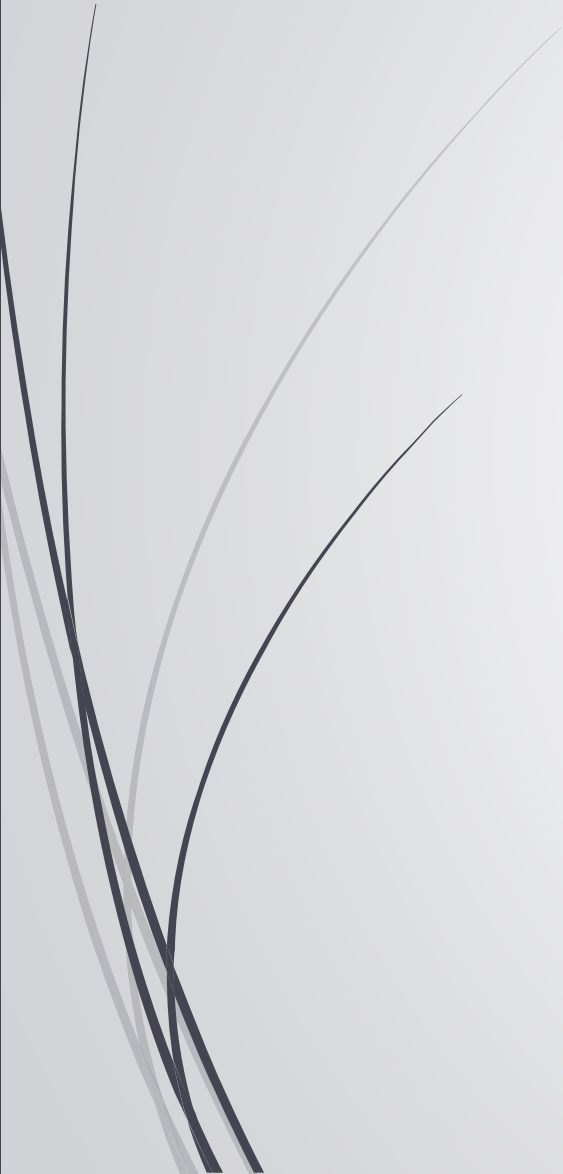
Over 400 forms of psychotherapy with a paucity of research. Energy psychology is both evidence based & in the top 10% of published studies.

EFT is considered evidence-supported with over 100 studies published including:

- 50 randomized controlled trials
  - 40 pre-post outcome studies
  - 4 meta-analyses
  - 5 systematic reviews
  - Hundreds of case studies
- } 98% of these studies document EP effectiveness

The evidence base for energy psychology continues to grow in quantity and quality:

- 2000 - 2012 18 randomized control trials
- 2014 - 2016 3 meta-analyses show energy psychology effective for depression & anxiety
- 2016 45 randomized control trials
- 2017 - Meta-analysis shows EFT effective for PTSD, 2 randomized control trials using biologic or genetic
- 2018 outcome measures document positive outcomes, 2 fMRI scanning studies currently underway
- 2019 - First fMRI study documents neural changes after EFT
  - 2 studies show physiological & immunological changes and genetic (microRNA) expression with EFT



## Research resources:

- [energypsych.org/research](http://energypsych.org/research)
- [eftuniverse.com/research-studies/eft-research](http://eftuniverse.com/research-studies/eft-research)
- [eftinternational.org/discover-eft-tapping/eft-science-research/](http://eftinternational.org/discover-eft-tapping/eft-science-research/)
- [nice.org.uk/search?q=EFT](http://nice.org.uk/search?q=EFT)

## Professional Skills Level One

- Video training modules plus weekly zoom calls over 5 weeks.
- **14** CME/CNE (physicians and nurses) or CE (psychologists, social workers, counselors, addiction counselors).
- Limited spots available for next online training [starts June 22<sup>nd</sup>]
- \$397.
- 10% discount for groups of 3 to 4 registrants.
- 15% discount for groups of 5 or more registrants.
- Email Helen with names to receive the group discount code & further details.
- Further information: <https://eftonline.org/eft-course/>



*thank you*

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