

**EFT Practitioner Training**

Power of Transformation at Your Finger Tips



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**EFT, Emotional Freedom Techniques**

Power of Transformation at Your Finger Tips

EFT Level 1 and 2

Energy Psychology: Working at Root Cause



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**How Does EFT Work?**



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### Discovery Statement

*"The cause of all negative emotions is a disturbance in the bodies energy systems".*

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### HOW A NEGATIVE EMOTION IS CAUSED



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### Causation of Dis-ease

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### HOW A NEGATIVE EMOTION IS CAUSED



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### Causation of Dis-ease

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### Tapping Targets, the Disruption



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### HOW PROBLEMS DEVELOP



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### Feedback Systems

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### Why Work Using a Feedback Model?

- More effective at getting results
- You know when it is working and not working, therefore it is a guide to your next action
- Long lasting results

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### Two Types of Feedback

- Before and After EFT (Intervention)
- In the moment (Now)

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### THE EFT PROCESS



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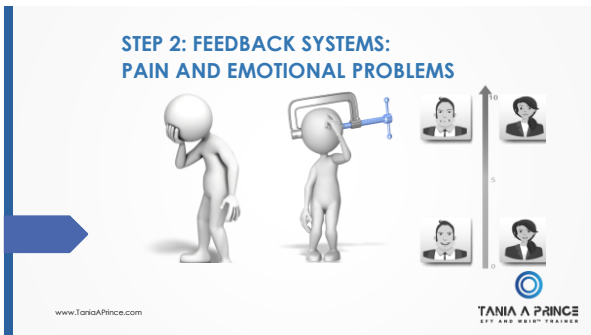
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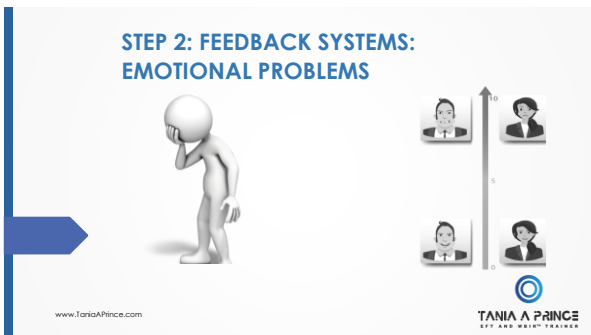
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### STEP 2: FEEDBACK SYSTEMS: PAIN PROBLEMS



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### STEP 2: FEEDBACK SYSTEMS: BELIEFS VOC SCALE



“I am not good enough”



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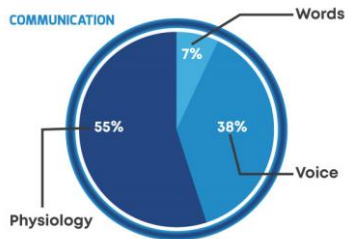
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### IN THE MOMENT (NOW) FEEDBACK



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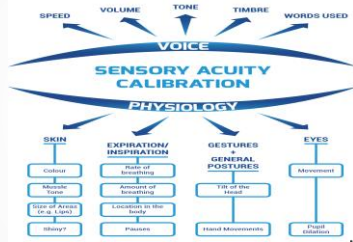
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### IN THE MOMENT (NOW) FEEDBACK



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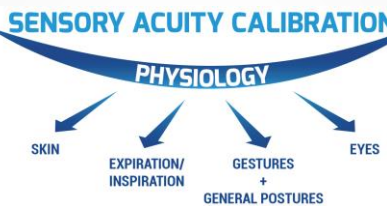
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**How to Do EFT**

**The Structure of a Round of EFT**

Structure of a Round of EFT



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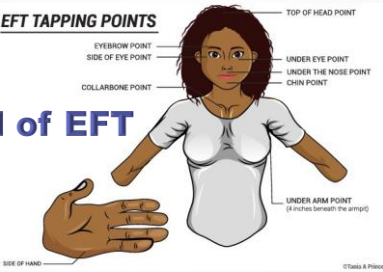
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**EFT TAPPING POINTS**



**Round of EFT**

Structure of a Round of EFT



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Round of EFT

- Set Up
- Tapping Sequence

Structure of a Round of EFT



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1. Tap on the Side of the Hand Point

2. Say out aloud, *“Even though I have “this problem” I completely and totally love and approve of myself”* Repeat three times

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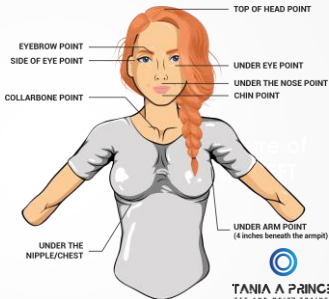
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### Tapping Sequence



TOP OF HEAD POINT

EYEBROW POINT

SIDE OF EYE POINT

COLLABONE POINT

UNDER THE NIPPLE/CHEST

UNDER EYE POINT

UNDER THE NOSE POINT

CHIN POINT

UNDER ARM POINT (4 inches beneath the armpit)

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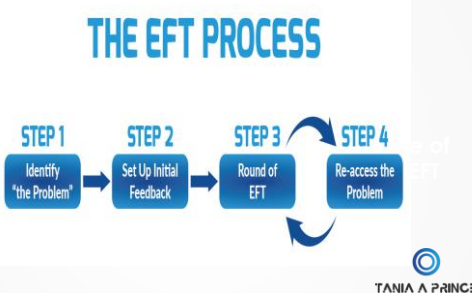
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### THE EFT PROCESS



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    graph LR
      S1[STEP 1  
Identify "the Problem"] --> S2[STEP 2  
Set Up Initial Feedback]
      S2 --> S3[STEP 3  
Round of EFT]
      S3 --> S4[STEP 4  
Re-access the Problem]
      S4 --> S3
  
```

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**Step 1**  
**Identify**  
**"the problem"**



Structure of  
Part of EFT

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**Step 1**  
**"the problem" is a**  
**"clamping feeling in**  
**the head"**



Structure of  
Part of EFT

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**The EFT Set Up**



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### The EFT Set Up

- 1. Tap on the Side of the Hand Point
- 2. Say out aloud, *"Even though I have "this problem" I completely and totally love and approve of myself"* Repeat three times



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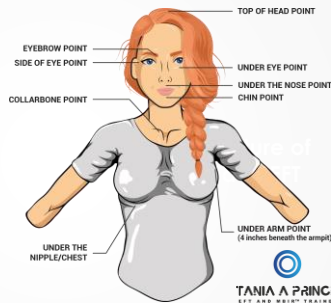
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### Tapping Sequence



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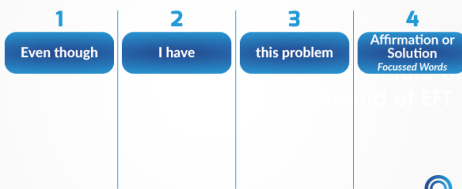
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### STRUCTURE OF THE EFT STATEMENT



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**Step 1: Physical**  
**“the problem”**  
 Describe the Quality and Location



Structure of  
 of EFT

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**Step 1: Emotional**  
**“the problem”**  
 Feeling + Thought



Structure of  
 of EFT

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**Structure of Problems**



Structure of  
 of EFT

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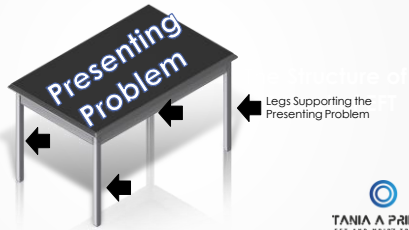
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## Structure of Problems



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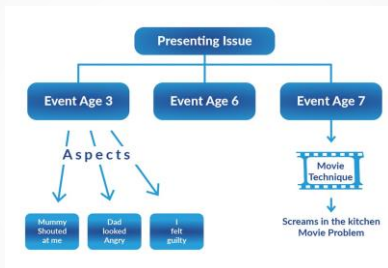
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## Aspects

### Strategies for Working with Problems

Strategies for Working with Problems

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## Emotional Aspects



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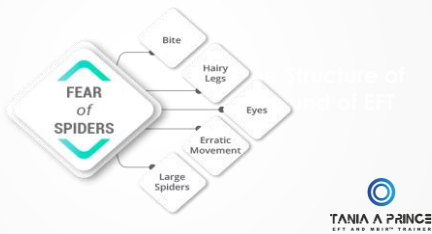
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## Aspects



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## Finding Aspects

Ask, "What specifically about (Name the Problem) is the problem for you?"



Ask, "What specifically about that is the problem for you?"

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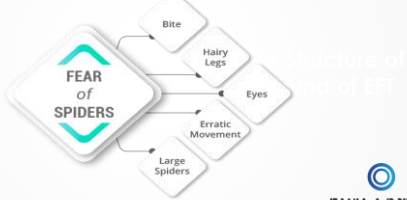
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## Finding Aspects

Ask, "What specifically about spiders is the problem for you?"



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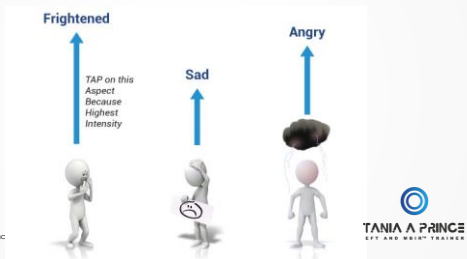
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## Switching Aspects



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## Switching Aspects



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## Movie Technique

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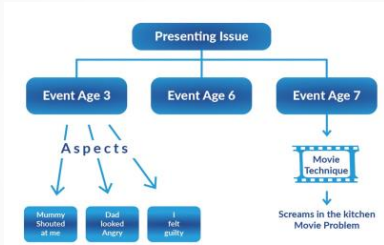
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## Why Use Movie Technique?

1. Powerful technique
2. Can be gentle
3. Easy to use
4. Can be extremely fast getting results
5. Can be used without revealing content
6. Precision technique

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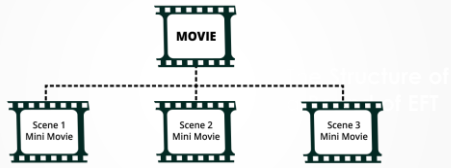
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### Movie Technique



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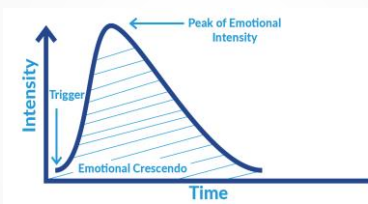
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### Movie Technique



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### Key Points of the Movie Technique

1. Short duration
  - Short duration
  - Seconds or minutes.
 If the answer is longer than this break the event down into smaller chunks.
2. Identify a title to represent the event
3. Evaluate the intensity

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### Movie Technique Instructions

- Identify a key event
- Therapist, "How long did that event occur over?"
- If that event was a movie, what would be the title of it?"
- Therapist: "If you were to run that movie through your mind, what would be the intensity of that movie?"

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### Wording of Movie Technique

*"Even though I have this (whatever title they have given the event) movie problem, that happened".*

**Example:** Client gives the movie title as, "Last Chance".  
*"Even though I have this, Last Chance movie problem, that happened".*

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### Movie Technique Modifications

#### Difficulty Creating a Movie Title

Please note you are looking for a specific event. If the client has difficulty creating a title, switch the question around and re ask with the following words,

*Therapist: "If that movie was a colour, what would that be?"*

People sometimes have a problem creating a title, as it can feel as if they have been "put on the spot". This sometimes indicates an underlying issue. It is best to just sidestep it by making it easier to create an answer, thus the colour question.

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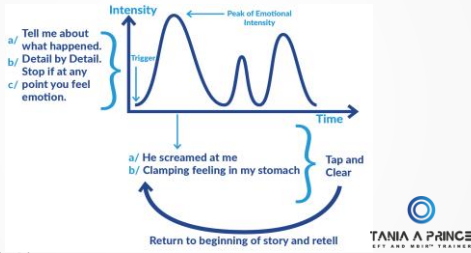
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### Tell the Story (Narrate) Technique



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### Working with Physical Problems

### Chase the Pain

Chase the Pain

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### CHASE THE PAIN



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**CHASE THE PAIN**  
Round of EFT

Original Problem: Clamping feeling on the sides of the head  
Location and quality of the feeling can change.

Changes to splitting pain in the centre of the head

Hot radiating pain, central lower back

Round of EFT

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**Chase the Pain**

Tap

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**Qualities of a Feeling**

- Location
- Type of Feeling

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### Qualities of a Feeling

*"Hot radiating pain at the base of my neck"*

*"Sharp shooting pain down the side of my right leg"*



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### Investigative EFT



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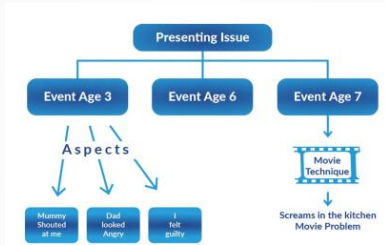
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### Investigative EFT

- If there was an emotional reason for this not healing....?
- Bridging Back
- Guess
- Life events
- Speak to the Problem



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### Emotional Reason

*"If there was an emotional reason for this not healing, what would it be?"*

Explore whatever answer the client gives to the question



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### Investigative EFT: Life Events

"What was happening in your life when this problem began?"



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### Investigative EFT: Guess

"Guess an event in your life that is responsible for this problem?"



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### REGRESSION: BRIDGING BACK

Current life problem



Runs mental strategy and accesses problem state.

1. Can you get that problem now
2. Tap on the side of the hand point
3. Bring awareness to that feeling
4. Let the feeling take you back to the first time you ever felt that feeling
5. Notice what pops to mind even if it seems silly
6. What is popping to mind?



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### Mindful Awareness



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### Speak to the Problem

*"If we could speak to the part of you that is responsible for generating this problem, what does it need to communicate with you to allow this to heal?"*



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### Bringing to Awareness: "I wonder..."

#### Transderivational Search (TDS)

*"The subconscious mind has its own search engine, it can find memories linked to the triggering event"*



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### Bringing to Awareness: "I wonder..."

#### Transderivational Search

*"Even though I have this problem, I accept I feel this"*

*"Even though I have this problem, that is ok"*

*"Even though I have this problem, I wonder where this comes from"*



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**Bringing to Awareness: "I wonder..."**

*"I wonder where I learnt to feel this way?"*

*"I wonder how old I was when I felt this for the very first time?"*

*"I wonder what was happening to me?"*

*"I wonder what this is really about?"*

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**Pattern Recognition**

*"Who or what does that remind you of?"*

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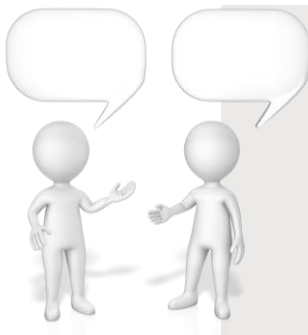
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**Conversational EFT**

• Informal and non-structured



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## Sneaking Up on the Problem

The Problem



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## Polyvagal Theory

Dr Stephen Porges



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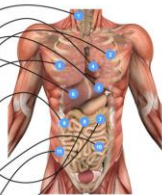
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### Vagus Nerve



- 1) Heart
- 2) Stomach
- 3) Lungs
- 4) Liver
- 5) Pancreas
- 6) Gallbladder
- 7) Small Intestine
- 8) Large Intestine



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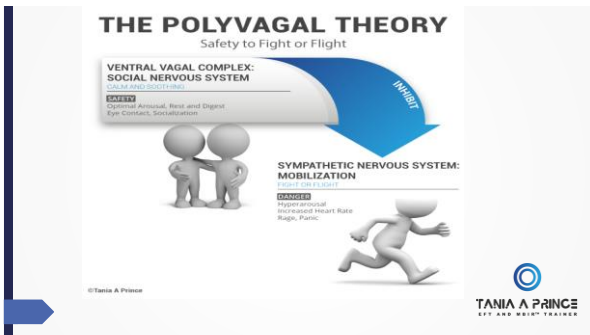
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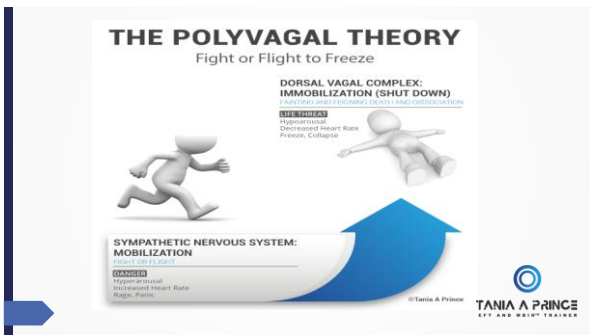
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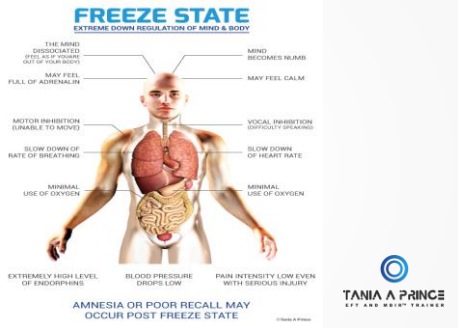
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## Abreactions

### Dealing with Intense Emotion: Continuous Tapping

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### What is an Abreaction?

*"...reliving an experience to purge it of its emotional excesses – a type of catharsis..."*

Wikipedia

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### What is an Abreaction?

*"...pent up emotion associated with trauma..."*

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### Why Use EFT to Deal with Intense Emotion?

- We get excellent results
- Can clear underlying issues
- Can be used "in the moment" to stabilize emotional states
- Simple to use

#### Story

- Trainee with intense emotion when she introduced herself at training.
- Adopted as a child
- Never knew where she was in life – hence fear of getting lost when driving
- Tapped out intense emotion – driving phobia cleared



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### Utilising the Moment

- Sometimes our emotions can come to the surface like a volcano.
- EFT gets great results when this happens – it is an opportunity to clear something that has been bothering a person
- When emotions come up like a volcano to the surface, you clear it, you do not know what lies beneath it. The issues beneath it can clear – for example the driving phobia.

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### How EFT Works with Intense Emotion

- EFT works by tuning into "the problem" then tapping and rebalancing the human system.
- When we experience intense emotion, we are automatically tuned into "the problem"
- To clear the emotion and bring back to balance all you need to do is to support the person to remain tuned into "the problem"

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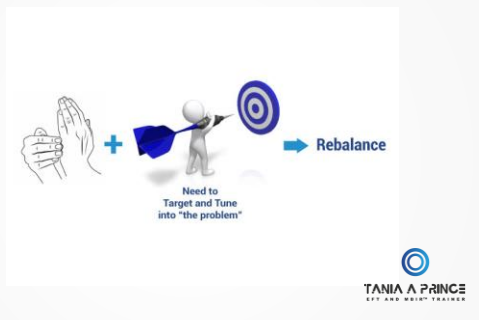
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### How to Work with Intense Emotion

- Always inform the person what you are going to do before you start. This keeps the person feeling in control.
- You tap "as if" you are them, using the words, "I ....." "all of these emotions that I am feeling right now"
- Occasionally switch to talking as yourself, when you switch to a support role, "You are doing great"



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### OVERVIEW DEALING WITH ABREACTIONS



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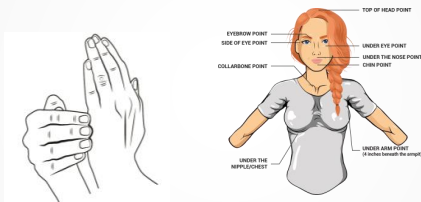
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### EFT: Dealing with Intense Emotion: Continuous Tapping



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### Steps by Step

1. Prepare the person for using this approach

*"I am going to show you a very simple technique for helping you feel better, is that ok?"*

How they answer is dependent on the degree of distress they are experiencing. If that intensity is very high, they may just nod.

*"I want you to copy what I do. If you can't do that right now when you can do"*



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### Steps in More Detail

2. Do continuous tapping and acknowledge what the person is experiencing

**For example:**

*"Even though I have all of these emotions that I am experiencing right now, I accept I feel this way"*

Using the words, "all of these emotions" is unlikely to be challenged by the person because it is a statement of fact. This maintains rapport with the person. With rapport comes a feeling of safety and trust.



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### Steps in More Detail

3. Intersperse with supportive words

**For example:**

*"You are doing great"*

*"Better out than in"*

*"The less you resist the faster it goes"*

By using this type of wording, you are conveying subtly the message, "I am OK with you having these emotions. It is perfectly normal". This helps the releasing process because they will feel more confident about staying with their emotion rather than trying to push it back down.



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### Steps in More Detail

4. Give them permission to have the emotions

*"I accept I feel this way"*

*"It is OK to have these emotions, they are MY emotions, I don't have to push them down"*

*"I might have had to push them down in the past, but what if I don't need to do that now?"*

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### Steps in More Detail

5. When the intensity visibly reduces, ask what happened?

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### Language: Dealing with Intense Emotion

*"All of these emotions"*

*"Whatever they are"*

*"These emotions that I am feeling right now"*

**Speak Directly to Them:** *"That is great, you are doing really well"*

**Speak Directly to Them:** *"Better out, than in"*

*"All of these emotions"*

*"They are my emotions"*

*"What if it is ok now to feel this"*

*"I don't have to push these down"*

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### EFT: Dealing with Intense Emotion: Continuous Tapping

#### Side of the Hand Point

"Even though I have all of these emotions that I am feeling right now, I accept I do feel this way" (Repeat three times)

#### Tapping Sequence

"All of these emotions"

"Whatever they are"

"These emotions that I am feeling right now"

*Wording bypasses resistance (critical sensor) because statements of fact*

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### Abreactions

- Use Acceptance Tapping
- "OK, to feel this way"
- "Better out than in"
- "You are doing great"
- "The more you resist, the more it persist, just let yourself feel it"



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### Tearless Trauma Technique

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### Instructions: Tearless Trauma

1. Identify a specific trauma (Ideally at least five years)
2. "Guess how intense it would be if you were to imagine vividly getting into it. No need to do that, just guess, clean off the top of your head. From 0-10, what would it be?"
3. Create descriptive reminder phrase: example: "Punch in the kitchen emotions."
4. Tap a round of EFT.
5. Guess the intensity
6. Repeat steps 4 – 5 until the guessed answer is zero or as close to zero as possible.

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### How to Do Borrowing Benefits with a Group

#### Pre- Tapping Instructions

1. Demonstrate the tapping points
2. Instruct them that they should copy what you are doing as if they are your client.
3. "If you miss a point out, it isn't a problem".
4. Avoid thinking "am I doing this right?" as that could stop them tuning into their problem. The result of this can affect the result of the EFT session



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### Top-Down Tapping

Tapping on the Pattern of "the Problem"

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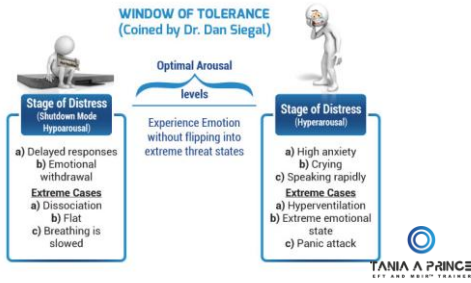
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