



The Art & Science of Transformational Change
May 29 – June 2, 2025 | Litchfield, AZ


The Evolution & Application of Emotional Freedom Techniques (EFT) From Self-Help To Powerful Clinical Tool

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27TH INTERNATIONAL ENERGY PSYCHOLOGY CONFERENCE

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Objectives:

- Learn how to introduce EFT to a client
- Describe two different ways of using EFT
- Demonstrate the EFT Basic Recipe, Full Recipe & Setup Statement & Reminder Phrases
- Experience both a group & individual application of EFT
- Learn about ACEP's EFT Mentoring & Certification Program



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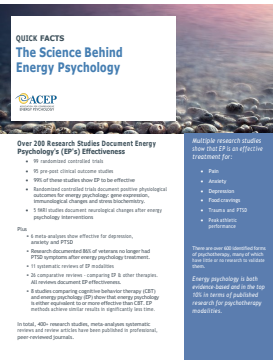


Research

<https://www.energypsych.org/researchdb8c71b7>

Quick Facts

<https://www.energypsych.org/researchdb8c71b7#ResearchQuickFacts>



QUICK FACTS
The Science Behind Energy Psychology

Over 200 Research Studies Document Energy Psychology's (EP's) Effectiveness

- 10 randomized controlled trials
- 10 pre-post clinical outcome studies
- 90% of these studies show EP to be effective
- Documented benefits include positive physiological indicators for energy psychology, great improvement, hormonal changes and stress/allostaticity.
- 1,000 studies document neurological changes after energy psychology interventions.

Plus:

- 1 meta-analysis shows effective for depression, anxiety and PTSD
- Research documented 80% of veterans no longer had PTSD symptoms after energy psychology treatment.
- 11 systematic reviews of EP in addition to:
- 40 comparative reviews comparing EP to other therapies.
- All reviews document EP effectiveness.
- 4 studies comparing cognitive behavior therapy (CBT) to energy psychology (EP) show that energy psychology is more effective than most effective CBT. EP methods achieve similar results in significantly less time.

In total, 400+ research studies, meta-analyses, systematic reviews and review articles have been published in professional, peer-reviewed journals.

Multiple research studies show that EP is an effective treatment for:

- Pain
- Anxiety
- Depression
- Food Cravings
- Trauma and PTSD
- Risk factors performance

There are over 100 interventions of effectiveness, most of which have little or no research to support them.


Energy psychology is both evidence based and in the top 10% in terms of published research for psychotherapy modalities.

www.energypsych.org >
Explore the Research > Research Quick Facts

Combined Somatic and Cognitive Therapies CSACT

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“Why should I spend time and money to learn EFT when I can go on YouTube and learn it in 15 minutes?”



~Misinformed Clinician

EFT is tapping

Not all tapping is EFT

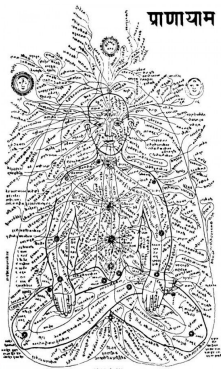
Why Do I, As A Clinician, Like EFT?

- Supported By Research
 - Previously Considered Complimentary & Alternative Modality (CAM)
 - Accepted by APA for CEUs
 - Accepted by VA as a “generally safe” modality
- Systematic, Methodical, Thorough & Effective
- Easy To Apply (with training & practice)
- Conforms to Trauma-Informed Tx Guidelines
 - Somatic Component
 - Relatively Gentle On Client
- Relatively Rapid

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प्राणायाम




Ayurveda

72,000 Nadis

Deliver Prana to every cell in body

Early recognition of biofield or aura?



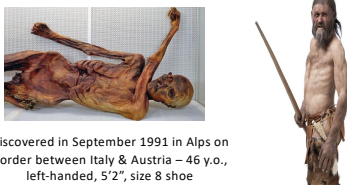
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History of EFT

It started a long time ago:

- The people of ancient India mapped Nadi lines 5,000 – 7,000 years ago
- Ötzi The Tyrolian Iceman 5,200 years ago
The oldest evidence for acupuncture?

Ötzi the Iceman




61 Tattoos

Many mapped over modern accup. points:
Lactose intol
Heart disease
Cavities
Lyme Disease
Sore knees,
hips, back,
shoulders

Discovered in September 1991 in Alps on border between Italy & Austria – 46 y.o., left-handed, 5'2", size 8 shoe

He existed 3,000 years before the emergence of the Meridian Theory in China

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The oldest evidence for acupuncture?
- Chinese mapped meridians 3,000 – 5,000 years ago
Formalized acupuncture

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Major pathways of energy flow

- 12 paired meridians
 - Each pair named after an organ system
- 2 Extraordinary Vessels
 - Governing Vessel
 - Conception Vessel

Acupuncture did not enter modern medicine until 1970s, so still a lot to be learned

Information on the tapping points: <https://bit.ly/39hdCRw>

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More Modern Developments

George Goodheart, DC 1960s – student of Chinese medicine. Incorporated concepts of acupuncture into chiropractic practice

John Diamond, MD 1970s – Australian psychiatrist. Integrated his psychoanalytic training with acupuncture meridians to treat psychological problems

Roger Callahan, PhD 1980s – US psychologist. Applied kinesiology. Creator of TFT, a multi-algorithm technique

Gary Craig 1990s – Stanford trained engineer. Student of Roger Callahan, Master Neuro-Linguistic Programming (NLP) Practitioner. Adapted principles of TFT to create the single-algorithm method known as Emotional Freedom Techniques (EFT)

What is the mechanism of EFT?

We don't know

Primo-vascular (Bonghan) System

- First described by Bong-Han Kim, N. Korean scientist in 1960s
- Consists of tiny, thread-like vessels (primo-vessels) and nodes (primo-nodes)
- May be involved in the transfer of energy (bio-impulses) throughout the body
- PVS appears to be activated by activation of acupressure points
- PVS believed to be involved in various physiological processes


- PVS believed to be involved in various physiological processes
 - Circulation
 - Immune function
 - Energy flow
 - Possible association with fasciae
- Mechanism of action of PVS is under investigation and still to be determined. Considered by some to be pseudo-science.

Triphasic Model of Trauma Recovery
~ Judith Herman

Phase 1 – Safety, Stability, Rapport
Constricted Breathing, Follow The Sensation (Chasing The Pain)
Down-Regulating EFT

Phase 2 – Remembering & Grieving – memory work
Tearless Trauma, Movie & Tell The Story Techniques

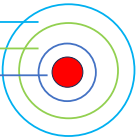
Phase 3 – Reconnection & Integration of changes with new self-identities & behaviors in interpersonal & social contexts



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Gary Craig gave us several Emotional Freedom Techniques:

- Constricted Breathing Technique
- Chasing The Pain (Follow The Sensation) Technique
- Tearless Trauma Technique
- Movie Technique
- Tell The Story Technique




Testing Methods:
"Say this..."
Vivid Visualization

Two Modes of EFT

Down-Regulating EFT

- Self-regulation
- Affect regulation
- Phase 1 of trauma treatment
- Focused on symptoms, feelings, sensations
- Self-help, script-based, YouTube videos, DVDs, mass tapping events
- Tx Goal – to downregulate the NS and decrease emotional activation




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Two Modes of EFT

Reparative EFT

- Get to the root cause of the issue
- Specific memories, events in the past
- Deep structure of schemas, beliefs, patterns
- Phase 2 of trauma treatment
- Specific to each person
- Tx goal – to help client achieve a cognitive shift regarding the specific event



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Reparative EFT

Do past events affect our current-day experience?

The answer to the question is, "No."
Depending on how the traumatic event is encoded & stored in the body/energy field, it can register as a "Little t" or "Big T" trauma or not at all

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Trauma treatment is not about telling stories about the past.

Trauma treatment is about helping people to be here now, to tolerate what they feel right in the present.

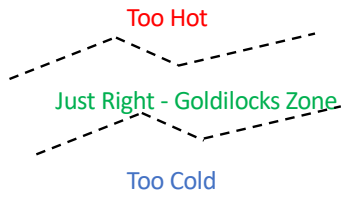
BESSEL VAN DER KOLK, MD

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Common concepts as they apply to EFT

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Window of Tolerance:



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Containment:

Used 2 Ways:

Management of the emotional intensity

Keeping the focus on the specific event being addressed



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To Facilitate Containment:

- The event is older, preferably >5 years
- Up to 3 minutes in real time
- Up to 3 crescendos
- It has a clear beginning and end
- It elicits an emotional response



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Detective Work:

Time spent working with patient to identify Tabletops and Table Legs associated with the patient's presenting issue.

May or may not involve tapping



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Titration:

Constricted Breathing & Follow The Sensation



Tearless Trauma Technique



Movie Technique



Tell The Story Technique



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Neutral Point:

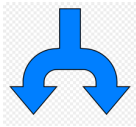
A point in the story, just before anything activating occurs.

Different from EMDR Safe Place




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Intent behind the intervention




Down-Regulating EFT Symptom Reducing Emotional Down-Regulating To reduce symptoms Build rapport Establish trust Phase 1 Trauma Work	Reparative EFT To neutralize & release the energetic disruptions that can manifest as physical and/or emotional trauma. Phase 2 Trauma Work
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Introducing EFT To A Client


Preframe

- Creating a context
- Comparing EFT to something with which the client is familiar
- Explain how EFT is different from other therapies

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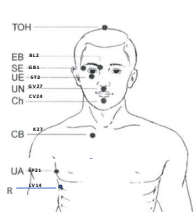
Introducing EFT To A Client

- Acupuncture
 - Meridians/Primovascular System
 - Acupressure points
 - Energetic Disruption
- Metaphors
 - Electricity
 - Water
 - Traffic
- Different from other therapies
 - Systematic & Methodical
 - Opportunities for healing

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The EFT Basic Recipe

EFT Tapping Points



<https://bit.ly/39hdCRw>

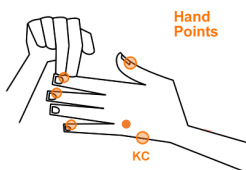
Previously known as Karate Chop (KC) Point. Now known as Side-of-Hand (SH)



The 5 Steps of The EFT Tapping Basic Recipe

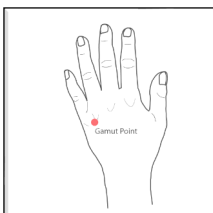
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Hand Points



Thumb	(TH) LU11
Index F	(IF) LI1
Mid. Finger	(MF) PC9
Little Finger	(LF) HT9
Back of Hand	(BH) TW3
Side of Hand	(SH) SI3-4

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While tapping Triple Warmer Meridian:


- Hold head still
- Look straight ahead
- Close eyes/open eyes
- Eyes down & hard to right
- Eyes down & hard to left
- Eyes circle one direction
- Eyes circle other direction
- Hum a song
- Count or simple math
- Hum a song

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Setup Statement

"Even though I have/feel _____"	"I deeply & completely accept myself"
<ul style="list-style-type: none">• A statement identifying a negative condition to acknowledge the present state• Use language offered by the subject<ul style="list-style-type: none">• Details of the moment• Somatic sensations• Name of the emotion• SUDS level	<ul style="list-style-type: none">• A self-affirming statement of acceptance to affirm to the body/mind system that, in spite of the negative state, the subject is whole and OK• Can be modified to accommodate subject's level of self-acceptance

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Reminder Phrases

Serve to keep the client focused on the emotion, sensation or part of the story that we are working on.


EFT is a "here & now" therapy

Focusing on the emotions and sensations that are being experienced in the present moment rather than a remembered emotion or sensation.

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The Constricted Breathing Technique – a group experience

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Personal Peace Procedure

- A list of “bothersome events”
 - “Make a list of the top 10 significant emotional events or bothersome specific events that have occurred in your life.”
 - Chronologically
 - By category
 - Randomly

This list of events represents the “Table Legs” that support “Tabletops”



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Hebb’s Rule:

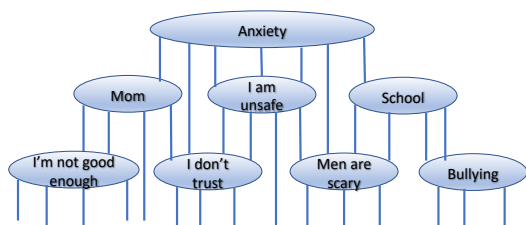
“Any two cells or systems of cells that are repeatedly active at the same time will tend to become 'associated,' so that activity in one facilitates activity in the other.”

What wires together, fires together

Snake and rope



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Personal Peace

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Specificity

Repeated telling of the story until subject reports 0-1 activation

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Demonstration

Subject:

- Event occurred at least 5 years ago
- It occurred in a 1 – 3-minute time period
- It has 1 – 3 crescendos
- It has a beginning, middle & end
- It elicits an emotional/physical response of no greater than SUDS = 4-5 (for demo)
- Give the event a title

ACEP's EFT Certification Training Program

- A virtual/interactive program
- Offered to licensed mental health professionals
(see link, below, for details)
- Combines online learning with live practice sessions
- Upcoming 2025 PS1 trainings: June 16 & Sep 15

<https://www.energypsych.org/page/EFTProgram>



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Energy Psychology Research:

<https://www.energypsych.org/researchdb8c71b7>

Tapping Points Info:

<https://bit.ly/39hdCRw>

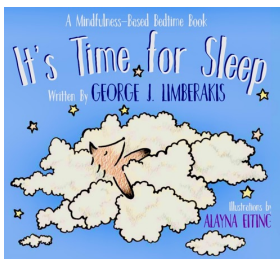
ACEP EFT Certification Program:

<https://www.energypsych.org/page/EFTcertv2>



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It's Time For Sleep: A Mindfulness-Based Bedtime Book



Use discount code for free standard shipping in US: ACEP25



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